



Burgher Association Australia

Winter Edition

June 2025

Community Newsletter



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2024/2025

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Burgher Association Australia Donations Pledge

The Burgher Association Australia Incorporated (BAA) is passionate about supporting the community and is proud to be helping make a difference in the area of health and wellbeing. It is our goal to empower wellbeing and healthy lifestyles across Australia and Sri Lanka. The BAA is pleased to have considered charitable contributions, donations and sponsorships to children's education in Sri Lanka and other charitable donations sponsorship based in Australia

Considering the high cost of living expenses, the BAA General Committee has decided that the ticket price for all members will be based on cost and non members to pay a small premium to cover the running cost of the Association.

As such the BAA has taken the view that all sponsorships/donations, excluding the sponsorships of children in their education via the DBU in Sri Lanka, will not take place until further notice. Accordingly the BAA has just announced following the November 2024 General Meeting (AGM) that for the current year donations and sponsorships will be granted only to the following.

**Sponsorship of Education to children via the Dutch Burgher
Union of Sri Lanka for up to 25 children doing year 11 and 12**

We will review again annually the position to set up a budget for new/continued sponsorship to be adopted in the following year.

WELCOME NEW MEMBERS

Mr Dennis Corea



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



The Burgher Association of Australia Centre is available for private hire (**Dances, Birthday parties, Anniversaries etc**). The BAA Centre is located within a short walk from Clayton railway station. The hall is licensed to hold 150 people. Tables and chairs for this number of attendees are provided. There is usually plenty of parking across the road and a few spaces on the property. Disabled access via ramps is available to both the front and rear doors and a disabled parking space is available. There is also a 'horseshoe' driveway permitting the dropping off of attendees under cover.

Commercial kitchen facilities are available including stainless steel splash walls, a commercial glass washer, dishwasher, stove, oven, hot water boiler, large freezer, refrigerator, and a bain-marie. There also is an alfresco area at the back that can be used for making the famous Sri Lankan Hoppers, BBQs or other activity that requires a shielded outdoor space. There are multiple reverse-cycle heating and cooling units servicing the main hall and kitchen. There are separate male, female and disabled toilets. More pictures are available on our website <http://burgherassocn.org.au/baa-centre/>

How to make a booking: Call The BAA Centre on 0423 844 101 to enquire whether the date, you wish to hire the hall for is available. If you are a member of the BAA, the price of hiring the Centre costs \$350 per day. Non-members \$400 per day. Minimum booking is 5 hours (\$300). Hours of operation Friday/Saturday 11AM to 12 Midnight, other days 10AM to 10PM. All bookings require a bond of \$250 that is refunded if the centre is handed back to management clean and undamaged. (\$2000 for age 21+ and under). A payment of \$100.00 will be deducted from the Security Fee deposit for cleaning of the premises, for the next day's Events. **Hiring Agreement**. NB: To book the hall, payment has to be made via the BAA Bank Account – details available on request. Depending on whether you are a member or non-member the full fee plus the deposit of \$250 must be paid to secure the date booked.

What's Happening

At the BAA



Thai Cuisine Lunch

Sunday 22nd June 2025

BAA Community Hall – 358 Haughton Road,
Clayton 3169
12 noon – 5.00pm

Hopper Lunch

Sunday, 17th August 2025

BAA Community Hall – 358 Haughton Road,
Clayton 3169
12 noon – 5.00pm

Christmas Lunch

30th November 2025

BAA Community Hall – 358 Haughton Road,
Clayton 3169
12 noon – 5.00pm

HOPPER LUNCH



Sunday 17TH August 2025

Come and join us at

THE BAA

358 Haughton Road, Clayton

All you can eat! Egg Hoppers, Plain Hoppers with exquisite accompaniments & Watalappan desert

Catch up with friends and enjoy a fantastic afternoon with music, fellowship and delicious food

12.00 noon to 5.00 pm

Members \$20PP, Non Members \$25pp BYO

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Charles Dickens' novels were hugely popular even among the illiterate poor. They would pool their money to hire a reader, and then gather together to listen to the stories.

weird-facts.org

@factsweird

YOU MEAN TO TELL ME



YOUR REAL NAME ISN'T GRANDMA

Anuradhapura cross

From Infogalactic: the planetary knowledge core

The Anuradhapura Cross



Far sighted Christian community in incorporating the symbols of Buddhism, Hinduism and Christianity was an attempt to unify all known religions of the far east.

The Cross of Anuradhapura or Anuradhapura cross is a form of the Christian cross symbol. It is the most ancient symbol of Christianity in Sri Lanka.

