

Western Australia Sri Lanka (Ceylon) Association Inc

Mailing Address:
275, Stirling Street, Perth, WA 6000

ABN: 41 031 087 846



PRESIDENT: EVELYN JANSEN PHONE: 0412 532 729
SECRETARY: SHEREEN GERREYN PHONE: 0400 927 892
TREASURER: GODFREY WELDT PHONE: 0417 931 289



WA SRI LANKA ASSOCIATION

MEMBER CONNECT

NEWSLETTER





President's Message

President's Message

As we move into 2020, and the final half year of my term, I look back on the events since our last newsletter of October 2019.

The Annual General meeting on 27th October at the Morley Noranda Recreation Club was well attended. I returned to lead the team for my final year,

We welcome the new committee, Ranjit Ratnayake and Chris Raymond Vice Presidents, Shereen Gerreyn and Godfrey Weldt as Secretary and Treasurer, Radha de Mel in the role of Editor. This year we welcome the support of Manil de Mel, Chris Bramananda, Ken Jansen, and Anju Kumar, joining our longstanding members Indrani Samaraweera, Francis Wilathgamuwa, and Vicky Sivarajah to make up our Committee.

Our annual Seniors Get-together on Sunday 24th November at the Victoria Park Bowling Club was well attended. Our senior members enjoyed the program of Bingo, Taichi demonstration, presentation by AAA, raffle, nibbles, drinks, buffet lunch, sing along and music.

Our Children's Christmas Party was held on the 1st December. Among the Sri Lankan kids joining in the Nativity, Mime, games and Santa's Visit we welcomed a lovely family from Sudan who thoroughly enjoyed joining in all activities.

I must acknowledge the effort of our Committee in the success of these events as they worked tirelessly. We are working on a list of activities for the rest of the year which appears later in the newsletter. Please keep the dates free and make a real effort to attend. We need more support from the Membership for the continuation of the Association and the success of future events.

In late October, a lightning strike on Gosper's Mountain in New South Wales ignited a dry terrain suffering from drought and winters with little to no rain. The fire quickly spread. Three months later, Australia's largest "megablaze" burned over two million acres, and though it is contained, fires are still burning despite heavy rain in some areas. The impact on life, property, livelihoods, and wildlife is unprecedented. Residents wait for the end of summer as hot and windy conditions return. Our hearts are with firefighters battling blazes, and victims of this disaster.

I wish you good health, all success, peace and prosperity in the coming year .

Anne Jansen

Editor's Note



Dear Members

It's a late in the day, I know- but let me wish all of you the very best for the rest of 2020. In spite of making a resolution not to procrastinate, this edition comes a month later than I planned! So much for New Year Resolutions!

On Friday 7th February I attended the Independence Day Celebrations organised by Sri Lankan Cultural Association of WA. It was a well-organised event with a number of stunning performances, and some interesting speeches. Dr Tilak Chandratilleke, Professor of Curtin University gave the key note address. He has made an invaluable contribution to Australia through his various innovations and I hope to feature these in the next edition.

In this edition I have included short snippets on Sri Lankans here and abroad who have distinguished themselves in various fields. There are quite a few Sri Lankans who have made a significant contribution to WA and I encourage you to send in the information to be featured in future editions.

This edition carries an important article on mental health of children and young people, and a notice about a Blood Donation Campaign organised by the Old Anandians Association of WA. In lighter vein there are a few quips on New Year's resolutions, and a couple of observations on Valentine's Day.

In March we celebrate Harmony Week from the 15th-21st. This is an opportune time for us all to reflect on our own migration narratives, and I'm sure there are some amazing stories out there about migration in the 50s and 60s – and even later. As always, I earnestly request you- (actually beg of you!) to send them in!

I have included the WASLA Membership Form and request that you encourage new members to join.

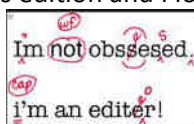
I welcome advertisements for future publications and our website to fund the Newsletter and administration costs.

Black & White full page	\$ 80.00 per publication
Black and White half page	\$ 50.00
Black and White quarter page	\$ 30.00
Black and White 'Business Card'	\$ 20.00
Leaflet distribution with Newsletter	\$ 100.00

Please join me in creating a newsletter that really connects us and is truly representative of our multi-faceted, multi-talented, multicultural WA Sri Lankan community. Please send your contributions to:
Editor, WASLA Newsletter, c/o Australian Asian Association, 275, Stirling Street, Perth, WA 6000 or wa.srilanka.association@gmail.com.

