



Burgher Association Australia

Summer Edition

December 2023

Community Newsletter



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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 November 2023 General Meeting (AGM) that for the current year donations and sponsorships will be the same as last year 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

Randolf & Mrs. Charmaine Holdenbottle – Chelsea Heights, Vic

Michael & Mrs. Sabrina Hodgkinson - Mount Martha, Vic

Honorine Gunasekera - Hallam, Vic

Mark and Mrs Ann-Marie Hermans – Berwick, Vic

Joshua Hermans - Ballarat East, Vic

Jesse Hermans - North Melbourne, Vic

Joseph Conrad & Mrs. Ivy Foenander - Ashwood, Vic

Thelma Pereira - Chadstone, Vic

Pamela Dunuwille - Endeavour Hills, Vic

Damian Weinman – Lynbrook, Vic

Ryan Paternott – Clayton, Vic

Darell Joseph De Cruz - Notting Hill, Vic

Audrey Rode - Noble Park North , 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.



What's Happening At the BAA



Australia Day

Friday, 26th January 2024

BAA Community Hall - 358 Haughton Road, Clayton 3169

12 noon - 5.00pm

Sinatra After Dark

With Hans De Zilwa and the Super 8

Sunday, 3rd March 2024

BAA Community Hall - 358 Haughton Road, Clayton 3169

3.30pm to 7.00pm

Curry Lunch

Sunday, 19th May 2024

BAA Community Hall - 358 Haughton Road, Clayton 3169

12 noon - 5.00pm

Hopper Lunch

Sunday, 11th August 2024

BAA Community Hall - 358 Haughton Road, Clayton 3169

12 noon - 5.00pm

Members and Friends Christmas Party

Sunday, 1st December 2024

BAA Community Hall - 358 Haughton Road, Clayton 3169

12 noon - 5.00pm

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



HAPPY
Australia
day

Friday, 26th January 2024

Come and join us at

THE BAA

358 Haughton Road, Clayton

Catch up with friends for fellowship music and fun!

12.00 noon to 5.00 pm

Buffet by Cha's Cabin

Lasagne

Roast Pork / Roast Chicken / Roast Vegies

Tossed Salad/Sea Food Salad

Bread Rolls & Butter

Desert: Fruit Salad and Ice Cream

\$35 pp – BYO

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The Burgher Association Australia does not necessarily endorse contributor's views, nor is it responsible for the accuracy and the authenticity of the material published in this Newsletter.

Sunday Island – on line

In Sri Lanka . Lamprais keeps the Dutch Burgher legacy alive

by Zinara Ratnayake

It's Lansis food," Stephanie Herft begins to describe lamprais. Herft is the founder of Lansis's, a home-based food delivery business that began in May 2019, in Colombo. I'm talking to Herft over the phone on a Sunday evening. She had just delivered a carton of lamprais, a Sunday afternoon staple at Lansis homes in Sri Lanka.

Every Sunday, Herft's extended Lansis family gathers at her aunt Jennie's house in suburban Colombo for an afternoon feast. Like most good things, preparing lamprais involves love and labor. It includes cooking rice in meat stock and making a special curry with a finely diced meat mix: chicken, beef, pork and mutton. There are several other condiments.

"It's family work," Herft chuckles.

On many afternoons, Herft would slice onions, while her aunt would prepare the rice, and others were busy with condiments. Together, they perfected the recipe of Herft's great great grandmother.

"We sold Christmas cake, cards and lamprais every year at a small stall at the church fair," Herft says, recalling the Christmas days. Her grandparents played Jim Reeves vinyl records on their old rickety record player whilst the extended family prepared lamprais and sipped on king coconut wine. "I remember the smell of lamprais wafting through our living room," she says.

It was this smell that once charmed me at the VOC cafe at the Dutch Burgher Union (DBU) in Colombo. The waitstaff served me lamprais, a small parcel of food wrapped in a banana leaf, baked and nicely warm.

Like Herft says, lamprais is a fading culinary creation of the Lansis — or, the Dutch Burghers, an ethnic minority in Sri Lanka. This small packet of food itself is a vague reminder of colonial history, and a nod to the existence of the fast-disappearing Dutch Burgher community in the island.

From the 15th century, Dutch ships sailed across Asia with merchants from Northern Europe. These merchants from Holland, France, Germany, Switzerland, England and other European nations belonged to the newly emerging middle class. Many of them joined Vereenigde Oost Indische Compagnie (VOC), or the Dutch East India Company founded in 1602. Their headquarters were in Batavia, present-day Indonesian capital Jakarta.

During this time, the Portuguese, who entered Sri Lanka in 1597, ruled over the low country coastal belt. They controlled the island's rich spice trade. In 1658, Dutch took over the Portuguese to rule maritime Sri Lanka, then Ceylon, until the British arrival in 1796. Many of these Northern European merchants settled down in Sri Lanka and married people of Portuguese and local origin. This new social group of European descendants came to be identified as Burghers (this German-originated term translates to residents of a city). In Sinhala, the commonly used language in Sri Lanka, they were called Lansis, a term derived from Dutch *Hollandsche*, meaning inhabitant of Holland. From this socio-cultural concoction birthed the lamprais.

The word lamprais comes from the Dutch word *lomprijst*, which loosely translates to, a packet of food. In her book *A Taste of Sugar & Spice: Cuisine of the Dutch Burgher Huisvrouw in Olde Ceylon*, author Deloraine Brohier writes that lamprais was not European in origin, rather an improvisation of the Burghers, pairing the Asian staple rice and spices.

“Not to mention the plantain leaves in which they are packed which again are of tropical provenance,” writes Brohier. A common belief is that lamprais has roots to the Indonesian dish lempur, sticky rice sandwiched with a curried diced chicken mix that comes wrapped in a plantain leaf.

In traditional Burgher houses, preparing Sunday lamprais begins the previous night, with meat boiling for two hours and plantain leaves being cleaned. The next morning, women in the household begin their chores, adding curry leaves and pandan leaves to butter browning in a pot. Boiled rice goes into the frying mix, followed by the meat stock. A crushed mix of spices such as cardamom, cinnamon, cloves, lemongrass and peppercorns wrapped in a muslin cloth is placed in the pot, scenting and flavoring the rice as it cooks.



For one lamprais, a lump of boiled rice accompanies a dessertspoonful of the mixed meat curry cooked with diced chicken, pork, beef and mutton. A traditional lamprais

features exactly two frikkadels, meatballs spiced with finely chopped garlic and fresh green chillie.