The cross was discovered in 1912 during archaeological excavations in Anuradhapura. It is cut in sunk relief on the side of a smooth granite column of which a fragment was excavated. An immediate determination about the cross came from the Archaeological Commissioner of Ceylon, Edward R. Ayrton, who concluded that it was a Portuguese cross. In 1924, Ayrton's successor, Arthur Maurice Hocart, put more effort to clarify the cross and he descr'bed it in his publication, *Memoirs of the Archaeological Survey of Ceylon*, as being "a cross of a floret type standing on a stepped pedestal from which emanates two fronds on each side of the cross like horns".

Hocart also concluded it was a Portuguese cross. Both men considered that it was a Nestorian cross or “Persian Cross” from the Portuguese era. A number of historical records also suggest that Assyrian Church of the East may have been in Sri Lanka between the middle fifth and sixth centuries. There, it is believed that the cross was dated to the Anuradhapura period. Meanwhile, whilst it was considered as a Portuguese cross these claims are questionable, given various historic facts, notably that *the Portuguese did not have a presence in Anuradhapura at the time.*

“Historically the Portuguese presence was restricted to the coastal towns of Sri Lanka and in particular associated with the kingdom of Kotte.” MM

The most conclusive determination of the cross’s origins was made in 1926 by Humphrey Codrington, based on evidence contained in a 6th-century manuscript, *Christian Topography*, that a community of Persian Christians were known to reside in Taprobanê (the Ancient Greek name for Sri Lanka). Codrington wrote in his book, *A Short History of Ceylon*, that “about A.D. 500 we read of a Persian colony; a Nestorian cross undoubtedly belonging to this community is to be seen in the Anuradhapura Museum”.

In 1954 the then assistant Archaeological Commissioner, Titus Devendra, dismissed the historical reliability of the *Christian Topography* and attributed the cross to the Portuguese dating it later than 1547.

Academics however have since concluded that the *Christian Topography* is historically accurate. In 1984 an archaeological find at Manthai (Mannar) confirmed the existence of Persian Christians in Sri Lanka, including a seal with a Nestorian cross, with similar stylistic features to the Anuradhapura cross.

The cross is considered as a variation of the St Thomas Cross due to its similar shape and possible links between the early Christian community in South India and Sri Lanka. The Anuradhapura cross however has unique

features when compared to other crosses. The three main elements that the Anuradhapura cross has in common with Nestorian crosses are: the “leaves” (with their upward facing fronds) at the base of the cross, which symbolize the “tree of life” (the vitality of the tree is accentuated by its fruit-like protrusions); the second element is that each of the arms of the cross terminate in a pearl. Pearls played a central theme in Syriac devotional literature and iconography. The third element is the base, which is a three-stepped pedestal. The three tiers symbolize the three levels of paradise, the three decks of the ark, and the three limits of ascent to Sinai.



PERSIAN CROSS IN CHAPEL ON ST THOMAS'S MOUNT.
Seventh or Eighth Century.

Pope Francis’s visit and the cross of Anuradhapura

The Anuradhapura cross was featured in the official logo of Pope Francis' visit to Sri Lanka. The website of Archdiocese of Colombo mentions the cross as *the Glorious Cross* or *the Cross of the Resurrection*.

The Diocese of Kurunegala (Church of Ceylon) has the cross on its emblem. The Cross of Anuradhapura or Anuradhapura cross is a form of the Christian cross symbol. It is the most ancient symbol of Christianity in Sri Lanka.

From Infogalactic: the planetary knowledge core

The Nestorian cross aka The Anuradhapura Cross



A Nestorian cross on a tombstone from Kazakhstan (1300s AD)

Who were Nestorians?

In 428 AD, when Pulcheria and Eudocia were running the Roman Empire, a bishop named Nestorius became the Patriarch of Constantinople. That's like being the Pope but for people in the Eastern Empire.

Nestorius didn't like the idea that Jesus was both a man and a God at the same time. Nestorius thought that couldn't really be possible. So he thought that Jesus must really have been two separate beings – a human one and God one – at the same time, wrapped up together. They must have been different, but almost the same. But this was too close to Arianism for a lot of people.

Many Christians agreed with Nestorius. But the majority wanted to believe that Jesus could be both a man and a God. After a lot of arguing and a fair number of riots and street fights over who was right, official Church councils in both 431 and 451 declared that Nestorius was wrong. Nestorius himself died in 450, but his followers – Nestorians – still kept on believing that Jesus was two separate beings. Many Nestorians left the Roman Empire after 451. Most of them moved to the Sassanian Empire, where they were more successful. By 500 AD most Christians in the Sassanian Empire were Nestorians or Manichaeans, or both.