As always, a big 'Thank You' to Sharifa for her patience and good humour in helping me to finalise the Newsletter.

I hope you enjoy this edition and I look forward to hearing from you soon.



Kind regards
Radha

Message from the Honorary Consul

As we celebrate the 72nd anniversary of Independence, I wish to convey my warm greetings to all Sri Lankans in Western Australia. Today, as a nation, we stand proud of the progress made towards safeguarding the freedom, sovereignty and territorial integrity of our country whilst strengthening the economic and political rights of all our citizens.

Whilst we have achieved significant progress during the past 72 years, I believe much remains to be achieved. All Sri Lankans, regardless of their race and faith should stand in unity and work with utmost dedication and discipline to achieve what our country aspires to be in the future as a socially and economically developed independent sovereign state while protecting the bedrock of cultural and social heritage of our past.

Sri Lankans in Western Australia are proud of their heritage and have always been valuable contributors to the Western Australian economy and the Sri Lankan economy. As we progress into a new decade, I believe we have a responsibility to continue to contribute to the development of both Australia and Sri Lanka through our expertise, charity work, investment and innovation.

All patriots who sacrificed their life for the freedom of our nation since the colonial era and through the civil war must be commemorated on this day with honour and dignity. I would also like to remember with gratitude our servicemen and women who dedicated their lives to safeguard the freedom and independence of our nation.

It is my wish on this important occasion that we all get together and march forward with courage and peace towards accomplishing the ultimate goals of independence.



ROSHANA (ROSH) JALAGGE
Honorary Consul of the Democratic
Socialist Republic of Sri Lanka
Jurisdiction Throughout Western Australia



Consulate of Sri Lanka
In
Western Australia

43 Old Perth Road Bassendean WA 6054

Tel: +618 9279 9988

Fax : +618 9279 9889

www.slconsulatewa.com.au


WA SRI LANKA (CEYLON) ASSOCIATION INC. (WASLA)

2019-2020 Committee

President	Evelyn Jansen evelynj912@gmail.com ; T 9247 1606 Mobile 0412 532 729	
Vice Presidents	Chris Raymond chris_raymond@iinet.net.au T 6293 1474 Mobile 0421 300 523	Ranjit Ratnayake rratnay@iinet.net.au T 9479 1236 Mobile 0433 040 430
Secretary	Shereen Gerreyn shere_eng@hotmail.com T 9249 4609 Mobile 0428 333 923	
Treasurer	Godfrey Weldt godfreyweldt@hotmail.com Mobile 0417 931 289	
Editor	Radhanika de Mel Radha.DeMel@communities.wa.gov.au T. 9455 2154 Mobile 0401 573 248	
Committee	Vicky Sivarajah vicky267@bigpond.com T. 9378 2028 Mobile 0478 896 042	
	Francis Wilathgamuwa westrent@iinet.net.au T. 9375 3664 Mobile 0400 927 892	
	Indrani Samaraweera ssamaraw@iinet.net.au T 9364 9399 Mobile 0401008 001	
	Manil de Mel Manil_deMel@hotmail.com T 9455 2154 Mobile 0423 467 527	
	Chris Bramananda Email: bramac@hotmail.com T 9312 2613 Mobile 0421 360 778	
	Anju Sivarajah Email: anjunchris@gmail.com T 9349 000 Mobile 0433 1800 300	
	Ken Jansen Email: kajansen@optusnet.com.au Mobile 0403 732 779	

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<i>Name of Spouse/Partner</i>					
<i>Children and Ages</i>					
FOR STUDENT MEMBERSHIPS					
<i>School or University</i>					
<i>I wish to become a member of the Western Australian-Sri Lanka (Ceylon) Association, Inc. and agree to abide by its Constitution and by-laws</i>					
Signature			Date		



From your Treasurer

A friendly reminder to please check that your WASLA membership fees are upto date. Fully paid up members are eligible for Members' Prices on most events, and of course voting rights.

Please call Shereen on 0428 333 923 or email Shere_eng@hotmail.com for confirmation of your membership status for this year.