There are condiments like blachang, dried prawn ground into a paste with pepper and garlic; seeni sambol, a caramelized onion accompaniment sprinkled with fish flakes. There is brinjal pahi, pickled eggplant with notes of sour-sweetness, and a vinegar-infused tang.

“Our family recipe also features an ash plantain curry,” Herft tells me, although it’s absent in most lamprais meals. All these ingredients sit neatly inside a banana leaf warmed over a fire to make it more supple. “It’s not bigger than your palm,” Herft says, referring to the size of the authentic lamprais, which bakes in an oven for more than 10 minutes until the aroma of the banana leaf seeps in.

But over the years, commercially made lamprais took many forms, adapting to the demands of the dominant Sinhalese culture of the country, and even going through gross misinterpretations. Even at the Dutch Burgher Union in Colombo now, the lamprais is a large packet of rice, as opposed to the handful of rice.

“It became very Sri Lankan,” says Rienzie Trek, food and beverage manager at the VOC cafe by DBU in Colombo, laughing as he talks to me about the history of the dish. “It was a snack in the past. When our ancestors tottered long journeys, they would carry a few packs of lamprais with them,” he says. “But now everyone eats it as a main meal.”

In Sri Lanka, influenced by the majority Sinhalese culture, rice is the centerpiece of every dining table. A popular phrase in Sinhala “*udetath bath, dawaltath bath, retath bath,*” meaning “rice for morning, afternoon and night,” suggests the island’s fondness in devouring rice for every meal.



Ancient farmer-families gathered energy for hard labor from their carb-heavy rice meals. With time, societies and economies changed with people shifting to desk jobs and the common use of machinery in agriculture. However, the carb-rich rice culture (which birthed to fuel energy for hard labor) continues even today.

“Customers complained that the quantity of rice in lamprais wasn’t enough,” says Prabhath Jayasekara, Head Chef at the VOC cafe. “So we had to increase the size of our lamprais.”

In many places, there’s a tendency to name any rice packet wrapped in banana leaf lamprais. When I last ate “lamprais,” at my university canteen, turmeric-coloured yellow rice accompanied a grilled chicken thigh instead of the curried meat mix. There was an egg, boiled and fried. Frikkadels were reduced to a cutlet—a deep-fried, breadcrumb-covered golden ball of potato and canned fish.

I talked to Herft about these misinterpretations, curious to know how Dutch Burghers felt.

“Someone called us to ask why we didn’t include an egg in our lamprais. My aunt Jennie spoke to them for 10 minutes, explaining that the authentic lamprais didn’t come with an egg,” she laughs.

Herft explains that culinary traditions transform, and everyone’s version of one’s food is different. “But our oldfolk are very protective of their traditions,” she says, “It’s fair because lamprais is the only popular dish that represents the Dutch Burghers. It is a symbol that we still exist.”

During the British colonial regime, many Dutch Burgher families adopted English as their mother tongue. English became a deciding tool for one’s status in society. It’s during these days that the Burghers rose as the new elite in the island, acquiring reputed administrative posts in British Ceylon as English speakers.

British left in 1948, and in 1956, the Sri Lankan government passed Sinhala Only Act, replacing English with Sinhala as the sole official language of the country. This turn of events threatened the socioc-cultural status of the Dutch Burghers. Many families fled Sri Lanka in the coming decades. In her book, Brohier notes that a census done in the 1940s revealed that 0.8 percent of the total population were Dutch Burghers, which was reduced to 0.2 percent in 1981. In her 2012 book, Brohier mentions that Burghers number to only 15,000-30,000 today in a total population of 21.67 million.

“I told Aunt Jennie that we should start selling our food,” Herft says. Their small business now employs single mothers, providing them an income in the pandemic when economies are halted. “It’s what our great great grandmother did. She was a philanthropist and someone who championed Dutch Burgher dishes. We are carrying her legacy forward,” she says.

The authentic lamprais disappears fast and wide, just like its creators, the Dutch Burghers from the island. The quest to save the lamprais is also a quest to reclaim the legacy of the Dutch Burghers. Source BBC

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“Doctor, I need your advice on how to get rid of the leg cramps that I experience at night. What would you recommend?”

By Dr Harold Gunatillake

There is no evidence that magnesium supplements are beneficial for leg cramps, except for pregnancy-related ones, despite suggestions that magnesium deficiency may cause them.

Let's define what leg cramps are. They are painful and cannot be controlled voluntarily. Calf muscle contractions lasting for a few seconds to minutes disturb your sleep. Leg cramps are reported in up to 60% of adults and 7% of children. They are troublesome and can cause severe pain and sleep disturbance, and residual pain sometimes occurs in the affected muscles after cramping.

Leg cramps can also happen while rapidly walking, playing sports, or exercising in the gym. They can affect your general quality of life. Certain drugs can cause cramps as a side effect. They include Cholesterol-lowering medications such as atorvastatin (Lipitor), simvastatin (Zocor), and rosuvastatin (Cresto).

Potassium-sparing diuretics like spironolactone can give rise to cramps when taken long-term.

Diuretics like thiazides can cause cramps. Conjugated estrogens like Premarin given for hot flashes, osteoporosis, and breast cancer can cause cramps.

Unfortunately, the specific cause of leg cramps at night has yet to be proven. In most situations, no medication is required; just stretching your muscles until the cramp disappears works. In the case of calf muscles, dorsiflex your foot and hold; within seconds, the cramp may go off.

Stretching the affected muscles may occasionally relieve these cramps, but sometimes other treatments are needed. Some medications may help, and other supportive options — such as massages and sports drinks — are also available. Your doctor will perform lab tests on your blood to check whether you have any deficiencies in micronutrients, including minerals.

Muscle fatigue can cause cramps, especially when seated or standing in one position for long hours.

Nerve dysfunctions and electrolyte imbalances involving low levels of magnesium, potassium or calcium can give rise to cramps any time of the day or night.

You could get cramps due to reduced blood circulation due to diseases of the blood vessels. Cirrhosis and pregnancy are also causes, too.

Raloxifene (Evista) medication given for osteoporosis can cause cramps.

You should be aware of a few more medications that can give rise to cramps. Certain chronic diseases can give rise to night cramps. They include- coronary artery disease, high blood pressure, varicose veins, kidney disease, metabolic disorders like diabetes and hypothyroidism.

Muscle and joint conditions, including arthritis, can cause cramps.

Neurological conditions like peripheral neuropathy and hereditary cramp syndromes can also cause cramps.

Chronic alcohol abuse is a common cause, too.

