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# WESTERN AUSTRALIA - SRI LANKA (CEYLON) ASSOCIATION INC.

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## Newsletter - February 2023

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## President's Message



My dear members and friends,

It's with great sadness I reach out to you this month, given the passing of our dearest Dr Cecil Saverimutto. He was not only my best friend's dad, he was also an integral part of our family. He was the epitome of what a husband, father, grandfather and in law should be in this sometimes cruel world of ours and I for one will miss him dearly. Later in this newsletter, we have a fitting tribute to him penned by my father-in-law and I'd like to dedicate this edition to his memory.

It has been a challenging start to the year for many of us. We know of many families and friends that have lost dearly loved ones. The silver lining in all of this is that we need to spend more time with our families and let those close to us know we love and care for them. Give your family a longer hug today!

With this in mind, the Committee and I are looking at events that bring our membership closer together. WASLA has always been about inclusion and while some have decided to keep away from our events, the door is always open and we will welcome you back, when you are ready.

You would have now seen the flyer for our first event of the year. A casual lawn bowls evening designed to have us meet and mingle. Thank you to Kevin and Jackie for leading this event, its shaping up to be an awesome evening. Please book your tickets early as we have limited capacity. It would be wonderful to see you and your families there at this event. Bring a friend along so they can experience the warmth of WASLA.

Also, please keep the 7<sup>th</sup> of May free for WASLA's edition of Mother's Day celebrations. Planning is already in the works to celebrate the Queens in our lives so please save the date!

After the success of the Misty dance, members are screaming out for the next WASLA dance. Watch this space!

I would also like to update you on work that's being done to refresh our social media presence. We are launching a new website and timing this with a facelift to our Facebook and Instagram accounts! Look out for these and let us know what you think. A huge thank you to Rowena for spearheading this project.

Finally, and a huge thank you to all of you for making WASLA what it is today. Let's continue to make it a forum of care and friendship and let's build on this together.

God bless,

Milindha  
President



## A Note from the Editor

Hello again, Everyone!

I hope you had a fantastic season.

I am away in Africa as you read this and owe a huge debt of gratitude to Prakash and Bianca for completing the formatting in my absence. A great big 'Thank you' also to Kevin Melder who keeps me updated on the latest news, contributes articles, and edits our photo albums.

This edition has quite a diverse collection of features and articles. A very special feature introduces us to Vicki Vanden Driesen's book, '*My Second Heart*'.

We acknowledge the appointment of Chitrangene Wagiswara as Sri Lanka High Commissioner in Australia, and showcase an article by the very talented Shankari Chandran who is making great strides in the literary world, and one on international opera singer, Danielle de Niese. There is also a feature on Valentine's Day.

WASLA continues to provide great community events, and the WASLA Children's Party was no exception, as evidenced by our other special feature.

A touching tribute acknowledges with great sadness the passing away of a beloved husband, father and friend, Dr Cecil Saverimutto. He will be greatly missed by all who knew him.

There are a number of other features which we hope you find interesting.

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

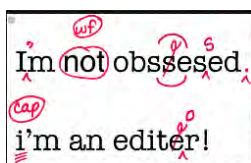
Full page	\$ 80.00 per publication
Half page	\$ 50.00
Quarter page	\$ 30.00

As I always say, we love hearing from you so please do send me anything you feel may be of interest to the Sri Lankan community in WA. Please send your contributions to: Editor, WASLA Newsletter, c/o Australian Asian Association, 275 Stirling Street, Perth WA 6000 or direct to me at [radhanikademel@gmail.com](mailto:radhanikademel@gmail.com).

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

A Very Happy 2023 to you all!

Stay Safe! Kind regards



Radha



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Tribute to Dr Cecil Saverimutto from Chris Bramananda.

It is with a heavy and broken heart and with remorse that I write of the passing of a dearest and great friend, Dr Cecil Saverimutto on the 25<sup>th</sup> January 2023. I would like to offer my deepest condolences to his wife Shiranthi, sons Ajanth and Ian and their families.

I had the privilege of knowing him only after I arrived in Western Australia and he was our family doctor. As most of you would know he was not only a wonderful doctor but a good Samaritan to all who knew him. He was a very dear friend and in law to our family.

However, my wife Mercia knew him way back in Sri Lanka, as his family lived in Kotahena similar to Mercia's family. Cecil attended St Benedict's College, where he was also a student of my father in law, the late Hector Perera. Cecil went to their family home for tuition when he was in his senior years at school preparing for his university entrance. So they had wonderful memories of when they went to school and the friendship they shared.

Cecil was a good Christian and followed the religion to the T. He was very fond of reciting the rosary. He was also instrumental together with 6 other families to start a rosary group in Perth over 20 years ago. This group still gets together a couple of times a month to pray together and are great friends.

He was a Christian who led a Christian life, being charitable, helpful, never judgmental, was an amazing husband, father, grandfather and in law. He was a person who went for daily mass, had so much faith that he would be the go to person when we all needed favours from our lord, he would always promise to pray for us.

He was an incredible doctor who was passionate about what he did. He never said the word 'no' to anyone. It was never an issue to go visit a patient in their home, he always looked at ways of making it as easier journey for the patient. He took extra care when it was an elderly patient. He always went to see them at home, always called to see that they were ok. He had amazing bedside manners and genuinely cared. He had a sense of warmth in him that people always gravitated towards.

He went out of his way to visit churches, temples and nuns to ensure they had all the necessary vaccines and medical attention needed. He was a gentleman that was loved by all. He was charming and had a great sense of humour. He used to always liven up a party with his jokes.

He loved playing cards, especially 304, which we enjoyed playing with him. My daughters loved the laughter we all enjoyed, he would win most of the time, not because of the hand of cards he had or the skill, but he would say that God plays with him. He always supported the underdog in any way he could.

