

Western Australia Sri Lanka (Ceylon) Association Inc

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WA SRI LANKA ASSOCIATION

MEMBER CONNECT

NEWSLETTER



President's Message

Dear Members

It is with great pride that I pen this message. We have come to the end of another financial year and I would like to take the opportunity to reflect on our achievements during the 2nd half of the financial year January to June 2017.

The Karaoke Night/Talent Contest held on Saturday 25th of February was a great success; where we saw some budding talent in our community. We are hopeful of taking this event to the next level in the coming year.

Our Annual Autumn Dinner Dance held on 29th April was the highlight of this year. For the first time in the history of Western Australia Sri Lanka Association, a very famous band Sohan & the Xperiments" was flown from Sri Lanka to Perth. About 450 people attended the dinner dance and everyone had enjoyed the fantastic ambience provided by the music floor shows, décor and sumptuous buffet.

Our Annual Dinner-Dance "Raffle Draw" in support of Sri Lankan and local charities was a major success again this year with us donating \$1340.00 to the "Leukaemia Foundation of Western Australia". The prizes for the raffle were donated by a number of well-wishers and we thank everyone who supported our fundraiser through prize donations and raffle ticket purchase.

We have received a large number of very encouraging positive feedbacks. My sincere thanks go to all the committee members and other members who gave their full support towards making the Dinner Dance a great success.

I am sure you have read the sad news about recent devastating floods in Sri Lanka. We are planning to have a food fair on Sunday the 10th of September 2017 from 10.00am to 2:30pm at the Burrendah Hall in Willetton to raise funds for the victims of these floods. It will be much appreciated if you would kindly help us in making this event a success.

The Annual General Meeting (AGM) will be held on Sunday the 27th of August 2017. We look forward to a successful meeting and request all members to attend the AGM. In the past 10 years, the attendance has been low. If the members do not show an interest, then the Association may have a natural death.

If any member has not received our e-mails, please let us know of your e-mail details so that we can update our mailing list.

I thank all the members for their support during the year.

Indrani Samaraweera

Editor's Note



Dear Members

The 2nd edition of "Member's Connect" newsletter; for the year 2016/2017, has taken another step into allowing our members an opportunity to contribute to the newsletter in various ways. I would like to thank all the members who have contributed to this edition and helped make it an interesting read for our readership.

This edition has some beautiful contributions:

*Health Conner - Nobel Silence (journey to a peaceful mind) - Theckla Weldt
Focus - Rhythm of Autumn Dinner Dance - Back Stage - Francis Wilathgamuwa
From the Island - Our Love for Coconut - Francis Wilathgamuwa
Community Focus - Insight into Ramadhan - Member
Being a senior in a Cyber World! - Eros De Silva*

We also welcome advertisements for our newsletter and website at a very minimal cost which would be used to fund our newsletter and website administration costs. Prices list:

*Black & White full page - \$50.00 per publication
Coloured full page - \$100.00 per publication
Website advertisements - \$100.00 per month or \$500.00 full year
Leaflet distribution with newsletter - \$100.00*

Building a community that connects is the idea of having this newsletter; "Member's Connect" therefore be curious as a five year old; be inquisitive as your neighbour, request for your favourite topics...write into the email below:

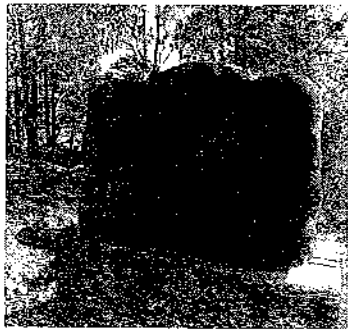
wa.srilanka.association@gmail.com

*Till we meet again...
Eros De Silva ♥*

NOBEL SILENCE – JOURNEY TO A PEACEFUL MIND

Written by Theckla Weldt

I was fortunate enough to take a break off my troubled life on a five day retreat at Jhana Grove in June 2017.



Jhana Grove is situated in Serpentine, about an hour's drive from Perth along South Western Highway. This marvelous retreat center was built and is maintained by Buddhist Society of Western Australia (BSWA)

This peaceful Centre is the ideal location to be at peace and indulge in the act of meditation. The tranquil surroundings in this serene Meditation Centre could house up to 60 people at a given time with all the perfect facilities provided. There are 10 cottages with 6 fully furnished rooms in each with attached toilets and shower.