You need to drink adequate water and take certain electrolytes to prevent cramps, especially if you are athletic.

People who take vitamin B complex, magnesium supplements, calcium channel blockers for high blood pressure, and a few other medications have no firm evidence of their effectiveness in treating leg cramps at night.

Magnesium is widely used to treat leg cramps, particularly in Latin America and Europe. However, almost all the many clinical studies of magnesium treatment for cramps found it ineffective.

Patients must not take magnesium supplements if they have kidney disease or are older due to the collection in the blood, referred to as hypermagnesaemia.

Quinine, a medication for treating malaria, has some supporting evidence for treating leg cramps at night. Quinine has been commonly used to treat leg cramps.

Still, TGA approval for this indication was withdrawn in 2004 after reports of an increased risk of thrombocytopenia and four associated fatalities in Australia.

Although no specific cramp treatments exist, several exercises and other medication-free options may help relieve the cramps. These can include, Walking daily as a routine. Stretching the affected legs before walks and exercise Applying heat to the affected area or sleeping under warm electric beds.

Taking a hot shower Riding a stationary bicycle — is available — for a few minutes Staying hydrated, especially after exercise Avoiding smoking.

By Dr harold Gunatillake

Best Friends. Even The Look In His Eyes Is Adorable.



Oscar, an aloof cat kept at a US nursing home, regularly predicted patient's deaths by snuggling alongside them in their final hours, a scientist says.

The scientist in Dr. David Dosa was skeptical when first told that Oscar, an aloof cat kept by a nursing home, regularly predicted patients' deaths by snuggling alongside them in their final hours.

Dosa's doubts eroded after he and his colleagues tallied about 50 correct calls made by Oscar over five years, a process he explains in a book released this week, "Making Rounds With Oscar: The Extraordinary Gift of an Ordinary Cat." (Hyperion, \$23.99) The feline's bizarre talent astounds Dosa, but he finds Oscar's real worth in his fierce insistence on being present when others turn away from life's most uncomfortable topic: death.

"People actually were taking great comfort in this idea, that this animal was there and might be there when their loved ones eventually pass," Dosa said. "He was there when they couldn't be."

Dosa, 37, a geriatrician and professor at Brown University, works on the third floor of the Steere House, which treats patients with severe dementia. It's usually the last stop for people so ill they cannot speak,

recognize their spouses, and spend their days lost in fragments of memory.

He once feared that families would be horrified by the furry grim reaper, especially after Dosa made Oscar famous in a 2007 essay in the *New England Journal of Medicine*. Instead, he says many caregivers consider Oscar a comforting presence, and some have praised him in newspaper death notices and eulogies.

"Maybe they're seeing what they want to see," he said, "but what they're seeing is a comfort to them in a real difficult time in their lives."

The nursing home adopted Oscar, a medium-haired cat with a gray-and-brown back and white belly, in 2005 because its staff thinks pets make the Steere House a home. They play with visiting children and prove a welcome distraction for patients and doctors alike.

After a year, the staff noticed that Oscar would spend his days pacing from room to room. He sniffed and looked at the patients but rarely spent much time with anyone - except when they had just hours to live.

He's accurate enough that the staff - including Dosa - know it's time to call family members when Oscar stretches beside their patients, who are generally too ill to notice his presence. If kept outside the room of a dying patient, he'll scratch at doors and walls, trying to get in.

Nurses once placed Oscar in the bed of a patient they thought gravely ill. Oscar wouldn't stay put, and the staff thought his streak was broken. Turns out, the medical professionals were wrong, and the patient rallied for two days. But in the final hours, Oscar held his bedside vigil without prompting.

Dosa does not explain Oscar scientifically in his book, although he theorizes the cat imitates the nurses who raised him or smells odors

given off by dying cells, perhaps like some dogs who scientists say can detect cancer using their sense of scent.

At its heart, Dosa's search is more about how people cope with death than Oscar's purported ability to predict it. Dosa suffers from inflammatory arthritis, which could render his joints useless. He worries about losing control of his life in old age, much as his patients have lost theirs.

Parts of his book are fictionalized. Dosa said several patients are composite characters, though the names and stories of the caregivers he interviews are real and many feel guilty. Donna Richards told Dosa that she felt guilty for putting her mother in a nursing home. She felt guilty for not visiting enough. When caring for her mother, Richards felt guilty about missing her teenage son's swimming meets.

Dosa learns to live for the moment, much like Oscar, who delights in naps and chin scratches or the patient who recovers enough to walk the hall holding the hand of the husband she'll eventually forget.

The doctor advises worried family members to simply be present for their loved ones.

Richards was at her mother's bedside nonstop as she died. After three days, a nurse persuaded her to go home for a brief rest. Despite her misgivings, Richards agreed. Her mother died a short while later.

But she didn't die alone. Oscar was there.

Author unknown





A rare insight into Lionel Wendt - The man, the artist

By Yomal Senerath-Yapa

'Wendt on Wendt'- a collection of photos and mementos will soon be on display at the Harold Pieris Gallery of the Lionel Wendt



Travels around the island: Brian Easdale, Gladys Forbes and Lionel Wendt
Who exactly was Lionel Wendt? We know him through his lens – those epic images of lithe, swarthy nudes against lush palm fronds, fishermen and dancers, timeless landscapes, ancient viharas and scenes of a vanishing Lanka.