I still cannot believe he is not going to be with us anymore. We will miss you every single day our dearest friend. I know you are with our father and one day we will all be together again. May your soul rest in peace.



**“He Is Not Dead**

**I cannot say, and I will not say  
That he is dead. He is just away.  
With a cheery smile, and a wave of the hand,  
He has wandered into an unknown land  
And left us dreaming how very fair  
It needs must be, since he lingers there.  
And you—oh you, who the wildest yearn  
For an old-time step, and the glad return,  
Think of him faring on, as dear  
In the love of There as the love of Here.  
Think of him still as the same. I say,  
He is not dead—he is just away.”**

**–James Whitcomb Riley**





## Genesis and Growth - WASLA - Then and Now

### Erratum and Apology

We would like to apologise to Ranjith Weddikkara for the omission of his name from the list of past presidents of WASLA. Ranjith has been a long-standing and active member of WASLA and was a dynamic WASLA President for two years between 1994 and 1996. Given below is the amended list of WASLA presidents.

1971/1973	Charles Oorloff	<b>1995/96</b>	<b>Ranjith Weddikkara</b>
1974	Gaston Alwines	1997	Olga Ramasamy
1975	Wilton White	1998/99	Vivian Blazé
1976	Gaston Alwines	2000/01	Russell Raymond
1977/78	Douglas Gauder	2001/03	Vicky Sivarajah
1979	Wilton White	2004/05	Chris Bramananda
1980	Aubrey Raymond	2006	Ron Bulner
1981/82	Olga Ramasamy	2007	Rosanna de Mel
1983	Raj Rajagopalan	2008	Olga Ramasamy
1984	Kevin Melder	2009/10	Shereen Gerreyn
1985	Vivian Blazé	2010/11	Roshan Burah
1986	Kevin Wright	2012/13	Ranjit Ratnayake
1987	Olga Ramasamy	2014	Ken Jansen
1988/89	Kulen Ratnesar	2015/16	Ranjan de Silva
1990/91	Russell Raymond	2017/18	Indrani Samarasinghe
1992/93	Ranjit Ratnayake	2019/20	Anne Jansen
1994	Aubrey Raymond	2021	Ken Jansen/Milindha de Mel
		2021/22/23	Milindha de Mel

## What is Leadership?<sup>1</sup>

*Leadership is about taking risks and challenging the status quo. Leaders motivate others to achieve something new and better. Interestingly, leaders do what they do to pursue innovation, not as an obligation. They measure success by looking at the team's achievements and learning.*

<sup>1</sup> <https://emeritus.org/in/learn/what-is-leadership/>



# TWILIGHT BOWLS

## COMO BOWLING & RECREATION CLUB

Food Stalls and Gelato Cart on site with full bar facilities available

(strictly no BYO)

Proudly brought to you by the  
**The Western Australia – Sri Lanka (Ceylon) Association Inc.**

**Tickets (includes bowling fees, food & gelato):**

**Members - \$55. Non-members - \$65.**

**All children under 14 - \$40.**

**When & Where:**

Saturday March 11

5.30pm to 10.00pm.

99 Hensman Street, South Perth

**Reservations:**

Kevin - 0403 040 400

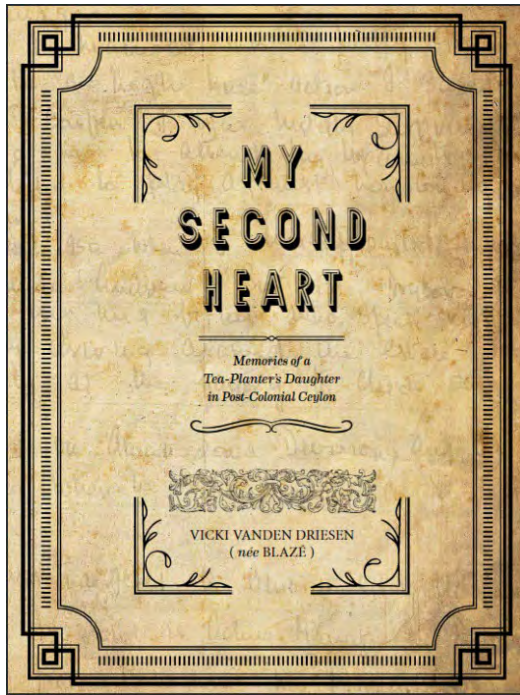
Sunita - 0421 545 526





## Literary Corner

### *My Second Heart* Sees the Light of Day



*After seven years of research, meticulous detailing and digging deep into past memories, Vicki Vanden Driesen's poignant memoir has finally been published as a limited edition hard copy, and as an Ebook.*

*My Second Heart*, a 253-page memoir written by Vicki Vanden Driesen (née Blazé) is the story of Vicki's life growing up in post-colonial Ceylon as well as the story of her family going back many generations.

Vicki draws on treasured family documents and a range of other sources including her own memories, to introduce the reader to the Blazé family and the tea planting world into which she was born. Her love of that world and her sadness in leaving it are poignant but there is also much happiness and humour in this personal narrative. *My Second Heart* reflects Vicki's passion for her family's history and her nostalgia for a world that has past, and speaks evocatively to future generations about the lives and times of her ancestors (History of Ceylon Tea<sup>2</sup>).

The book has been acclaimed for its authenticity, humour and vivid imagery, and will appeal to readers from all walks of life.