Jhana Grove is also equipped with a large hall for dhamma talks, reflection, meditation and a separate indoor area for walking meditation. It also houses a large industrial kitchen with all the modern facilities and dining area; laundry and additional toilet facilities for retreatants and visitors add to the benefits provided by this wonderful place.

The occasional laughing sounds of the kookaburra along with chirping of thousands of various types of birds like parrots, honey birds etc. add to the serenity of this complex. Even the kangaroos and rabbits are a peaceful lot in this forest. The complex has many walking paths through the forest and water reservoirs, just the thing to experience a still moment and relax your mind away from the troubles of life and during this tranquil journey at the Centre.



Mega merits go out to Ven. Ajahn Brahmavamso who is the pilot of this amazing project in early 2000.

Unique features of this Centre that make it more peaceful are the two small bell shaped stupas made of Indonesian molten lava bricks with small Buddha statues inside them which gives a touch of Borobudur Vihara in Indonesia. These structures add serenity to the peaceful atmosphere.



The maintenance and taking care of the flora and fauna of this gigantic facility which extends 650 acres from Kingsbury Drive; is no simple task but it is well looked after by some delightful caretakers who have done a magnanimous task for our community by up keeping this facility for our wellbeing and peace.

Everyone is encouraged to take this tranquil journey as I have done. It's not hard and the peace you will experience is invaluable - the day starts at 4am and the program goes on until 10pm and practicing mindfulness is not difficult where NOBLE SILENCE is the theme.

This amazing place could bring any disturbed mind an insight into **PEACE** and **HAPPINESS**.

Rhythm of Autumn Dinner Dance - The Making

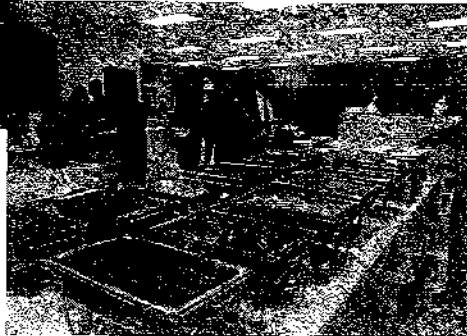
by Francis Wilathgamuwa



What an event it was!! It will be remembered as one of the best that had been staged in our Association's history. From the word go, with the President at the helm, everything was painstakingly and meticulously planned and executed. We needed a hall to seat at least 400 people, far in excess of numbers we were accustomed to in past years. The Sicilian Club hall licensed to accommodate in excess of 400 people was available and it was hurriedly booked for the event although at a high cost.



Arranging a band from Sri Lanka was not an easy task. Fortunately, few of our members had some experience in this field and after much discussion on the costs involved and the popularity of the band it was decided that SOHAN AND THE X PERIMENTS be engaged.



of our own members CKBLACK job. Throughout all this planning worried of the expenditure we had of course the risk factor involved if the committee members and their to make the event a success.

Then the question of catering was considered. It was a mammoth task preparing food for the huge number we planned to get and fortunately one CATERING was prepared to do the the Committee was somewhat to outlay to make things happen and something went wrong. The resolve of belief and determination finally helped

The band provided an enjoyable evening of music and this was evident from the unusually large number of patrons being on the dance floor most of the time, visually enjoying themselves to the fullest. The wider patronage included a diverse demographic of age and musical interest and the band with their long years of experience provided the music and the entertainment that made for an enjoyable evening for everyone.

A sumptuous buffet of Asian cuisine with a gourmet flair beautifully presented by CK Black catering was enjoyed by all. There were no long queues to get to the food and it was a delight to see such a variety of dishes.



The beautiful and elegant decor painstakingly done by some of the ladies were much admired by the patrons.

Keeping up with past practice it was decided to conduct a raffle. The Committee decided that it would be a good gesture on our part to donate the proceeds of the raffle to a deserving charity. After a great deal of discussion it was agreed that all proceeds be handed over to one of the most well-known charities, namely the Leukaemia Foundation in Western Australia. There were no shortages of volunteers to donate quality prizes for the raffle. Leukaemia Foundation promoted our dance and supplied all the tickets for the raffle. Judging from the proceeds collected, our patrons at the dance were very generous in giving to this worthy cause.