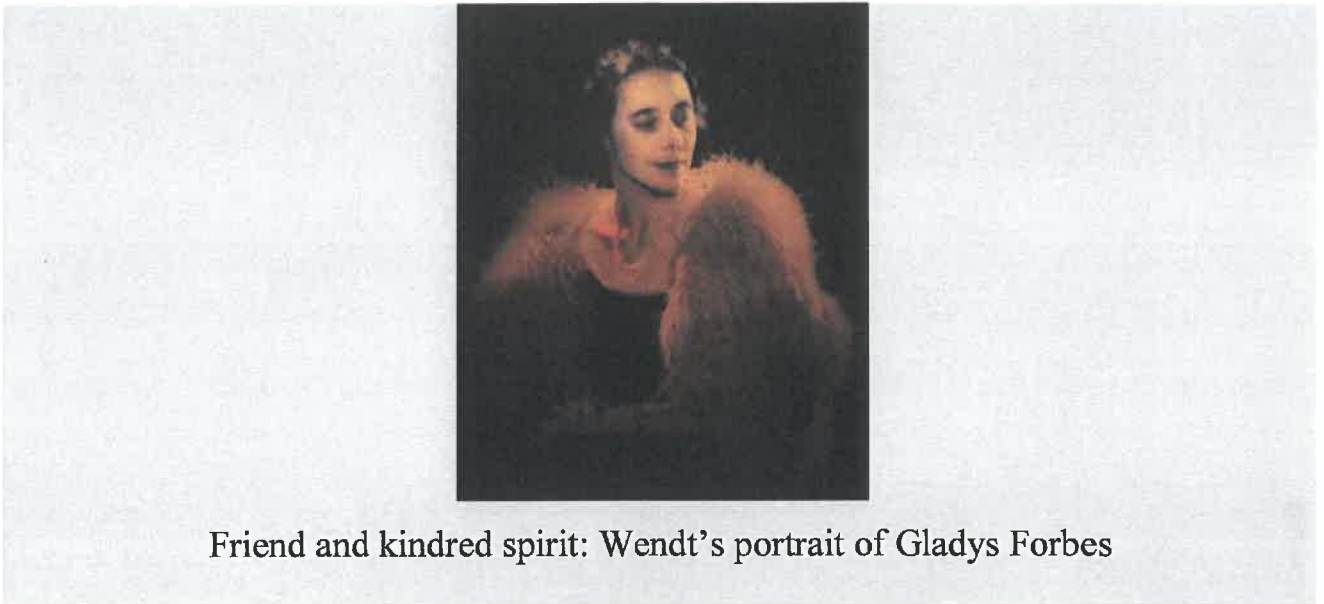
But the man behind the art (he was also a master at the piano and a filmmaker) remains a cryptic figure because he was to die young at 44.

It is admirable that the Lionel Wendt Memorial Fund is hosting a new exhibition titled 'Wendt on Wendt' - a rare collection of photos from the Fund itself, and mementos

from the collection of Gladys Forbes, Wendt's close friend with whom he did concerts and shared a love for photography.

What is special about the exhibition is the captions and the information culled mostly from what Wendt wrote about the photographs and about himself.

It brings the celebrated figure out of his 'closet' in terms of his imperturbability and gives a glimpse of what kind of a man he must have been; his photographer's vision as well as private self; his working ethos as well as his quirky sense of humour.



Friend and kindred spirit: Wendt's portrait of Gladys Forbes

Curator Anu Weerasuriya (who better? daughter of renowned photographer Nihal Fernando and herself a veteran photographer) has put together the collection, corresponding with William Mackie (a centenarian this year) from Australia, nephew of Gladys Forbes.

As for the precise nature of the bond between Gladys and Lionel, it is quite open to speculation, says Anu.

The exhibition has a well-curated stock of classic Wendt photography, from rather cheeky nudes to coconut estates (either Harold Pieris's Orange Grove or Leonard van Geysel's Garston) with their interplay of shadows, street scenes and such works as the whip-cracker.



A rare collection: The display at the Harold Peiris Gallery

Images like this last, he entered into photo competitions under the name T. D Newl (his name arranged backwards) having a good laugh when the judges rejected entries by Wendt and lauded the 'Newls'.

Amongst photos of ancient Buddhist sites is Sailabimbaramaya down South with its Kandyan architecture, where Wendt mourns the modern garish decor in temples – “it might... prompt a thoughtful person to wonder why modern work of this nature is so thoroughly bad” (from the Ceylon Observer Pictorial of which he was editor).

The first part of the exhibition is thus a superb reminder of Wendt’s sepia work.

The portion of the exhibition to do with Gladys Forbes, three years Wendt’s senior but (it seems) his acolyte when it came to photography, is intriguing. A planter’s daughter, she is pictured in pearls and silk in Wendt’s portraits.

These, says Anu, are evidence of what a master Wendt was in the dark room, the way he experimented as a printer with shading and lighting.

Some of the older photos of Gladys (not by Wendt) capture the colonial world with the British girls in Cinnamon Gardens bungalows with sambhur antlers on the walls and reclining chairs.

Many letters sent to Gladys by Wendt are also on show, providing an intimate look at Wendt’s personality, some including whimsical references to the dogs Bimbo (probably Gladys’s dog) and Wendt’s pets Braque and ‘Supercilious Tess’.

Writes Wendt:

Uncle Lionel thanks Bimbo very much for the lovely lupin-ish towels & wishes to point out two things:-



The Haul: One of Wendt’s classic images

(1) Bimbo is some days out over Uncle’s birthday

(2) Thank God these towels don’t match the new bath towels which are hideous & don’t absorb water.

Uncle also wishes Bimbo many happy returns of today & is joined in this, with some supercilious Tess, by the 11-year-old Braque who also added that he couldn’t for the life of him see how anyone could have an ice-cream in the post.

Also, the following:

I was in the process of shaking off another bout of flu & bronchitis that began precisely at 3am on the 14th – I know because I awoke in a spasm of coughing and temp. was 103 – & it was all due to going to see ‘Cabin in the Sky’ at the Olympia 3pm show, where the atmosphere is like a pre-war chocolate cake (but uneatable), & it happened to the damp & chilly outside when we left the choc. Cake...

Breathing is still the usual adventure, but as I’ve accepted that it will always be so, it doesn’t worry me.

Real problem at present is more food.

Quite grand is the portrait of Gladys in fur and tiara.

Intriguing too is the scroll that was placed in a copper casket and buried in the foundations of his new home Alborada in 1928 (what is today the Lionel Wendt Theatre). It ended with the following wish:

‘May this house prosper. May all honest endeavour in the service of Beauty flourish therein,

And win the reward of inward content and Peace that is only in ceaseless effort.’

Anu points out that Wendt believed in sheer hard work and originality, a sentiment also at the core of the ‘43 Group – their reward being not money but inner satisfaction.



Music being the other main interest in Wendt’s life, Gladys and he would have concerts in Colombo, often with Hilda Naidoo (who had the propensity to sway and fall off the piano seat) and Brian Easdale.

They also travelled together, and you see where Lionel influenced Gladys, with both having photographed the Kantaka Cetiya in Mihintale with its ancient friezes and Gladys attempting something very Wendt-like in her photos like “The Haul” with the backside of a nude worker.

Finally come some notes, postcards and illustrations, including a picture card with Sigiriya damsels where the caption is cut out and ‘Ancient milk bar’ written over it (!), and some quirky irreverent banter sent over from holiday destinations across the world.

It is a colourful Wendt who emerges, sans frown and pugnacious façade, from this heavily and fascinatingly footnoted collection: exuberant, funny, fallible, and more.