Distinguished academic, founder of the celebrated *Nonnative Speaker Movement*, author, renowned editor and internationally acclaimed speaker Dr George Braine had this to say: *A moving, heartfelt account of growing up in the 50s, 60s, and 70s, both in Colombo and on tea estates. Vicki Vanden Driesen spent seven years on this book, and it shows. Occasionally humorous, but mainly poignant and nostalgic, she vividly recalls the remarkable life of her father, and her distinguished Blazé lineage. The text is enhanced with photographs, handwritten notes, and recipes. A classic to be savoured, again and again.*

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<sup>2</sup> <https://www.historyofceylontea.com/ceylon-publications/feature-articles/my-second-heart.html>



Amala Jayatilleke, classmate, and close friend also waxed eloquent:

*An absolutely wonderful read. Have so much appreciation for Vicki's talent and effort to put this together. I am reading it for the second time and hope Vicki continues to write; she has such an engaging style. A beautiful blend of history, poignancy, chuckles, all woven together seamlessly as it were. The attention to detail brilliant in the presentation from start to finish, the pictures, the hand-written notes, the recipes. Loved that the front and back covers were overlays on her father's handwritten notes. That was remarkable!*

Vicki self-published the book in late 2022 and only printed thirty copies for family and close friends. Following its initial success, Vicki has been encouraged to do a second print. Readers can pre-order the book from Vicki ([vicki\\_vandendriesen@hotmail.com](mailto:vicki_vandendriesen@hotmail.com)). The book is accessible online in its entirety on the *History of Ceylon Tea* site. Simply click on the **title** within the blurb to open the book.

<https://www.historyofceylontea.com/ceylon-publications/feature-articles/my-second-heart.html>

Here is an extract from the introductory chapter of *My Second Heart*:

***"Time is rushing past. Today so quickly becomes yesterday and yesterday is so quickly forgotten.***

*Soon after my father, Vivian Blazé, died in November 2006, I found a notebook concealed beneath the driver's seat of his car. It contained his handwritten, unfinished account of his days as a tea planter in Ceylon. Even though I have clear memories of my childhood and my life in Ceylon, Dad's written recollections of his life as a tea planter, from the early 1950s until the early 1970s, really threw light on what now seems like a different world.*

*Other sources of family history – letters, photographs, certificates, newspaper cuttings and sporting trophies, together with family stories and anecdotes – are all valuable echoes from the past, and although they bring to light aspects of my ancestors' lives, it is my father's handwritten account which speaks most clearly to me of a different time and a different place which is so much a part of me, but will soon be forgotten.*



*Vivian and Charmaine.*

*Photograph taken in Badulla just prior to leaving Sri Lanka*

*Both my children were born in Perth, Australia and grew up there. They had the benefit and the privilege of spending a great deal of time with some of the older members of our family in Perth. I know that this story will interest them, but I hope that it speaks further into the future, to descendants born beyond my lifetime. While I have always had a strong connection to a body of*



*tradition, I hope this story will provide a similar connection to my descendants and give them a better understanding of their roots. My life in Ceylon seemed so ordinary to me but I know that it will not seem ordinary to them. I will speak to them of lives lived on a beautiful island called Ceylon....of emerald tea plantations, steamy jungles, warm blue seas and golden beaches.....of cinnamon and cloves, the scent of cardamom and the sting of chilli.....of gracious times, family meals shared with love and laughter, of traditions handed down. Most of all, I will speak to them about the lives and times of their ancestors from a land far away – some of whom I have known and loved.”*



**Vivian and Charmaine with their children, Christmas 1991.  
(L to R: Hans, Charmaine, Graeme, Paula, Vicki, Vivian)**

WASLA congratulates Vicki on this amazing feat, and we wish her well in her future endeavours.

*Radha de Mel*



## Poetry Corner

Excerpts from a tongue-in-cheek poem about Kandy by Philips Brooks' letter to Mary in 1893-  
You can read the whole poem in Carl Muller's novel, *Colombo*.

*Oh, this beautiful island of Ceylon!  
With the coconut trees on the shore;  
It is shaped like a pear with the peel on,  
And Kandy lies at the core.*



And Kandy is sweet (you ask Gertie!)  
Even when it is spelt with a K,  
And the people are cheerful and dirty,  
And dress in a comical way.  
{.....}

And here comes the belle of the city,  
With rings on her delicate toes,  
And eyes that are painted and pretty,  
And a jewel that shakes in her nose  
{.....}

And the queer little heaps on old women,  
And the shaven Buddhistical priests,  
And the lake which the worshippers swim in,  
And the wagons with curious beasts.



*(I came across this quaint little poem in Muller's book.  
You can read the entire poem on page 249- ED)*



## Ms Chitranganee Wagiswara

High Commissioner <sup>3</sup>



*Ms Chitranganee Wagiswara received the approval of the Committee on High Posts to be appointed as the High Commissioner of Sri Lanka to the Commonwealth of Australia.*

Ms Wagiswara is the senior-most officer serving in the Sri Lanka Foreign Service, having joined in 1981. She served as Third Secretary in Rome, Italy (1984– 1988), Ottawa, Canada (1991-1994) as First Secretary, and as the Deputy High Commissioner in London, United Kingdom (1996 – 1999).

In December 1999, she was appointed High Commissioner for Sri Lanka in Singapore and served in that capacity until January 2003. In May 2005, she was appointed Ambassador to the Republic of France and Permanent Delegate to the UNESCO and completed her tour of duty in September 2008.

From January 2010 to March 2014 Ms Wagiswara served as High Commissioner for Sri Lanka in Canada.

Before her appointment as Secretary to the Ministry of Foreign Affairs in 2015, she was appointed Additional Secretary/Economic Affairs, East Asia and the Pacific at the Ministry of External Affairs in Sri Lanka. She also served as Sri Lanka's envoy in Delhi from 2016.

Ms Wagiswara is an old girl of Holy Family Convent, Bambalapitiya. She graduated from Sri Jayawardenapura University and completed her postgraduate studies at the Bandaranaike Centre for International Studies in Colombo and the Graduate Institute of International Relations in Geneva.

WASLA would like to congratulate her on her appointment. (Ed.)