Payment options are as follows:

By Electronic funds transfer:

Westpac Account BSB 036 062
Account No. 518950
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Reference - "Your Surname, Initials," Subs

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Mailed to:
The Western Australia Sri Lanka Association
C/O AAA, 275 Stirling Street, Perth 6000

Our Subscription rates for 2019/2020

Single Membership:	\$15.00
Family Membership:	\$25.00
Single Pensioner Membership	\$10.00
Pensioner Family membership	\$15.00
Student Membership	\$10.00

We look forward to receiving your subscription which will ensure you are a paid-up member of WASLA for 2019.

Thank you for supporting WASLA, its events and objectives.

Godfrey Weldt

COMMUNITY RALLIES TO EMBRACE YOUTH MENTAL HEALTH

Australia's first comprehensive research centre focused on mental health from birth to 25 years launched last year at the Telethon Kids Institute in Perth. **Embrace @ Telethon Kids** brings together researchers, clinicians, service providers and the community in a collaborative effort to find new strategies and tools to address alarming rates of mental health issues in children and young people.

Telethon Kids Institute Director Professor Jonathan Carapetis said it was clear that despite the best efforts of many, there had been little progress in improving the mental health of young people in Western Australia. "Suicide is the leading cause of death of young people in WA, and we are seeing alarming levels of anxiety and self-harm in our kids," Professor Carapetis said. "We need new strategies and tools, because we can't keep doing what we're doing and expect a different result."

Led by some of Australia's top mental health researchers, Embrace will find new ways to help kids at the lowest times in their lives – when they're experiencing trauma, depression, anxiety, or thoughts of suicide or self-harm.

Co-lead Associate Professor Ashleigh Lin said **Embrace** would bring together clinicians, service providers and government to tackle the issue of mental health with a collaborative, holistic approach. It would also seek to prevent crisis before it starts, by giving kids and communities the tools they need to better cope with challenges they face, including bullying, unsafe cyber behaviours, and stressful experiences.

Dr Lin said mental health was a complex issue that was still not fully understood. "That's why research is so important." "It's how we come to understand where problems originate, create new ways of helping vulnerable kids, prove which therapies work best, make sure kids get the right support, and discover how best they thrive in their families, schools and communities." It was essential, she said, to find new ways to prevent and treat mental health issues in order to keep children and young people on the right trajectory, so they could develop into happy and productive adults.

Earlier this year, AFL player Nic Naitanui and Parenting author Maggie Dent led a campaign to rally the community behind Embrace, raising both awareness and donations for mental health research.

"We need to prioritise mental health. The longer we take, the more lives are lost and that's the reality of it. We need to fight as soon as we can and get as much help into it as we can. Let's all

rally behind the Embrace team to help give kids a brighter future." - **AFL player and Embrace Ambassador Nic Naitanui**

To learn more about Embrace or to donate, visit embrace.telethonkids.org.au



CONGRATULATIONS! Sri Lankans in the Limelight



People's Choice Award for Dr Lakshini Herat WASLA

The young diabetes researcher from The University of Western Australia received this award at the 2019 Women in Technology WA Tech [+] 20 Awards Ceremony, selected from more than 180 outstanding women in STEM fields. Lakshini gratefully acknowledged the support she received from WASLA members.

Dr Lakshini Herat from the UWA Faculty of Health and Medical Sciences, is a Postdoctoral Research Officer with the Dobney Hypertension Centre at Royal Perth Hospital Research Foundation. She was recognised for her research into testing a new class of anti-diabetic drug that could be used to treat diabetic eye complications.

The WITWA Tech [+] 20 AWARDS recognise female researchers, inventors, scientists, computer engineers, start-up innovators and technologists who are making a significant impact in their fields. In Dr Herat's own words: *"Diabetes not only has an impact on the eye, it causes life-threatening heart and kidney problems. The current treatment options for diabetic complications can have side effects. Our research hopes to find improved drugs that can treat eye conditions caused by diabetes with minimal complications and also treat other ailments associated with diabetes."*

Dr Herat said she was delighted and humbled to receive the award and hoped it would encourage other young women to consider a career in STEM. *"It's such a rewarding career,"* she said. *"To know that the work you are doing is having a direct impact on people's health motivates me every day. The field of STEM is really diverse too, there are so many different pathways you can take."*

UWA Deputy Vice-Chancellor (Research) Professor Robyn Owens said the award was well deserved. *"Dr Herat is helping make significant advances in the treatment of diabetes and her mentoring of young women in the field is helping other young STEM researchers develop,"* Professor Owens declared. *"STEM research is vital for improving the health of our communities and will ultimately result in better patient care."*

MCC honours for Kumar Sangakkara

Kumar Sangakkara will be the first non-Briton to act as MCC president



Former Sri Lanka captain Kumar Sangakkara has been appointed the first non-British president of Marylebone Cricket Club. The legendary ex-wicketkeeper-batsman began his one-year tenure in October having been nominated by the incumbent Anthony Wreford. 41-year-old Kumar is already an Honorary Life Member of MCC and has sat on its influential World Cricket Committee for the past seven years.