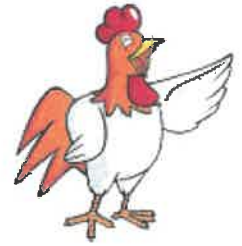
Wendt on Wendt was on display from November 2-13 at the Harold Pieris Gallery at the Lionel Wendt.

Sometimes it does take a rocket scientist!

Scientists at NASA built a gun specifically to launch standard 4-pound dead chickens at the windshields of airliners, military jets and the space shuttle, all traveling at maximum velocity.

The idea is to simulate the frequent incidents of collisions with airborne fowl to test the strength of the windshields.

British engineers heard about the gun and were eager to test it on the windshields of their new high-speed trains. Arrangements were made, and a gun was sent to the British engineers.



When the gun was fired, the engineers stood shocked as the chicken hurled out of the barrel, crashed into the shatterproof shield, smashed it to smithereens, blasted through the control console, snapped the engineer's back-rest in two, and embedded itself in the back wall of the cabin, like an arrow shot from a bow.

The horrified Brits sent NASA the disastrous results of the experiment, along with the designs of the windshield and begged the U.S. scientists for suggestions.

NASA responded with a one-line memo -- "Defrost the chicken."

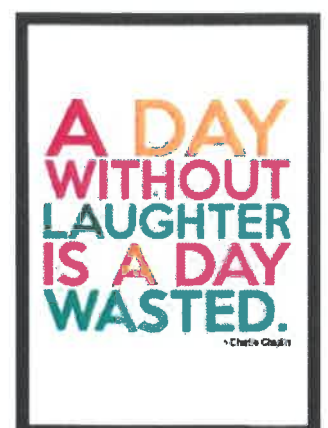
Courtesy: Internet (True Story)

Cowardly Dads

Two kids are arguing over whose father is the biggest coward.

The first one says, " My dad is so scared that when lightning strikes my dad slides underneath our bed."

The second kid says, " That's nothing; my dad is so scared that when mummy works nightshift my dad sleeps with the woman next door".



Why I Mow My Own Yard...

Lee Trevino: a true story....



One day, shortly after joining the PGA tour in 1965, Lee Trevino, a professional golfer and married man, was at his home in Dallas, Texas mowing his front lawn, as he always did.

A lady driving by in a big, shiny Cadillac stopped in front of his house, lowered the window and asked, "Excuse me, do you speak English?"

Lee responded, "Yes Ma'am, I do".

The lady then asked, "What do you charge to do yard work?"

Lee said, "Well, the lady in this house lets me sleep with her".

The lady hurriedly put the car into gear and sped off.

Hospital regulations require a wheelchair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital.

After a chat about rules being rules, he reluctantly let me wheel him to the elevator.

On the way down I asked him if his wife was meeting him.

'I don't know,' he said. 'She's still upstairs in the bathroom changing out of her hospital gown.'





A rare black leopard was captured on camera by local and foreign tourists inside the Yala National Park today.

Safari jeep driver "KG" told Daily Mirror he saw the animal cross from one side of the path to the other, inside the park at around 8.45 this morning.

He said that the animal was first seen on a rock and it then crossed the pathway to the other side with its mother.

"We didn't see the father of the animal. It was seen crossing with its mother," the safari jeep driver said.

KG said that he has been conducting safari tours for around 30 years in Yala and this was the first time he spotted a black leopard. **(Easwaran Rutnam)**

29 March 2023 05:09 pm

Courtesy: Daily Mirror

***Life is a journey of sweetness and sorrow,
Of yesterday's memories and hopes for tomorrow,
Of pathways we choose and detours we face,
With patience and humour, courage, and grace,
Of joys that we've shared and people we've met
Who have touched us in ways we will never forget.***

A tour of Asia's oldest radio station, which introduced Sri Lanka and India to Elvis Presley, is a journey through broadcast history

- Since 1925 and under various names, Sri Lanka Broadcasting Corporation has sent over the airwave's news, music and more from its studios in Colombo
- Visitors to the studios can view old equipment, sit in on broadcasts and learn about its vast collection of recordings of music and the voices of intellectuals past.



The Sri Lanka Broadcasting Corporation, in Colombo.

Visitors can enjoy guided tours around this cultural icon that has brought people together in South Asia for almost a century. Photo: Khursheed Dinshaw

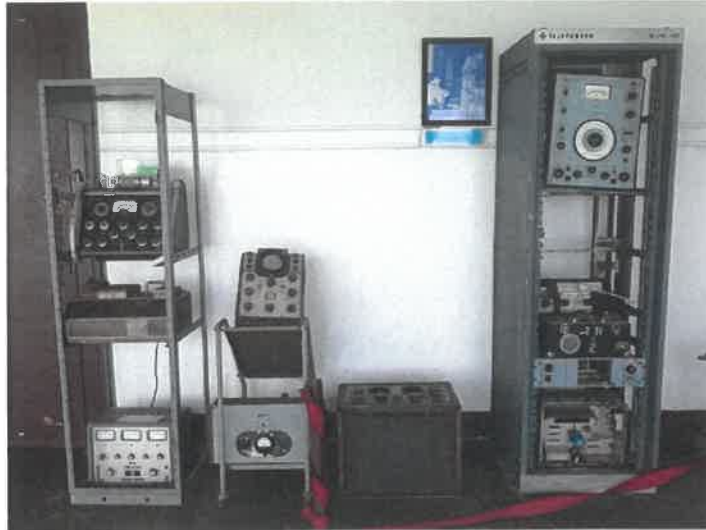
The black and white photograph shows Britain's Queen Elizabeth inside an Asian radio studio in 1954. She has a side parting, her hair tied back in a bun. A necklace adorns her delicate neck and she is addressing the public by microphone – from Radio Ceylon, Asia's oldest radio station.

The photo is one of the many heritage items that visitors see as part of a guided tour of the station's home in Torrington Square, in Colombo, Sri Lanka's capital and its largest city.

Blending past and present, the tour educates visitors about the history of radio in Asia and affords a rare opportunity to listen to the voices of intellectuals past.



**Vintage equipment on display at the former Radio Ceylon studio in Colombo.
Photo: Khursheed Dinshaw**



Equipment on show includes transmitters, transistors, old microphones and more. Photo: Khursheed Dinshaw

Beyond a well-manicured lawn, a white facade topped with terracotta tiles greets visitors to what is now known as the Sri Lanka Broadcasting Corporation (SLBC).

Also painted a minimalistic white are the interiors, where wide corridors are filled with equipment that defines radio history – transistors, transmitters and a Marconi microphone – and wall-mounted photographs.

Visitors – one at a time, without shoes on – can sit in as presenters broadcast live in the studio.