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<sup>3</sup> The description given here is taken from various official sites including <https://mfa.gov.lk/mrs-chitranganee-wagiswara-appointed-as-the-new-foreign-secretary/>, and is not a complete biodata. *Ed.*



## DANIELLE de NIESE

Sunday Times, January 1, 2023

### *Family time for Danielle*

*On holiday here, the renowned opera singer talks to Namali Premawardhana about balancing her many roles on stage and off.*



A shining star: Danielle in "A Wonderful Life" (pic by Genevive Girling).

Church-goers at St. Mary's Church, Bambalapitiya received a special treat at the Christmas Eve midnight mass when Australian-American lyric soprano of Sri Lankan heritage, Danielle de Niese, joined the choir for a very special service. Dani, as she is fondly known by her friends and family, began her Christmas holiday in Sri Lanka with renditions of 'Once in Royal David's City', 'O Holy Night' and 'Child of Bethlehem' among other Christmas classics.

The holiday itself, she says, is not simply about sharing the landscape of Sri Lanka with her children, but also sharing the people. "I remember when I first came to Sri Lanka, I felt - even in the smallest interactions - that there were parts of the people that were very much part

of myself. And I thought to myself "Oh, that's why we are the way we are!" Danielle considers it inevitable that her children will also experience this connection to Sri Lanka and hopes to nurture that in them through these family visits.

Born in Australia, Danielle lived most of her life in the United States, spent extended time studying languages in Europe and now makes a home with her husband and two children in the UK. "I feel like a dual or triple citizen of the world," she enthuses.

"It's great to have an affinity with many different cultures, and I think that's what my children will have as well."

Family seems to be the topic Danielle keeps returning to, as the Sunday Times catches up with the star late morning on Christmas Eve at 'Hunter's End', the home of Mano Chanmugam and Neomal de Alwis. Here she makes her Colombo base with her family including her parents.

Danielle's mother Beverly and father Chris played a key role in her training and in her ascent to childhood stardom as a singer and a TV show host. They moved their family (including Danielle's brother, Andrew, who has also flown down from abroad for the Sri Lankan Christmas holiday) and careers from Australia to the United States when, at the age of nine, Danielle demonstrated outstanding potential by becoming the youngest winner of an Australian TV talent competition. The key purpose of the move was to present Danielle with better opportunities to hone her talent.



Beverly and Chris still attend every opening show as well as the occasional rehearsal. Chris makes film recordings of the rehearsal while Beverly makes notes. These recordings and notes provide the base for Danielle's self-study. Beverly, a musician herself, also played an important role in Danielle's training, attending lessons with her and, again, taking "a million notes" as the star describes it. Back at home, she would then work through these notes with the younger Danielle, helping her practice.



"I only realized that mothers and daughters have trouble in their relationships once I met my friends' mothers, as a teenager," Danielle says. Beverly's involvement in her training and career, far from complicating their mother daughter relationship, has helped cement a foundation of trust. "I can go to her for critique or advice, and know that anything that my mum would say to me comes from a place of love," the star explains, adding that Beverly herself is an "excellent musician" albeit with no desire for the stage.

It is this connection Danielle had with her "wonderful family unit" as a child that inspires her and drives her in her commitment to her own family. She defies the perception that a star with a hectic rehearsal and performance schedule on top of multiple other professional and personal commitments cannot have time to raise her children.

"There is always this additional question for women, about balancing careers and families," she points out. "I get asked if I'm trying to have the cake and eat it too, but you'd never ask that of my husband, for example. I think as women we have a tremendous capacity within us, this huge reserve of energy, of life, of spirit, we bring to everything we have. So I think women should never feel like they have to choose between work and family."

Dressed in a vividly multicoloured dress, the true star comes alive in the ease with which she keeps a check on her appearance, soothes her toddler, listens to the others gathered around the coffee table, shares her opinions and remembers to keep sipping warm milky tea in order to not let her throat dry out.

"I think that optics are really important," she says, "but I also think that being genuine is really important. As an artist you have to be yourself because you are the canvas, that's where your colour palette is - for every role, for every song. The smallest song, from 'Twinkle Twinkle' which I'm singing for my baby - that's me who's singing it. You need to be true to this palette, because if on top of everything you have to hide yourself - ugh, it's just too tiring. It would be very tiresome and just exhausting!"



Being a star, mother, patron of the arts (her husband, Gus Christie is the Executive Chair of the Glyndebourne Opera Festival), activist and educator (and this is not the end of the list of hats she wears), has always been the dream package for the diva.

“Even when I was a teenager doing a TV show in L.A., it was always this thread of wanting to be an opera singer who does this, this, this, and this, you know?” she says, matter of fact. “It’s not like I became an opera singer and then decided ‘OK let me pack all these other things in too...’

Danielle’s Christmas holiday comes after a gruelling fall/winter performance schedule including three shows in three of London’s best-loved theatres: La Boheme at the Royal Opera House, the first ever “immersive” Handel’s Messiah at the Theatre Royal, Drury Lane, and It’s a Wonderful Life with the English National Opera. “I’m just grateful that I was able to manage this really really hectic schedule and still spend time with my family and remain healthy,” she says.

Just prior, the BBC released Danielle’s (and quite likely modern opera’s) most unique project to date: a film of Poulenc’s La Voix Humaine. “I wanted to make a film that happens to be an opera, not a film of an opera,” she says, pointing out that in an opera on film “you show what the show is like”. The 40-minute one-woman show (originally a play by Jean Cocteau) is among the “holy grail” of female roles for Danielle. As an opera it is a challenge, and as an opera on film, it was a “big leap” for the singer/actor. “No one’s ever done the opera this way. It was all very close capture, the camera was always on me and only on me,” she says, describing the intensity of the job. “It was a gruelling six days of 10 hours of work a day. We didn’t even know if I’d be able to sing for ten hours each day!” The film was released to critical acclaim over Easter 2022.