In Kumar's own words, "It is a huge honour to be named the next president of MCC and it is a role that I am thoroughly looking forward to. For me, MCC is the greatest cricket club in the world, with its global reach and continued progress for cricket on and off the pitch. I am thrilled I am going to be able to play a part in supporting its future."

MCC, which owns Lord's and acts as the guardian of the laws of the game was founded in 1787 and lists 168 presidents in its proud history. That number includes one member of the Royal Family, 13 knights and six baronets but, until now, nobody from overseas. Wreford observed: *"As MCC looks to broaden both our horizons and international reputation, I'm delighted that Kumar has accepted the invitation, to be the next president of MCC. He is an outstanding individual both on and off the field and will make a huge contribution to the club. In a World Cup and Ashes year he will also have a significant role to play as President Designate."* During his playing career, Sangakkara scored 12,400 Test runs, more than 14,000 One-day International runs and almost 1,400 T20 runs for Sri Lanka, and is a great role model both on and off the field.

Oxford honours for Dr Asha de Vos



Dr Asha de Vos, internationally acclaimed Sri Lankan marine biologist and ocean educator will become the first Sri Lankan woman to have her portrait hung at Oxford's Lincoln College 15th Century Hall.

Being a marine biologist, ocean educator and pioneer of blue whale research within the Northern Indian Ocean, she is also the first Sri Lankan with a PhD in Marine Mammal Research.

"In 2020 my college, Lincoln, will celebrate 40 years of admitting women. To celebrate they will hang the portraits of 20 female alumnae in our 15th Century Hall for the year. These are aimed to inspire current students and future applicants. A jury had the tough task of picking the 20 faces that best portrayed the women that have passed through over the 4 decades. I am so excited to say that I am one of them - making me the first Sri Lankan woman to have her portrait anywhere in the University"

Prior to this achievement, she won a BBC 100 Women Award in 2018, was named a Senior TED Fellow, and named a Young Global Leader by the World Economic Forum. Early this year, she was designated one of 12 Women Changemakers by the Parliament of Sri Lanka.

"I only spent 1 year in Oxford but it shows that the time I spent there is not all that counts. My over-arching journey to date is what will inspire others to dream and believe... My name means 'Hope' and I want to continue to be that, not just for our oceans and planet but also for my country. Because I'm grateful for the privilege to be Sri Lankan and to call this island Home," she commented in her Facebook post.

An unassuming and down-to-earth woman with no pretensions despite her significant achievements, Asha de Vos completed her undergraduate studies in marine and environmental studies at University of St. Andrews in Scotland, MSc at the University of Oxford and PhD from the University of Western Australia.

Managing Director and Chief Executive of Macquarie Bank Ltd. Shemara Wikramanayake



Ms Wikramanayake, who was Group Head of Macquarie Asset Management, has also been appointed to the Board of Macquarie Bank Ltd. Ms Wikramanayake joined the Bank in 1987 and has worked for the group in six countries and across several business areas.

In a statement, Ms Wikramanayake said she was honoured to take on the role:

"I look forward to working with the Board, management and our entire Macquarie team ...for the benefit of all our stakeholders," she observed.

Ms Wikramanayake was born in England in 1961 and was educated in Britain and Sri Lanka before attending Sydney's Ascham School for girls. She earned a commerce and law degree from the University of NSW before completing an advanced management program at Harvard University. She acted as a corporate lawyer at Blake Dawson Waldron in 1986 before joining Macquarie Bank in 1987.

Shemara headed Macquarie Infrastructure and Real Assets in New York from 2004-08 where she established infrastructure funds in the US and Canada, and established and led the Bank's corporate advisory offices in New Zealand, Hong Kong and Malaysia. Appointed Head of Macquarie Asset Management in 2008, she became chair of the Macquarie Group Foundation from 2013.