The year 1923 was a game-changing one in terms of mass communication in Asia.

It was then that Edward Harper and other engineers at Ceylon's telegraph department decided to broadcast gramophone music as an experiment, using the waveband later employed for the birth of Colombo Radio, which became Asia's first radio station on December 16, 1925 (the forerunner of Hong Kong's RTHK would begin broadcasting on June 20, 1928).

“We would wait intently for the programme. The second Ameen Sayani's introductory words flowed through our living room, we were glued.”

Nina Irani, an SLBC tour participant from Pune, India

During World War II, the radio station played a strategic role in communicating news and combat developments to listeners in South Asia.

Colombo Radio was renamed Radio Ceylon in 1949, following the nation's independence from Britain, and Ceylon Broadcasting Company a couple of years later. “Sri Lanka Broadcasting Corporation” was adopted in 1972, when the

country's name was officially changed.

In the post-war years, some of the station's presenters achieved recognition across the Indian subcontinent. Ameen Sayani found fame with his *Binaca Geetmala* programme, the success of the Congress party in India's 1952 election helping boost its popularity.



A broadcaster at SLBC. Photo: Khursheed Dinshaw

The Congress party appointee as union minister of information and broadcasting, Balakrishna Vishwanath Keskar, believed that songs from Hindi movies were vulgar and encouraged Indians to adopt Western ways. He banned All India Radio (AIR), the nation's public service broadcaster, from airing Hindi songs.

Indians began tuning in en masse to Radio Ceylon, which still broadcast their favourite film songs. The weekly *Binaca Geetmala* programme had generations glued to their radio sets, listeners connecting to Sayani's imposing voice as it filled their homes.

Seventy-year-old Nina Irani, a participant on an SLBC tour from Pune, India remembers those days. "We didn't have a TV at home. Our radio was the only source of entertainment," she says.

['Things are getting better': Sri Lanka tourism ready for new visitor wave](#)

"We would wait intently for the programme. Even our neighbours would join us and we would all listen together. The second Ameen Sayani's introductory words of "*Behno aur Bhaiyo*" ("sisters and brothers") flowed through our living room, we were glued.

"He had a cult following and, for decades, we listened to Hindi movie songs on Radio Ceylon. Even today, I nostalgically narrate the feeling of being part of the *Binaca Geetmala* family to my grandchildren," Irani says

"Every day, our station would receive many mailbags filled with postcards from listeners requesting their favourite songs and music," recalls SLBC chairman Hudson Samarasinghe of the 1970s, when he worked at the station as a producer.



SLBC chairman Hudson Samarasinghe recalls the days when mailbags filled with song requests would arrive at the studio's doors. Photo: Khursheed Dinshaw
ays when mailbags filled with song requests would arrive at the stursheed

“We have even had listeners from India specially queue outside the station and request to carry home earth from our premises. Since we air religious music, listeners revere SLBC and the earth where it is situated.”

The station also introduced South Asian listeners to the likes of Elvis Presley, Jim Reeves and Patsy Cline, American artists favoured by presenters such as Vernon Corea, another whose photograph hangs on the corridor walls.

Corea also interviewed Sri Lanka's own musical stars, such as Nimal Mendis and Des Kelly, and broadcast local Sinhala music.

Also hanging along the corridors is a photo of Harper, known as the father of broadcasting in Sri Lanka for his passion and innovation.



Subhashini De Silva, a librarian at SLBC for 18 years, explains about the gramophone records stored at the radio studio's disc and tape library. Photo: Khursheed Dinshaw

During the tour, visitors are shown around the five libraries in which music is stored and the recordings of intellectuals can be listened to.

“We have a collection of more than 250,000 tapes and discs,” says librarian Subhashini De Silva, who has worked at the station for 18 years. “From these, the popular songs have been computerised.

“You will find programmes in Sinhala, English, Hindi, Tamil, Latin, Russian, Spanish, Dutch and French in our library.”

SLBC continues to thrive in the age of podcasts. It broadcasts via short wave across India, Nepal, Pakistan, Bangladesh and the Maldives, as well as Sri Lanka. The station can also be found online and has its own app, developments that would perhaps amaze even Harper.

Courtesy of Khursheed Dinshaw (South China Morning Post)
Submitted by Charles Schokman

QUOTATIONS FROM SOME FAMOUS PEOPLE

Sometimes, when I look at my children, I say to myself, 'Lillian, you should have Remained a virgin.'

Lillian Carter (mother of Jimmy Carter)

I had a rose named after me and I was very flattered. But I was not pleased to read the description in the catalogue: - 'No good in a bed, but fine against a wall.'

Eleanor Roosevelt

The secret of a good sermon is to have a good beginning and a good ending;

And to have the two as close together as possible.

George Burns

I was married by a judge. I should have asked for a jury.

Groucho Marx

My wife has a slight impediment in her speech. Every now and then she stops to breathe.

Jimmy Durante

I have never hated a man enough to give his diamonds back.

Zsa Zsa Gabor

Maybe it's true that life begins at fifty, but everything else starts to wear out, fall out, or spread out.

Phyllis Diller

By the time a man is wise enough to watch his step, he's too old to go anywhere.

Billy Crystal

Don't worry about avoiding temptation. As you grow older, it will avoid you.

Winston Churchill

Just to fill your mind with some unknown, yet unbelievable facts.



Nan Britton was a secretary who claimed that she had an affair with President Warren Harding, who fathered her daughter. Though Harding allegedly promised to support their daughter, after his sudden demise, his wife refused to honor the obligation. When Britton sued, she was shamed and ridiculed in court, and she lost the case. For years, the family received threats. Finally, in 2015, 24 years after Britton's death, DNA testing through Ancestry.com revealed that she was telling the truth all along.

unbelievable-facts.com



Japan's Okinawa Island is known as the "island of longevity" because of the highly unusual percentage of seniors who live to be over 100. Cases of dementia, cancer, and heart disease are also low among the residents of the island. Some say that the secret to the Okinawans' longevity is their strong sense of ikigai (a unique purpose in life) and a robust social life.

unbelievable-facts.com

For those of you who have grandchildren, great grandchildren or just need
a smile !!!