Danielle de Niese is billed to perform in Colombo again on Friday, January 6 at Barnes, Jetwing Colombo Seven at 7.30 p.m. The programme for Friday is a smorgasbord of pieces from opera and musical theatre, including “Don’t Cry for Me Argentina”, a medley of Andrew LloydWebber numbers, Puccini’s O Mio Bambino Caro, “Summertime” by George Gershwin as well as pieces by Dvorak, Tchaikovsky, Bizet, Bernstein and Kern. She will be accompanied on the piano by Dilan Angunawela. Box plan and tickets are available at Jetwing Colombo Seven.





## Your Heart- Keep it healthy.

A foetus goes through many stages of development. One of the milestones is when the heart begins to beat.

Cardiac tissue starts to pulse at around **5-6 weeks** of pregnancy, registering as a heartbeat on the ultrasound, though the heart has not developed yet.

Your heart beats about 100,000 times daily and about 35 million times yearly. The human spirit will win more than 2.5 billion times annually.

It is a beautiful pump prepared to work for you efficiently, but unfortunately, certain lifestyles seem to cause damage and lead to early dysfunction.

Today, a discussion is how we can look after the health of your **Doctor Harold Gunatillake** heart to work for you efficiently for a lifetime.



Rhythmic movements of the heart depend on the oxygen and other nutrients fed through the coronary arteries.

It would be best to keep their patent as far as possible through life without getting clogged with plaques.

These plaques are formed as a part of the thickening of blood vessels called atherosclerosis.

Atherosclerosis is the thickening or hardening of the arteries caused by a **build-up of plaque in the inner lining of an artery**. Risk factors may include high cholesterol and triglyceride levels, high blood pressure, smoking, diabetes, obesity, physical activity, and eating saturated fats.

Eating sticky foods such as fried and cooked with oil, fast foods, and street foods have become the primary cause of atherosclerosis in modern life.

Restaurants give you quickly cooked-through deep-fried and stir-frying foods, exceptionally palatable, which is the primary cause of obesity. The American Heart Association recommends diets high in antioxidants, vitamins, and minerals and low in saturated fat and sodium to reduce CVD and T2D risk.

These sticky, digested foods are the leading cause of plaque formation.

These plaques build up in arteries-the blood vessels that carry oxygen and nutrient-rich blood from your heart to your body's tissues.

These plaques are a build-up of a fatty, waxy substance that forms deposits in the artery wall. These deposits can narrow the artery and reduce blood flow. This is called atherosclerosis or

“hardening of the arteries.” Plaques can also rupture and create a blood clot at the rupture site as your body's natural processes try to repair the “injury.” The blood clot can cut off blood flow through the artery and starve your body's tissues of oxygen and nutrients. Therefore, a ruptured plaque can be severe: It is the most common cause of a heart attack or stroke.



## Your Heart- Keep it healthy.

Plaque build-up in arteries is, unfortunately, a natural part of living. Even children and adolescents have early evidence of the process.

However, diet and other lifestyle factors play an essential role. High blood pressure, high LDL cholesterol and smoking can all worsen atherosclerosis. High blood pressure and the toxins in tobacco products damage the smooth inner lining of the artery, called the endothelium. These and other causes of inflammation of the artery lining contribute to cholesterol and other materials embedding in the artery wall to form plaques.

Additionally, some people are predisposed to atherosclerosis. A genetic condition called familial hypercholesterolemia causes some people to have abnormally very high LDL cholesterol levels in the bloodstream.

The build-up of such plaques can be lessened through a heart-friendly diet and daily exercise.

Here are some of the best foods that unclog arteries to eat to prevent or clean clogged arteries. Berries. Strawberries, blueberries, cranberries, blackberries, and raspberries are best.

- ☐ Tomatoes. ...
- ☐ Onions. ...
- ☐ Citrus Fruits. ...
- ☐ Cruciferous Vegetables. ...
- ☐ Leafy Greens. ...
- ☐ Beans. ...
- ☐ Fish.

You can reduce plaque by losing weight, exercising more, or eating fewer foods high in saturated fat. In some cases, doctors may also prescribe medications to lower cholesterol.

### **What foods cause plaque build-up in the heart?**

#### **Foods to prevent plaque in the heart**

The study, published Aug. 13 in Science, suggests that consuming food rich in saturated fat and choline - a nutrient found in red meat, eggs, and dairy products - increases the number of metabolites that build plaques in the arteries.

#### **Do eggs cause plaque in arteries?**

For most people, an egg a day does not increase your risk of a heart attack, stroke, or cardiovascular disease.

In the past, it seemed logical to think eggs would be bad for your heart health. We knew that the cholesterol in eggs came from egg yolks, and we knew that high levels of cholesterol, especially LDL (bad) cholesterol, in the blood increased the risk of cardiovascular disease. So, avoiding cholesterol in the diet made sense.

**Website:** [www.Doctorharold.com](http://www.Doctorharold.com) [https://youtu.be/\\_9SaYVwuNOM](https://youtu.be/_9SaYVwuNOM)



## Sutherland doctor receives OAM in Australia Day Honours 2022

By [Eva Kolimar](#)

Medical field: Harold Gunatillake receives an OAM for service to medicine, and to the Sri Lankan community.

Sutherland's Harold Gunatillake is proud to receive an Order of Australia Medal (OAM) for service to medicine, and to the Sri Lankan community of NSW, in this year's Australia Day Honours.

A distinguished medical professional who is now retired, Dr Harold

Gunatillake was one of the most talented doctors of Sri Lankan origin to be admitted as Fellow of the Royal College of Surgeons in the UK.

He actively publishes article and books on health. He created his own website where he presents video presentations.