To conclude, our sincere thanks go to our generous donors, advertisers, supporters both members and non-members, and lastly and more importantly our patrons who were present in large numbers to make our dance a great success.

Thank you

To conclude, our sincere thanks go to our generous donors, advertisers, supporters both members and non-members, and lastly and more importantly our patrons who were present in large numbers to make all our events a great success, especially our dinner dance.

A special thank you to all who supported and sponsored the Dinner Dance this year, your contribution is much valued.

Our generous sponsors for the Diner Dance

Roshana Group - Major Sponsor

East Road Family Medical Practice -- Main Sponsor

McDonald's -- Main Sponsor Charity Raffle

All our Dinner Dance souvenir advertisers

Thai Corner Restaurant -- Applecross

Aurelius Solar Systems

Ford Partners Pty Ltd

Pulse Realty

Sirus Travel

Tax Count

IGA

WASLA Future Events

- ❖ Charity Food fair – will be held on Sunday 10 September 2017 – to raise funds for flood victims.
- ❖ Annual General Meeting will be held on 27 August

Condolence Messages

REMEMBERING THOSE JUST GONE BY!!!

By Ranjit Ratnayake

When we think of those who have passed on and left us since our last Newsletter!! Some of us would mentally send our minds back to the inception of this Association (late 1971). How our community being small, made us a closely-knit community practically knowing each other, helping and assisting each other, bringing happiness and helping relieve the heavy hearts of those trying to adjust to the new environment and changeover days. Our Association brought them all together; provided adults and children a means to get together, through gatherings and partaking in the Associations activities.

It is sad when we hear occasionally of those who most of us knew and were so close to us, leaving us to the other side of the rainbow.

* We remember **Dagmar Raymond** who was a very vibrant member leaving behind a very saddened WASLA Life Member husband Aubrey and the children and their families and their many grandchildren and her saddened siblings and the many friends and the association members, who just took to her because of her empathy kindness, generosity and helpfulness. Her home was always open to all, for a cup of tea, coupled with her witty conversation. Many of us who worked closely with her feel the great loss.

* Many of us from the very early years of the Association will also remember **Phyllis De Zyiva** a very pleasant, unassuming and benevolent lady who passed away recently, leaving children Wilhelm, Marias and Jennifer and their families and a very closely knit extended families and friends in deep moaning.

* We also remember **Ken Loos** a valued former member of the association, full of life, wit, and warmth empathetic and kindness to all around him. He leaves Dawn his wife and children and grandchildren. Ken was an original member of the association, being there from the days of its formation with his siblings and many members of the Loos family. Just as he was very close to the Association, he was also a very ardent supporter of the Association.

* We also had recent news of the sad passing away of young **Verity Ginger** wife of **Dwayne** not only left him in pain and deep moaning, but also their little daughter and the-parents-in-law, **Darrel and Deanna Ginger**, and the extended **Ginger** family.

*We also received sad news of the passing away of **Patti Scharanguivale** wife of late **Maurice Scharanguivale**. Maurice and Patti were active pioneer members of the association. Patti was an active participant in the many activities of the association and coupled with her pleasantness, genuineness and her friendly disposition and warmth towards other members endeared her to those around her and earned her a special place in their hearts.

* Our Association was deeply saddened by the recent passing away of **Heloise Peiris** wife of **Kumar Peiris**. **Heloise** with her departure has left husband Kumar, her daughters Kumarin, Kamaneethe, Manouri and their families and grandchildren in deep mourning. Let's keep in our minds and prayers the whole family who has lost a matriarch and a loving grandma; that they be given the strength and courage to carry on their family endeavors.

*When **Ravi Jayawardene** son of the former President JR Jayawardene and wife Elena, passed away in Sri Lanka, his sad loss was also felt in Perth. His wife Penny – the daughter of WASLA's late Life Member Major Wilton White and wife Joyce - and her siblings were a close knit pioneering family of the association. Together as a family they were part of the beginning of our association in late 1971. Ravi and Penny moved back to Sri Lanka from Perth, where he gave his invaluable expertise and experience to the many in the nation. To the association and Ravi's friends in Perth will remember him as a soft spoken unassuming empathetic and kind person.