OBITUARIES
(E & O.E.)
(NOVEMBER2023)

ARULANANTHASAMY, Sarathadevi,(02.06 1944 - 31. 10 2023) , in Sydney. **39 Oklahoma Ave Toongabbie NSW 2146, Australia. (Tamil Thakaval, 3.11.2023)**

PERERA, Joan (née ATTON), wife of late Darlan Perera, mother of Domani and Spencer Manuepillai, Desline and Sanjeewa Attanayake and Damian, grandmother of Siobhan, Thavisha, Shontaal, Gavishka and Avisha. Sister of Margie, Sheila, Barbara, Loxly and Conrad and of late George, Eva, Connie, Olean, Carmen, Doreen, Sydney and Brinsley. Daily News, 4.11.2023)

BULNER, Glen, (29.2.1944 - 27.10.2023), husband of Fay, father and father-in-law of Jason and Mandy, Debbie and Tom, grandfather of Layla, Patrick, Joel, Ella and Ashleigh. (West Australian, 4.11.2023)

LUDOVICI, Lawrance, Brother of Amy (dec), husband of Hazel; former spouse of Patricia, father of Charlotte, David, Richard and Isabelle, grandfather of Emily, Dominic, Madeleine, Alexander, Oliver, Julia and Charlie, in Canberra on November 2, 2023, aged 86 years. (West Australian, 4.11.2023)

ANDRE, Mervyn James . (West Australian, 4.11.2023)

APPAPILLAI, Premaraj, husband of the late Agnes, father of Rapti. Son of Prof. Velupillai Appapillai and Isabelle Thangam Appapillai (née Joseph), brother of Mano, Daya and Kumudini, in Sydney, on November 8, 2023, aged 80 years. (Contributed)

ANANDAPPA, Doreen, wife of late Philip Anandappa, mother of Mariette and Edgar Tavarayan, Marion and Eileen Anandappa (USA) and Agnes, grandmother of Melissa and Keith, Eymard and Thashni, Megan, Jason (USA), great grandmother of Malia, Kayla, Eyvan and Tiyen. Sister of Neville and Barbara Perumal. - 2/1, St. Lucia's Street, Kotahena, Colombo, Sri Lanka. (Daily News, 9.11.2023)

GOMES, Pearl Winnifred, daughter of the late Lucas and Mary Josephine Gomes, sister of the late Anton, late Bernard, late Felix, late Rev. Fr. John, late Stanley, late Aloysius, late Annesley, and Leslie and Patrick Gomes, on the 8th November 2023. (Daily News, 10.11.2023)

SRISKANTHARAJA, Thiyagaraja, in Melbourne on November 7, 2023. (Tamil Thakaval)

D'SOUZA, Francis, husband of Brenda, father and father-in-law of Michael and Jocelyn, Andrew, Jennifer and Martin, grandfather of Monique, Louise, Harry, Ned, Jack and Claudia, On 6th November 2023. (West Australian, 11.11.2023)

COORAY, Patrick Gordon, husband of Shanthi Cooray. Brother of Lakshman (Danton) and Leslie (dec), on the 4th November 2023. (Melbourne Age, 11.11.2023)

VAN CUYLENBURG, June (née Szalla, Wife of Maurice, Mother of Pavla, Melania and David, Second mother to Craig and Jackie. Died one day short of 96 years of age. (Melbourne Age, 13.11.2023)

COLLINS, Leo Milroy, husband of Lourdes, father of Sharon, father-in-law of Eugene. Son of late James and Emily, brother of late Ranjini, Sherwin, Desmond, Premilla & Nirupa, son-in-law of late Xavier & Agnes, in New Zealand, on November 9, 2023. (Daily News, 14.11.2023)

EDMONDS, Joseph Anthony. (Melbourne Age, 14.11.2023)

FERDINANDS, Tyrone Oswald, husband of Krishanthi, father of Joel and Jerome. Son of Maurice (dec) and Rita, brother of Radley, Melanie and Gillian, on 13th November 2023 - 136/1D, Nisala Mawatha, Thaladena, Malabe, Sri Lanka. (Daily News, 15.11.2023)

PULLE, Bernard Terance Bastion (6.10.1932 - 9 11 2023), husband of Amara, father of Elizabeth (dec), Ramesh and Pooja, grandfather of Francesca, Shamaya, Shanella, Tamishka, and Yannick. Brother of Leena, Florence, Anton (dec) and Gerard (dec). (Canberra Times, 15.11.2023)

ROBERT, Mary Pathmavathy Anton, (16.04.1941 – 16.11.2023), in Bendigo, Victoria. (Tamil Thakaval)

CRUZ, Marjorie Rae. (West Australian, 18.11.2023)

RAJARATNAM, Lakshman Rajakumar (Lucky), (29.10.1951 – 13.11.2023), husband of Mailka, father of Brinthan, in Darwin, NT. (Northern Territory News, 18.11.2023)

COREA, Monica Doreen, wife of Vernon, mother of Ivan, Vernon Jr, and Ouida, mother-in-law of Fidelma and Praveen, on the 13 November in New Malden, Surrey, UK, aged 94.. (Sunday Observer, 19.11.2023)

MOTHA, Imelda (née GOMEZ, wife of late Dela Motha, mother of Romaine (Can) Christopher (Compassion) and Mario (Can), mother-in-law of Joe D'Souza (Can). Therese and Thushanie (Can), grandmother of Thenuk and Thevin (Can). Daughter of late Mr and Mrs. J.G. Gomez, sister of late Margaret, late Fr. Jerome, late Giselle, late Frances, Matilda Corera and Shiro Rayen. (Sunday Times, 19.11.2023)

FERNANDO, Felix Astley Roy, (05.07.1951 – 15.11.2023), husband of Jacqueline, father and father in law of Lauren & Peter, Romaine & Nick, Harry & Lyann, grandfather of Lena, Amy and Cheyanne, in Melbourne. (Contributed)

DIRCKZE, Audrey, wife of the late Vinne, mother of Mark and Tania, Sharon and the late Angelo. Sister of the late Trevor, Denis, Joan, Alistair and Kingsley. Grandmother of Shannon and Mandeera, Andre, Lorenzo and Alti, Tatiana. (Daily News, 22.11.2023)

SERPANCHY, Adrian, husband of Loraine, father of Delon and Joanne, father-in-law of Kirill Brodski and Rachel Serpanchy, grandfather of 3. Brother of Russel, Jerome, Randy, Loxley and Yolande, brother-in-law of Aloma, Sharon, Dilly, Damayanthi and Hilary Berenger, in Melbourne. (Contributed)