He is affiliated with the International Society of Aesthetic Plastic Surgery, is a former medical practitioner of Sutherland Hospital, and is associated with many medical organisations as a member, including the Academy of Medicine in Singapore, Australian Society of Plastic Surgeons, among many others.

"I'm honoured to receive this," he said. "I've written over 400 health articles and have done more than 50 YouTube presentations to educate the community in health issues such as heart disease, diabetes and other chronic diseases."





## SRI LANKAN OMELETTE<sup>1</sup>

-Shankari Chandran

*'Sri Lankan omelette is my go-to comfort food. I can make it quickly and eat it three times a day.'*

*Shankari Chandran is an Australian Tamil lawyer. Shankari's first novel, *Song of the Sun God* (Perera/Hussein Publishing, 2017) was long-listed for the International Dublin Literary Award (2019) and short-listed for Sri Lanka's Fairway National Literary Award (2018). *Song of the Sun God* is being adapted for a six-part TV series with Synchronicity Films UK and Dragonet Films Australia.*



*Her second novel, *The Barrier* (Pan Macmillan, 2017) was short-listed for the Norma K Hemming Award for Speculative Fiction (2018). *The Barrier* and her unpublished manuscript, *The Phantom Limb*, have both been optioned for television. In 2019, she won the Blake-Beckett Scholarship and she is the NSW Government's Writers Fellow for 2018/2019. She has been published in the *Sweatshop Anthology, Women (VOL 2)* and was selected to write a chapter for *The Australian's* serial murder mystery, "Oh Matilda Who Bloody Killed Her?" (2021), alongside Trent Dalton, Thomas Keneally and others.*

*She was the dramaturg for "Bhoomi: Our Country" a collaboration between Australian South Asian artists and Bruce Pascoe, which was performed at the Sydney Festival (2021). Her latest novel, *Chai Time at Cinnamon Gardens*, will be published by Ultimo Press in early 2022. She writes about the erasure of dispossession and the connections we seek as a result of it. Her novels have been accused of othering the coloniser.*

<http://shankarichandran.com/>

Sri Lankan Tamils are a talkative race. We talk about everything and everyone. (We are fully across the academic results, the career progression and the marital status of thousands of Tamils around the world. We're all someone's fifth cousin – everyone is family. It's negligent not to know what people are up to and it's plain rude not to talk about it.)



Within a very large family unit we feel entitled to ask direct questions and offer equally direct answers.

We say everything to each other, except I love you. These three words, uttered regularly by other cultures and families, sit unspoken between us.

<sup>1</sup> From **The Australian** LIFE TIMES. *The Way to the Heart*. January 13, 2023, page 12



The first time I left home (aged 18, moving from Canberra to the mean streets of Sydney), my mother gave me hundreds of instructions on how to stay safe without her. Then she thrust a bottle of her home-made curry powder in my hands, hugged me briefly and left.

The first time I went backpacking, aged 23, she gave me a list of aunties around the world and instructed me to call them before I arrived. So, I did. And sure enough, a network of strangers met me in countless airports and bus depots from Seattle to Oslo to Chennai, holding a sign with my name written on it. They'd greet me with, "You're Rathy's daughter? Come", she says, "you must be hungry. Everything is ready."

They'd take me to their homes and offer me *puttu* (steamed cylinders of rice flour infused with freshly grated coconut), *thenkai sambal* (more fresh coconut ground together with dried red chilli, salt, sugar and lime) and **Sri Lankan omelette**. This is my favourite meal in the whole world. In particular, Sri Lankan omelette is my go-to comfort food. I can make it quickly and eat it three times a day.

I am 48 years old and my parents visit once a week to see their four grandchildren. My mother still frets that I don't eat enough. She walks in the door bringing conversation about everything she's done for the last week. Some words are said, and some are unspoken. She carries a large cooler bag of curries. Inside it, there's something for everyone, including a container of Sri Lankan omelette, just for me.



**Eating instructions:**

The humble Sri Lankan omelette can be eaten for breakfast with fresh bread or roti and optional chilli sauce (mango chutney if you're soft). Then for lunch in a jaffle maker with a side of optional chilli sauce. And then for dinner with rice (or rice substitutes such as *puttu* or *string hoppers*), alone or with any other Sri Lankan curries. I recommend you eat the omelette with your hands, not with cutlery. It tastes better.

*Shankari's main article has been taken from the Australian of January 13, 2023. Her Recipe for the Sri Lankan Omelette has been confined to the 'Eating Instructions'. ED.*



SAVE THE DATE

Mother's Day  
*a*  
Celebration  
*with*  
Family & Friends

A Pre-Mother's Day Celebration  
with High Tea.  
Sunday 7th May



## WASLA Children's Party 2022

### *Another brilliant event!*

The annual WASLA Children's Party was held in the newly refurbished Shirley Strickland Community Pavilion in Ardross- a comfortable and commodious facility with an enormous kitchen and free access to the Reserve.

It was a perfect summer's day and the children and adults who were fortunate enough to make it had a truly wonderful afternoon's entertainment. There were the usual exciting games, plenty of prizes, tattooing, guest performers, choir, and of course, good old Santa Claus!!!

The hall and tables were beautifully decorated – lending a real festive cheer to the occasion. There were presents at the door, a dazzling Christmas Tree, sparkling table décor and tables groaning with food- both festive specialties and traditional favourites.

The energetic and talented Balloon Twister also had a variety of tattoo stickers for the children to choose from. The rapt faces of the children seated around her bore witness to their excitement and joy. And then the games began! There was plenty of room and time for musical chairs and sack races - and most children participated – albeit with a little extra encouragement from enthusiastic Mums and Dads!!!