A mother of two children, Ms Wikramanayake told the *Financial Times* that she had never sold a Macquarie share in 30 years.

Hollywood recognizes Alston Koch

Sri Lanka's iconic entertainer **Alston Koch** performed for the Academy Awards 'After Party' for the stars at the Beverly Hills Hilton in Hollywood on 9 February immediately following the Oscars telecast worldwide.

Koch was among last year's considerations for the 'Oscar' and an Academy Award nomination for Best Actor for his haunting role in *'According to Matthew'*.

He won The CIGNIS Award for Best Actor in 2019 and the Derana 'Sri Lankan of the Year' Award.

His movie *'According To Matthew'* was the most talked about movie in Sri Lanka while running to full houses in cinemas across the island for 75 days.

A much-sought after singer in past Academy Award celebrations and the performer of many original songs with hits worldwide and an album that climbed to the number two spot in the Australian and international charts, Koch has also performed the National Anthem of Australia, Sri Lanka and America in official functions representing all three countries - a rare feat that deserves special recognition.



He also performed, produced and wrote the album for the AMERICA'S CUP in 1986 which was and still is the most expensive sporting event in the world.

Commissioned by the Australian Task Force the album *'The KOOKABURRA CONNECTION'* and the song *'KOOKABURRA'* was one of the first songs to be played on the MTV Network stations throughout the World in 1986.

A member of The Grammy Academy, he has toured the world performing to international audiences while being a part of the Grammy Advocacy and a major supporter of original music.

During the unfortunate bombings in Sri Lanka in 2019 he brought the people of his country of birth together with his song and video *'We Are One'*.

A huge ambassador for Climate Change and an ambassador for Sri Lanka Tourism, Alston Koch was hailed as the *'Purveyor of Disco and Soul Music'* in the Southern Hemisphere by the World Rock music Historian Glenn A Baker in his popular book *'DISCO INFERNO'* and Australian Record Industry Association (ARIA) called him the *'Funk Master'* when his album *'DON'T FUNK WITH ME'* hit the pop charts.

He is best known for his worldwide Gold hit *'DISCO LADY'* recorded when he signed up with RCA Records Worldwide

.... Anne Jansen quoted from *"The Daily FT" e-paper*



Seniors Lunch



Breakup Party



Children's Christmas Party



On New Year's Resolutions...

The following is a diary extract from a friend of ours who gained weight during December's festivities and now needs to work it off so as to get into her clothes. Also all those of you out there joining fitness classes and clubs as a New Year resolution should, perhaps, read this first:



Dear Diet Diary

As a Christmas present this year, my daughter, Cresley [what a thoughtful darling] bought for me a week of personal training at the local health club. Although I am still in reasonable shape since being a high school cheerleader 43 years ago, I decided it would be a good idea to go ahead and give it a try.

I called the club and made my reservations with a personal trainer named Juan Antonio [Ooh what a name!] who identified himself as a 26-year-old aerobics instructor and model for athletic clothing and swim wear. My daughter seemed pleased with my enthusiasm to get started. The club encouraged me to keep a diary to chart my progress.

Monday

Started my day at 6:00 a.m. Tough to get out of bed, but found it was well worth it when I arrived at the health club to find Juan Antonio waiting for me. He is something of a Greek god: he has curly hair, dancing eyes and a dazzling white smile. Yippee!

Juan Antonio gave me a tour and showed me the machines. I enjoyed watching the skilful way in which he conducted his aerobics class after my workout today. Very inspiring! Juan Antonio [call me Tony by now] was encouraging as I did my sit-ups, although my stomach was already aching from holding it in the whole time he was around. This is going to be a FABULOUS week! My New Year resolutions will be easy.

Tuesday

I drank a whole pot of coffee, but I finally made it out of the door. Tony made me lie on my back and push a heavy iron bar into the air. Later he put weights on it. My legs were a little wobbly on the treadmill, but I made the full mile. Tony's rewarding smile made it all worthwhile. I feel GREAT! It's a whole new life for me.