***Lucian Fernando** husband of Helen and brother of late Theodore Fernando (also a former WASLA member), had passed away in Sri Lanka, recently. Lucian and Helen, Brother Theodore and Esme were faithful supporters of the Association. WASLA will remember with 'thanks' the great assistance Lucian and Helen gave to look after some of the Bank of Ceylon netballers who visited Perth to partake in the Masters Games.

*The sad news has reached us of the passing away of **Mrs. Neeta Hyde** Mum of **Anne Jansen** (former Committee member for many years). The others grieving the loss of a loving mum are Anne's siblings Mary, Tessie and Roysten, their families' children and grandchildren. Anne's mum Late Neeta lived with one of her daughters in Sydney. The Associations thoughts and prayers are with the Anne her siblings grandchildren and late Neeta's siblings.

*WASLA committee member Sanath Jayamanna's mother passed away, in Colombo on the 3 July 2017, following a very brief illness. She was in good spirits until the last moment. May she attain Nibbana.

*Our deepest sympathies go out to Tissa Herath on the passing away of his beloved mother; she was Visaka Herath's (committee member) mother-in-law. May she attain Nibbana

Another sad moment as we extend our sadness on the demise of the mother of Godfrey Weldt and mother-in-law of Theckla Weldt (committee member).

When we look back at some of those who have passed on during the last few months, we cannot but notice some who had arrived on this shore in the sixties or even before that. We in the WASLA Association could be proud the initiative they had taken to establish this association in 1971 (1st Meeting held on Sunday 3rd October 1971). Their siblings and relatives who continue to support this unblemished organization that we have been fortunate to inherit, that generosity that continues to nurture goodwill and foster that camaraderie by getting together sharing thoughts and establishing fellowships, among our community which in turn gives us the strength to help our Association in its forward journey.

The Holy month of Ramadan

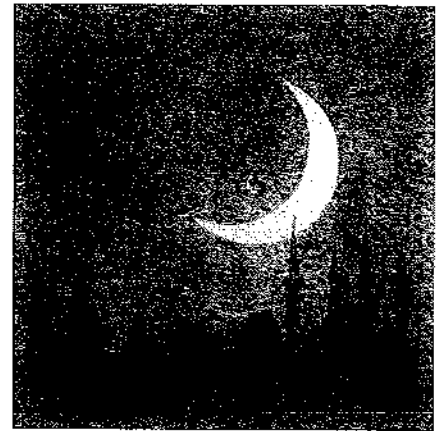
By WASLA member

Ramadan is the ninth month of the Islamic calendar. Ramadan is a season of goodness, benefits and blessings. It signifies a period when Muslims fast from sunrise to sunset, abstaining from food and drink to promote self-discipline and feel for those less fortunate.

Fasting

Those who are unwell, the elderly, or anybody who is unable to fast due to ill health or circumstances such as travel, pregnancy or nursing can abstain from fasting. Small children are not expected to fast, but many children observe the fast for a few hours a day during this period, building up on it as they grow older.

The daily ritual commences at dawn with first meal before sunrise. At sunset with the traditional "Azan" recital the fast is broken, initially consuming dates and water. It is believed that the Holy Prophet Mohammed customarily broke fast with dates and water. Therefore, dates hold a spiritual significance during the breaking fast ritual.



"Dates are a premium source of vitamin C. They are fat free, cholesterol free and a good source of fiber. Dates also include Vitamin A1, B1, B2, B5 and 20 different amino acids that help us digest and assimilate carbohydrates easier and control blood sugar levels and fatty acid content in our body. The selenium (a powerful antioxidant) lowers the risk of cancer and heart disease. The huge amount of healthy substances in dates makes them one of the best nutrition sources." Organicfood.com.au

Along with dates, a typical accompanying dish for breaking fast is the "rice Kangee" or gruel, made of rice, meat, spices and coconut milk. Various short eats and fruits are also included. Friends and families get together for this ritual which is called "Iftar" where they share in the special meal and break-fast. In the traditional manner, special prayers are offered through the night and at dawn. Life becomes more colorful in many Islamic countries with socializing, festivities and shopping for Eid festival.