Of course, the biggest draw for the kids was Santa himself who waltzed in to the tune of '*Santa Claus is Coming to Town*'. The children greeted him enthusiastically with cheers and applause and stuck to him like glue till they received their precious gifts.

Just before Santa arrived, however, there was a very special treat! We had three guest artistes - professional singers who gave freely of their time and talent to entertain the crowd- Maestro Malcolm de Kauwe, popular artiste Minoli Dias and the ever-green Derek Vangramberg.

Finally the WASLA choir came on and led the singing of Christmas standards and well-loved carols. There were excited calls for encores and finally everyone joined in for a rip-roaring rendition of *Felice Navidad* – led by Remy Jayasekera. All in all it was a great celebration of family, community, Christmas and good cheer.

Special thanks are due to the Committee Members who played lead roles in the various areas- from food, to décor, games, choir, sound etc. None of this would have been possible without your hard work, commitment, and care. *Muchas gracias!*

We hope to see more of our members and their families at the next children's party at the end of 2023.

*Radha de Mel*



## WASLA Children's Christmas Party - Photos



Special presents for all



Kevin and Bianca welcome one and all



A President's Welcome



Ho! Ho! Ho! Look who's here!



Hopelessly devoted to you



Traditional and delicious, just for you





I love my dog



I always wanted a tattoo, don't tell Mummy



Presents for all



We never miss the Children's Christmas Parties



Tony with his Scottish relatives



Tamara and Family



Long standing WALA members



Sunita and family



WASLA Young Mummies



Mercia and Krishani



The very popular Potato Sack Race



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Maestro Malcolm



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The WASLA choir



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Dwight and Patti with family.



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## Things You Never Knew About Valentine's Day<sup>4</sup>

Cameron Jenkins, Hannah Jeon

*When you start to think of Valentine's Day, you may envision gorgeous flower bouquets, heart shaped balloons, tons of sweet treats and sentimental cards that are sure to make you blush. But have you ever stopped to think about how this tradition of celebrating love on February 14 came to be?*

### **St. Valentine wasn't just one person.**

You may think that Valentine's Day was named after its patron saint, St. Valentine — but there's actually some confusion surrounding *which* St. Valentine the holiday technically honours. According to *History.com*, there are at least two men named Valentine that could have inspired the holiday, including one Valentine who was a priest in third century Rome. As the story goes, this Valentine defied Emperor Claudius II's ban on marriage (he thought it distracted young soldiers), illegally marrying couples in the spirit of love until he was caught and sentenced to death.



Fototeca Storica Nazionale.

Another legend suggests that Valentine was killed for attempting to help Christians escape prison in Rome, and that he actually sent the first "valentine" message himself while imprisoned, writing a letter signed "From your Valentine."

### **Valentine's Day has its roots in an ancient Pagan festival.**

Some historians believe that Valentine's Day actually has its origins in a Pagan fertility festival called "Lupercalia," which was celebrated on February 15 in ancient Rome. Dedicated to Faunus, the Roman god of agriculture, and Roman founders Romulus and Remus, the day was celebrated by sacrificing animals and smacking women with animal hides, a practice that was believed to encourage fertility.

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<sup>4</sup> Abridged and edited from

<https://au.lifestyle.yahoo.com/14-valentines-day-facts-probably-050500987.html>



**✚ Cupid has its roots in Greek mythology.**

He's the charming cherub that appears on Valentine's Day cards, often depicted with a bow and arrow — but how did Cupid become a common symbol of Valentine's Day? According to *Time*, the figure can actually be traced all the way back to 700 B.C., to the Greek god of love named Eros, who was actually a handsome, immortal man with the intimidating power to make people fall in love.

It wasn't until the 4th century BCE that the Romans adopted Eros into the image of a cute little boy with a bow and arrow, naming him "Cupid." By the turn of the 19th century, Cupid had become linked to Valentine's Day due to his love-matching powers.



**✚ The first valentine was sent in the 15th century.**

The oldest record of a valentine being sent, according to History.com, was a poem written by a French medieval duke named Charles to his wife in 1415. Charles penned this sweet note to his lover while he was imprisoned in the Tower of London at just 21 years old. One of the lines in the poem? "*I am already sick of love, My very gentle Valentine.*" Swoon!

**✚ The tradition of giving Valentine's Day flowers dates back to the 17th century.**

Giving red roses may be an obvious romantic gesture today, but it wasn't until the late 17th century that giving flowers became a popular custom. In fact, the practice can be traced back to when King Charles II of Sweden learned the "language of flowers" — which pairs different flowers with specific meanings — on a trip to Persia, and subsequently introduced the tradition to Europe. The act of giving flowers then became a popular trend during the Victorian Era — including on Valentine's Day — with red roses symbolizing deep love.



**✚ Nearly 250 million roses are grown in preparation for Valentine's Day each year.**

There is a science to ensuring that there are enough fresh roses to go around when it comes to February 14. In an effort to provide the flowers for the holiday, countries including Ecuador, Kenya, or Columbia ship the roses to the U.S., since they do not grow in the colder temperatures they experience in February.



**✚ The colour of flower given on Valentine's Day holds meaning.**

While a red rose has traditionally symbolised love, other colours like deep pink, purple or white -- which symbolise happiness, royalty and sympathy respectively -- may be given on the holiday too.



**✚ The Valentine's Day gift that people spend the most on is jewellery.**

Candy and flowers might be some of the most common gifts for Valentine's Day, but the category that we typically spend the most on for February 14 is jewellery, at a whopping \$5.8 billion in 2020 in the US! The second most-paid-for gift on Valentine's Day 2020 was an evening out with \$4.3 billion, followed by clothing, candy and then flowers.

**✚ The first heart-shaped box of chocolates was introduced in 1861.**

It was created by Richard Cadbury, son of Cadbury founder John Cadbury, who started packaging chocolates in fancy boxes to increase sales. He introduced the first heart-shaped box of chocolates for V-Day in 1861, and today, more than 36 million heart-shaped boxes of chocolates are sold each year. That's 58 million pounds of chocolate!