Wednesday

The only way I can brush my teeth is by laying the toothbrush on the counter and moving my mouth back and forth over it. I believe I have a hernia in both pectorals. Driving was OK as long as I didn't try to steer or stop. Tony was impatient with me, insisting that my screams bothered other club members. His voice is a little too perky for early in the morning; and when he scolds, he gets this nasally whine that is VERY annoying. My chest hurt when I got on the treadmill, so Tony put me on the stair 'monster'. Why the hell would anyone invent a machine to simulate an activity rendered obsolete by elevators? Tony told me it would help me get in shape and enjoy life. He said some other garbage too

Thursday

Tony was waiting for me with his vampire-like teeth exposed as his thin, cruel lips were back in a full snarl. I couldn't help being a half an hour late; it took me that long to tie my shoes. That man then took me to work out with dumbbells. When he was not looking, I ran and hid in the restroom. He sent a skinny woman to find me. Then, as punishment, he put me on the rowing machine - which I sank.



Friday

I hate that man, Toady or whatever his name is, more than any human being has ever hated any other human being in the history of the world. He is a stupid, skinny, anemic, anorexic little bighead. If there was a part of my body I could move without unbearable pain, I would beat him with it. Toady wanted me to work on my triceps. I don't have any triceps! And if you don't want dents in the floor, don't hand me the flippin' barbells or anything that weighs more than a sandwich. The treadmill flung me off and I landed on the health and nutrition teacher. Why couldn't it have been

someone softer, like the drama coach or the choir director?

Saturday

That person, that Toady, left a message on my answering machine in his grating, shrilly voice wondering why I did not show up today. Just hearing him made me want to smash the machine with my planner. However, I lacked the strength to even use the TV remote and ended up catching eleven straight hours of the Weather Channel.

Sunday

I'm having the Church bus collect me up so I can go to services today and thank God that this week is over. I will also pray that next year my daughter Cresley [the cruel, whingeing creep] will choose a gift for me that is fun: like root canal treatment or a hysterectomy. I still say if God had wanted me to bend over, he would have sprinkled the floor with diamonds!

** A New Year's resolution is something that goes in one year and out the other.*



** This New Years I'm going to make a resolution I can keep: no dieting all year long.*

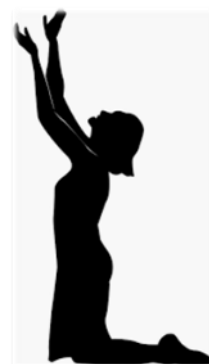
**Women get a little more excited about New Years Eve than men do. It's like an excuse: you drink too much, you make a lot of promises you're not going to keep; the next morning as soon as you wake up you start breaking them. For men, we just call that a date.*

**My New Year's resolution is to eat better, so from now on, I'm going to only date guys who can afford to take me somewhere other than McDonalds.*

**If you make a New Year's resolution to eat a healthy diet, and you keep it, you won't actually live longer, but it will seem longer.*

And Finally, My prayer for 2020:

Dear God, my prayer for 2020 is a FAT bank account and a THIN body. Please don't mix it up like you did this year.



On Valentine's Day:



**Definition of Love: A Widely misunderstood though highly desirable malfunction of the heart which weakens the brain, causes eyes to sparkle, cheeks to glow and the lips to pucker. Much nicer than an automobile accident, a tight girdle or a higher tax!*

**I don't understand why Cupid was chosen to represent Valentine's Day. When I think about romance, the last thing on my mind is a short, chubby toddler coming at me with a medieval weapon.*



**OH INNOCENT VICTIMS OF CUPID
REMEMBER THIS TERSE LITTLE VERSE
TO LET A FOOL KISS YOU IS STUPID
TO LET A KISS FOOL YOU IS WORSE**

- YIP HARBURG

A young man wanted to purchase a gift for his new sweetie for Valentine's Day. As they had not been dating very long, it was a very difficult decision. After careful consideration, he decided a good gift would be a pair of silk gloves.

Accompanied by his sister, he went to the store and bought the gloves. His sister purchased a pair of panties at the same time. The clerk carefully wrapped both items but in the process got them mixed up.

The sister was handed the gloves and the young man got the panties.

The young man mailed his Valentine's Day gift with the following note:

"This special Valentine's Day gift was chosen because I noticed you are in the habit of not wearing any when we go out in the evenings. If it had not been for my sister, I would have chosen the ones with buttons, but she prefers short ones that are much easier to remove. These are a lovely shade, the lady I bought them from showed me the pair she had been wearing for the past three weeks and they were hardly soiled. I had her try yours on for me and they looked quite lovely. I hope you wear them for our date on Friday." Much Love, Freddie



At a Glance:



Your committee is working hard to bring you some new and exciting events in the coming months. We are still in the planning stages, and welcome feedback and any other suggestions.