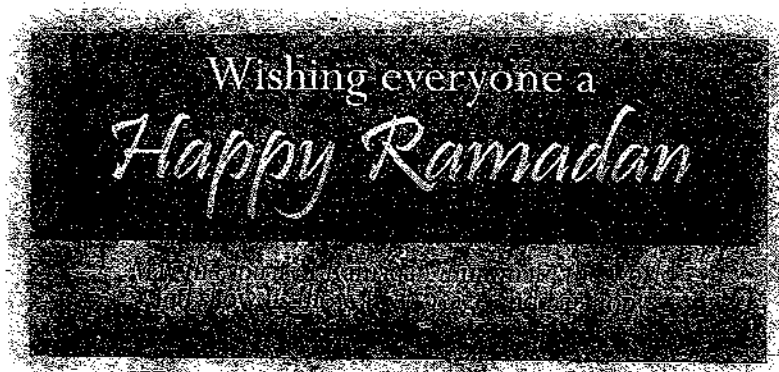
Helping the needy during Ramadan

Donations during the holy month are compulsory for every Muslim. It is called Fitr, which means donation. It is given to the poor and the needy. Donating rice is a common practice so that the needy can partake in Eid celebrations with the rest of the community.

Ramadan Festival

After the announcement of the sighting of the moon, and evening prayers have been offered Eid greetings are exchanged by all. Preparations for festivities begin in haste with festive treats and special meals being prepared for the next day. Watalappam is a popular Ramadan dish in Sri Lanka. Festival day is a day of celebration and unity and friendship for family and friends alike. People adorn themselves in new clothes and attend Eid prayers. After prayers people gather in their homes to enjoy a delicious festive meal. Children specially look forward to festival and exchanging of gifts. Non-Muslim neighbours and friends are included in the special occasion.

Eid festival is celebrated in many ways around the world. In Middle Eastern countries carnivals are set up everywhere where whole families can enjoy a carnival atmosphere. In Kuala Lumpur, buildings are lit, while streets are decorated with colourful sprays of flowers and flashing lights.



Being a senior in a cyber world

By Eros De Silva (New paper article contribution Vicky Sivarajah)

This topic reminds me of my grandma born in 1914. An era of living with your surroundings, cultivating massive farmlands for a living, having fresh food on the table and playing outdoors; technology was not heard of except the telephone at the post office or the camera that quirt out smoke when flashed. Bull carts for transportation and lantern to enlighten the night were a beauty of its own.

The numerous stories I heard from her and the strength she had at 86 was amazing, the only medicine I remember the doctor prescribing her were vitamins and Panadol. She could read fine writing without spectacle. She was a healthy, active and happy person till the end and had not spent a day in hospital, not even to give birth when she left us in 2000.

I look at the very recent times at hand and the ailments and sicknesses that hunt us in our era. It's really scary; we have become so inactive and artificial in our life style that before the age of forty many would have been diagnosed with some kind of sickness. It's even worse for the seniors.

The cyber lifestyle is one of the major culprits that is the cause of many sicknesses. The internet with all its benefits is killing us slowly and lonely. I was very disturbed to read an article recently which highlighted the problems faced by seniors with all the online drama that many companies are encouraging for the sake of ease and cost effectiveness. Yes the companies save money but the medical industry is booming. The article went a bit like this:

Article from "The West Australian"

"Seniors are constantly encouraged and advised to use our brain, get out and socialise and exercise. I am tired of constant bombardment from various companies, and utilities, to go paperless for bills. I am refusing on several grounds!

- I file my bills as they come in into my diary; make an entry on the due date to pay the bill.
- On the due date I must use my brain to write a cheque.
- I then get into my car and drive to the post office. I must use my reflexes and my brain to drive safely.
- On the way into the post office I may see a friend say hello - I socialise
- Standing in line I may speak to another person in line. I am again socialising
- I speak to the person who accepts my bill to process it - I am again socialising
- If the bill cannot be paid at the post office I buy stamps from the post office and send it via post.