SENEVIRATNE, Erangani Mallika, wife of Basil(dec), mother of Channa, Arjuna, Damayantha, Amanda and Milinda, mother-in-law of Nicola, Andrew and Harshita, grandmother of Sophie, Suresh, Marisha, Dinesh, Saminda, Isharna, Anila, Maya and Amira. Daughter of Dr LBE Seneviratne and Engeltina Seneviratne (both dec) , sister of Navaya and Abey (both dec), sister-in law of Neil, Sepalika(dec), Nalini and Asoka (both dec), Lakdasa (dec), Hyacinth (dec), Lal and Hema., on Wednesday 15 November 2023 in Brisbane a. (Brisbane Courier Mail, 22.11.2023)

SCHUMACHER, Wanda Yadwiga, (03.06.1947 – 04.11.2023) Dearly loved wife of Peter, Loved Mother of Nathan and Steva, Joshua and Rani, Treasured Nanna of Joshua, Nicholas, and Akshay, on 4 November 2023. (Adelaide Advertiser, 24.11.2023)

KAMALACHANDRAN, Kandappah Chinniah (Ken), (21.10.1936 - 16.11.2023), Dearly beloved Husband of Maija for 62 years. Precious Dad and Father-in-law of Ranjan, Mergala, Rebecca and Joel. Adored Grand Papa of Javier and Jehan. (Adelaide Advertiser, 24.11.2023)

BEVEN, Trevor Malcolm, (1.08. 1935 – 20.11. 2023), Loved son of Edward (Ted) and Jane (both dec'd)Loved son-in-law of Don and Doreen Gordon (both dec)Brother of Lorraine and Don (both dec)Dearly loved and missed by his wife of 64 1/2 years, ElaineBeloved Dad of David (dec), Jenni and Vicki, Father-in-law and friend of Peter, Tony and Ian, The best and most loved Grampa and Grandpa of David, Jemima, Mitchell, Rohan, Madeleine and Georgia and their partners Emma, Jon Hui, Bethany and ColbyDearly loved Great Grampa of Sadie and Arne. (The Adelaide Advertiser, 24.11.2023)

HATCH, Anthony John (Tony), Aged 76, partner of Josie Frome, father of Stacey, Pieta, Chris, grandfather of Liz, Jamie, Jordan, Taj, Quade, Father in Law of Mitchell and Ayumi. Stepfather to Paul, David. Brother to Mike (dec) Ian, Rick (dec), Phillip, Shirley. (Sydney Morning Herald, 25.11.2023)

HERFT - Esmie (née Scharenguivel), wife of late Richard, mother of Romanie, Roger, Robin and Marian. Mother-in-law of Joe Tambayah (dec), Cheryl, Marie and Nigel Jansen (dec), grandmother of Romesh and Ann, Jason and Carley, Joanna and Wayne, Johann and Premila, Dominic and Meagan, Shyam and Reahn, Andrea and Geoff, Andrew and Lucienne, great grandmother of Rafael and Ria, Liesel and Alyssa, Marlow and Ziggy, Colette, Alexander and Bianca. Daughter of Lucy (Clements) and Christian Scharenguivel, sister of Frederick (Fritz), Algernon (Algie), and Peter (Tony) aged 100 years, in Sydney. (Contributed)

SOMANADER, Shirley Wignarajah, Son of the late Douglas and Hilda Somanader, Son-In-Law of the late Robert & Selvaranee Setukavalar. husband of late Rajini (née Setukavalar), father of Dr Douglas (Lakshan) and Dr Dhanusha, father-in-Law of Menaka and Dr Sri Kumaran, grandfather of Sherah and Joella. Brother of Ashley and Vimala Arnold and the late Kingsley, Leslie and Anesley (Indran), brother-in-law of Juliana (Melbourne), Sunthari (Melbourne) Iris (Canada) Balan, Rabi, Vino, Setu (Suhen), Jayen & Premini (Sri Lanka). Uncle of Adrian & Nirmini Somanader, in Melbourne (Daily News, 28.22.2023)

WEBSTER, Sheila, wife of the late Mervyn, mother of Gordon, Norman and Gillian, mother-in-law of Michelle, Virginia and Jeremy. Sister of the late George Davidson, Marie, sister-in-law of Valerie, grandmother of Tamara, Nigel, Tiffany, Brittany and Hamish, great grandmother of Silas, at the age of 93 on the 21st of November 2023. (Daily News, 28.11.2023)

DE SARAM, Cosmas, son of late Chevalier J.E.M. De Saram and Mrs Marian De Saram (née Karunaratne), husband of Chitranganie De Saram, father of Chanuka, Chiranka, Chamindra (Aust) and Chehani, father-in-law of Neluka, Shalika, Michelle (Aust) and Angelo, grandfather of Shanelle, Joshua, Matthew and Amelia. Brother of Eileen, Dr Ranjith, Eshanthamal, late Damian and late Sunimal. (Daily News, 29.11.2023)

BASTIANS, Betsy (néé Nesamony), wife of Kingston, daughter of late William & Grace Nesamony, mother of Dinesh & Dilani, mother-in-law of Ruvini & Trevor, grandmother of late Adria, Dillon, Andrea, Ryan & Trevin. Sister of Ranjitham, Paul and Peter. (Daily News 30.11.2023)

BOLLING, Bernadette (Bernie) Priscilla (née Fernando), wife of late Reggie Bolling, step mother of Derrick. Daughter of the late Michael and late Beatrice Fernando, sister of late Carryl, late Aleric, Trisette, late Michael, Wivina, Charmaine, Bellamin, Firmin and Petronella. (Daily News, 30.11.2023)

COGGINS, Elmo C.B., (09.02 1935 – 29.11. 2023), husband of late Monica Alice Coggins (née Samarasinghe), father of Perry and Dino, father-in-law of Stephannie, grandfather of Nikita, Joanna & Ella. - No. 42, Quarry Road (Galwala Para), Mirihana, Nugegoda, Sri Lanka. (Daily News, 30.11.2023)

SUNTHARALINGAM, Varithamby, (16.10.1932 – 26.11.2023), in Melbourne. (Tamil Thakaval)

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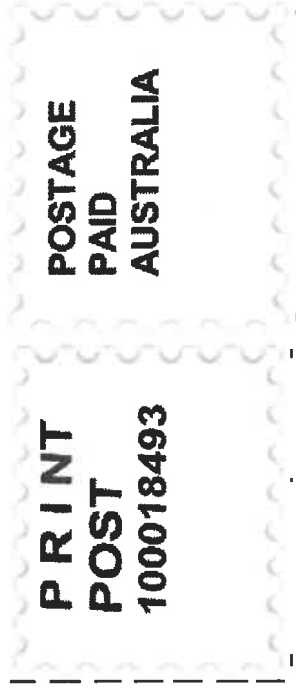
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