28th March: Down Memory Lane with Malcolm DeKauwe- An evening of fun, music and shared memories with music maestro Malcolm in attendance.

Venue: Noranda Bowling Club

2nd May : Dinner Dance featuring the very popular Sri Lankan group Misty.

Venue Sicilian Club



June : “ End of Exams” Dance for Students

July: Food Fair



30th August : AGM Venue: Noranda Bowling Club

November : Senior’s Lunch. Venue: Victoria Park Bowling Club

December: Christmas Party





OLD ANANDIANS ASSOCIATION OF WA PRESENTS



BLOOD DONATION

SUNDAY 17TH MAY 2020
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REGISTER NOW
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We look forward to your maximum support and participation for this worthy cause

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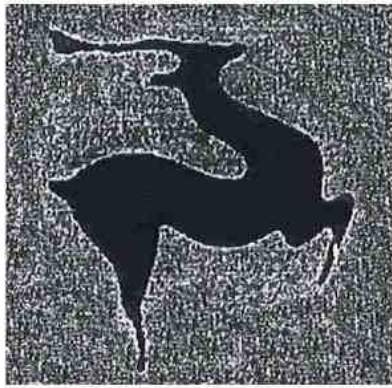
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Here is your chance to surprise your loved ones with something special from Elmstock Tea Company! Nigel and Hillary White will be happy to help you in selecting from the wide range of wonderful ELMSTOCK Sri Lankan tea elegantly packaged. Please give them a call on the above number or go visit them and see for yourself!



WE ARE A NOT FOR PROFIT APPROVED PROVIDER OF AGED CARE AND DISABILITY SERVICES.

WE SPECIALISE IN PROVIDING SERVICES TO THE MIGRANT/CALD COMMUNITIES (CULTURALLY AND LINGUISTICALLY DIVERSE).

WE PROVIDE SERVICES TO CLIENTS IN THEIR HOME TO ASSIST THEM TO LIVE INDEPENDENTLY FOR AS LONG AS THEY WISH TO REMAIN IN THEIR HOME.

THE SERVICES WE PROVIDE:

COMMONWEALTH HOME SUPPORT PROGRAM (CHSP)



UNDER CHSP (COMMONWEALTH HOME SUPPORT PROGRAM) WE CAN PROVIDE SUBJECT TO ASSESSMENT

- PERSONAL CARE/ASSISTANCE WITH SHOWERING ETC.
- HOME HELP/DOMESTIC ASSISTANCE
- SOCIAL SUPPORT/SHOPPING/MEDICAL APPOINTMENTS
- SOCIAL SUPPORT TO ATTEND GROUP ACTIVITIES

HOME CARE PACKAGES (HCP)



UNDER THE HOME CARE PACKAGES (HCP) PROGRAM LEVEL 1, 2, 3 OR 4 WE CAN PROVIDE

- PERSONAL CARE/ASSISTANCE WITH SHOWERING ETC.
- HOME HELP/DOMESTIC ASSISTANCE/MEAL PREP
- SOCIAL SUPPORT/SHOPPING/MEDICAL APPOINTMENTS
- GARDENING
- NURSING
- ALLIED HEALTH/O.T./PHYSIOTHERAPY

DISABILITY SUPPORT SERVICES (NDIS)



UNDER DISABILITY SUPPORT SERVICES (NDIS) WE CAN PROVIDE

- DAILY LIVING ASSISTANCE – DOMESTIC ASSISTANCE/ PERSONAL CARE/MEAL PREP ETC
- ACCESS TO THE COMMUNITY – ASSISTANCE WITH SHOPPING/DOCTOR'S APPOINTMENTS/VISITING FAMILY AND FRIENDS AND OTHER COMMUNITY BASED ACTIVITIES

For further information please contact:

Dushyanthi Fernando on 08 9328 7688 or email to coordinator.services@aaawa.org.au

Brian D'Monte on 08 9328 3435 or email to hcp.coordinator@aaawa.org.au

If Undelivered Return to:
The Western Australia – Sri Lanka (Ceylon) Association Inc.
C/O AAA,
275 Stirling Street, Perth, 6000