Not everybody has a computer and even if they do many elderly folks find it difficult to navigate, it creates anxiety and we all know that is a health hazard and that the internet is not always safe for transactions. So I'd rather stand in line than online."

The person put forward the above arguments and I think I agree with it, especially in a society like Australia, where the seniors survive on their own unlike their other counterparts who still mostly have the privilege of living with their children who help them with adjusting to the way of current society.

Can you imagine your grandma paying bills online, it's hard enough to get her to answer the standard mobile phone you bought her for her last birthday; let alone taking a call from it? The younger ones are born with a smart device in their hand and the internet has overtaken society starting from the 2000s; it is now 2017 and the progress is amazing. We buy and sell online; bill payments, newspapers, books, encyclopaedias are all online. You meet your family and friends on social media; and play games, socialise all on social media. I will not be surprised if we all had our own hologram in the future. Imagine a family reunion of holograms!

The younger you are you will be fine with idea of a cyber lifestyle, it is an accepted and expected way of living, but do we have a transition plan for the seniors in our society. Are we considering how we can support them while going paperless or services being available online? It is definitely something we need to look into.

Let's just say it's easy to talk about inclusivity on paper but practicing it is another story altogether.



Upcoming Event

WASH STATE ASSOCIATION PRESENTS



Charity Food Fair

WITH FOODS DONATED BY SOUTHLANDS & COMMUNITY LEAGUE

Hoppers

Rice and Curry

Price: \$12 per portion for both items

Date: Sunday 10 September 2017 Time: 10am to 2pm

Venue: Wilfrid Sports & Community Centre

58 Riverside Blvd Waukegan

(Opposite Southlands Shopping Mall)

Organized by Community League

Contact: 0421 051 920

Flyer by Sharifa Burah

OUR MUCH LOVED COCONUT

Written by Dr Harold Gunatillake (contributed by Francis Wilathgamuwa)



Coconut oil prior to 1980 was popular in North American kitchens for hot food preparations, baking cookies and making fabulous pie crusts. About the same period North American vegetable oil producers envied the huge business and started condemning all saturated fats by applying faulty science, the Corn Products Company and American Soybean

Association started negative public campaigns aimed at brainwashing the general public and the fast food industry in to thinking polyunsaturated oils were a better choice for frying. As a result of this false propaganda the sales of coconut oil dropped to below 1 percent and was used only in the cosmetic and soap industries in the US.

Popularity of coconut for some reason has resurged during the past few years and its health and other benefits to mankind have been exemplified. It was the American heart Association that gave the bad advice for years that saturated fats cause heart disease and recommended to go on a low fat diet and to eat as much carbs as possible. It is possible that it was and is the Pharma industry that supported this theory for self-interest of making billions on the sale of statins. How can you say coconut fat is a risk factor for heart disease? Countries in the world that have the highest incidence of heart disease and stroke do not use coconut oil or meat (kernel) in their daily cuisine?

The countries that incorporate coconut products, including oil for frying in their cuisine are the Asian and some sub-tropical countries, for the simple reason that coconut trees grow in those climates. Every Sri Lankan housewife or a domestic uses coconut milk –the thick and the watery portions to add taste to the curries. Can anyone enjoy Asian cuisines without in using coconuts in their curries? The answer is no. Like onions coconut is a must for every curry for taste and consistency. Most journalists who feed negative feelings towards coconuts are from the West, including US where they have never seen a coconut tree.

Do not trust those articles that give a negative impact on coconut by journalists. Coconut has stood the test of time and it is a God-given super-food for the non-Western civilizations. I have no reason to believe that the saturated fat in coconut do harm to our blood vessel and heart. Enjoy your ‘Pol Sambol’ and white curry made from coconut milk with your treats with no guilt.

[F2014160623], made under the Migration Act
1958 was SUCCESSFUL on 26/09/2014.

For a detailed description see - Parent, aged
parent, aged dependent relative, remaining relative
and care visas can be lodged again



S W Hart & Co ®

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THE WESTERN AUSTRALIA – SRI LANKA (Ceylon) ASSOCIATION Inc.

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A quote that goes with

It is not my job to be noticed, it is to do some work for the world