NightAndDayImages - Getty Images

**✚ Nearly 6 million couples get engaged on Valentine's Day.**

I mean, what better day is there for a marriage proposal than a day literally dedicated to love and romance? Valentine's Day is one of the popular days to pop the question, with as many as 6 million couples getting engaged on February 14. And according to the results of this survey, Valentine's Day was voted the best day of the year to propose than any other day — and of those people who voted, 40% were men!

**✚ It's celebrated differently around the world.**

Many Latin American countries know the holiday as *el día de los enamorados* (Day of Lovers) or *día del amor y la amistad* (Day of Love and Friendship). Though couples exchange flowers and chocolate on this day, the holiday's focus is also directed at showing gratitude to friends.

In Japan, **it's customary for just the women to give confections to the men in their lives**, with the quality of the chocolate indicating their true feelings, according to *Fortune*. On March 14, exactly a month later, the men repay the favour by celebrating the increasingly popular "White Day".

**✚ "XOXO" didn't always mean hugs and kisses.**

"XOXO" is a popular signature this time of year. The origins of the signature, however, stem from the Middle Ages. *The Washington Post* reported that during those times the "X" symbolized the Christian cross, and letters ended with the sign of the cross and a kiss to symbolize an oath. As the gesture became more popular in literature, letters and paperwork, it came to mean something had been "sealed with a kiss".



**Lovebirds are actual birds.**

While the term “lovebirds” has become a popular figure of speech, it’s also the common name for Agapornis birds.



This bird is a type of parrot that is native to the continent of Africa and can be found throughout the eastern and southern regions. The animals typically travel in pairs, which is why many couples are referred to as lovebirds.

**There is an official Valentine's Day alternative for singles.**

*International Quirkyalone Day* is the holiday for single people on the same date. The holiday isn't an anti-

Valentine's Day event, but rather a moment to celebrate self -love and platonic relationships. *International Quirkyalone Day* has been celebrated globally since 2003.

**William Shakespeare inspired a tradition.**

Writing “letters to Juliet” has become a Valentine's Day tradition for many, and even inspired the 2010 film *Letters to Juliet* . Around Valentine's Day, thousands of letters are sent to Verona, Italy addressed to the *Romeo and Juliet* character Juliet Capulet.

These love letters to Juliet are filled with emotion, passion and, in many cases, heartbreak. Volunteers, called Juliet's Secretaries, read through each letter, write responses and pick a winner of the “Cara Giuletta”(which translates to “Dear Juliet” in English) prize. The winner gets to visit Juliet's home in Verona and attend a special ceremony.

*This was excerpted from the article, “30 Things You Never Knew About Valentines Day” by Cameron Jenkins and Hannah Jeon. You can access the article on this link:*

<https://au.lifestyle.yahoo.com/14-valentines-day-facts-probably-050500987.html>

\*\*\*\*\*

## Valentine Smiles

*How do you kiss a girl on Valentine’s Day? You use tulips.*

*What did Barack Obama write inside his Valentine’s card?*

*"I'm glad I've got you Michelle;  
I didn't want to be Obamaself"*







\*\*\*\*\*

### Marriage Counselling

After 35 years of marriage, a husband and wife visited a therapist. When asked what the problem was, the wife went into a tirade, listing every problem they had in all the years they had been married.

On and on and on: neglect, lack of intimacy, emptiness, loneliness, feeling unloved and unlovable, an entire laundry list of unmet needs she had endured.



Finally, after allowing this for a sufficient length of time, the therapist got up, walked around the desk and after asking the wife to stand, he embraced and kissed her long and passionately, as her husband watched - with a raised eyebrow.

The woman shut up and quietly sat down as though in a daze.

The therapist turned to the husband and said, "This is what your wife needs every day! Can you do this?"

"Well, I can drop her off on Mondays, Wednesdays and Fridays. But on Tuesdays and Thursdays I play Golf, and on the weekends, I go fishing, so she'll have to find her own way here."!!!





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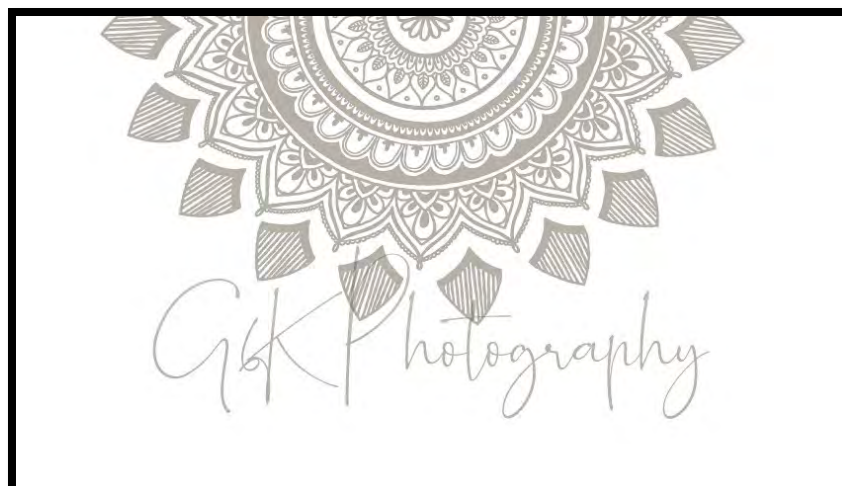
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## Confucius said

We have two lives. The second begins when you realize you only have one.

*Contributed by Kevin Melder*





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*“I always visit the DBU for lamprais at lunch time and a black pork curry and drink at the members bar on Wednesday evenings.*

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*Kevin Melder.*





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