Nestorian procession in Gaochang, China (600-800 AD)

Nestorian Christians moved further east, too, and convinced many people along the Silk Road and into India and China to become Nestorian Christians too (though other eastern Christians were Manichaean). In the Middle Ages, there were Nestorian Christians in India, in Kazakhstan, in Mongolia, and in western China. But by about 1400 AD, there were not really any Nestorians left except in India. Most of the Nestorians became Buddhists or Muslims. Augustine of Hippo was a Manichaean before he became a committed Christian and proclaimed “too late have I known thee too little have I loved thee oh thing of ancient beauty”



Compiled from the Internet by Milroy R. Martyn. J.P Victoria

Yoga: From Servanthood to Millionaire Restaurateur

Lorenz Pereira, in *The Island*, 6 February 2022, where the title reads “An Epic and Inspirational Journey” Presented here with highlighting imposed

I have always felt deeply about the dire plight of the plantation workers and the hopelessness of their lives. I have been concerned and somewhat saddened as to how hard they have to work under the most inhospitable of external conditions for paltry earnings and a life destined to very little hope of betterment. There is little doubt that their lot has been exploited for greater profits of owners.

Yoga in recent times in UK

Contrary to the above, I am about to relate the journey of a young boy from this background that inspires hope for all those that see no hope for change and enhancement. I have been mystified over the years at this amazingly exceptional and epic journey and the various heavenly/earthly factors that made it possible. I will leave it to the reader to judge.

My father, Prof EOE Pereira, the creator of the Engineering Faculty at Peradeniya University, became “crippled” after a hip operation that went all wrong. He was confined to a wheelchair thereafter in severe unrelenting pain from the ensuing wound that never healed, for the latter part of his life. As his eldest son, I was fully aware of his agonising predicament that was never ever conveyed to us by word or behaviour. He bore it with an uncanny stoic front.

My dear mother was unable to cope with the heavy demands of my ailing father. Urgent external help was required. My two younger brothers, Bryan and Alan, were planting in the salubrious hill country at the time. She sought their assistance in finding someone to give her a hand in looking after the daily requirements of my father.

One of them sent down this young orphan boy from the tea pluckers’ “Lines”. His name was Yoga, age unknown as no real records were kept at the time with births etc. We considered that he was no more than 18 years old.

In no time, he became my father’s confidante and right-hand man. My father relied on Yoga for almost all his needs, daily meals, medicines, sponging, putting my father to bed, conversations, etc, a complete Man Friday was Yoga. It was an unusual relationship between a highly learned and articulate Professor and this boy with no education and illiterate.



Yoga with his employer and mentor, Professor EOE Pereira in Wellawatte

A bonding and blessing eventuated that was to be the catalyst for Yoga's stellar future career. In the absence of his three sons who were constantly away from home, involved in sport and other extra-curricular activities, **Yoga acquired the status of a de facto fourth "son"**. I am convinced that my father provided Yoga with as complete a package of "skills of survival and success" for his monumental journey ahead. After my father's death in 1988, Yoga left our home, with little funds but with the best references and worldly skills any applicant for a job could possess.

He soon found a waiter's job in a little boutique hotel in Bentota/Beruwela. There he met an English couple who were guests at the hotel. They must have been extremely impressed with Yoga that they sponsored him to London. I lost contact with Yoga since then and was astounded when a relative of mine recently sent me some information on Yoga and his status at present.

He owns a string of restaurants in London drives the latest Rolls Royce and is a multi-millionaire. Importantly, he has never forgotten his humble beginnings and remains ever grateful to my father. **It's a journey that should inspire young people to chase their dreams with gusto and passion.**



Courtesy of Michael Roberts

“Vital Tips for Avoiding Heart Attacks”

Remember to prioritise heart health. Manage your lifestyle, monitor your blood pressure, and stay informed.

A heart attack isn't the end— it's a wake-up call.

Whether young or old, taking proactive steps can significantly improve your well-being.” Today, it has become a lifestyle disease. Overall, in 2019, there were an estimated 398,027 cases and 17144 deaths due to CVDs in Sri Lanka.

The proportion of deaths attributable to CVD increased from 24.92% to 28.05% between 2004 and 2019. One can take proactive measures to prevent or prolong the onset of heart disease. Initiating dietary modifications and engaging in increased physical activity are pivotal. Furthermore, refraining from tobacco usage and moderating alcohol consumption are also beneficial. Gradually adjusting one's daily routine can contribute to a healthier cardiovascular system.

Regarding preventing heart attacks, what steps can we take to prevent or delay the thickening of all arteries, referred to as atherosclerosis, including the coronary arteries that supply the heart muscles? You need to check your blood pressure when you are 40 and over. Hypertension will likely affect the arterial tree by thickening artery walls, developing atherosclerotic plaques, and their vulnerability to rupture. Keep your systolic blood pressure between 120- and 125-mm Hg. Elevated blood pressure requires the heart to pump more force, leading to thickening blood vessels and plaque formation. With the increase in atherosclerotic changes, you may develop heart failure before experiencing a heart attack. Increasing your blood LDL cholesterol increases the growth of plaques in your blood vessels. LDL, the “bad” cholesterol, transports cholesterol particles throughout your body. LDL cholesterol builds up in the walls of your arteries, making them hard and narrow. High-density lipoprotein (HDL), the “good” cholesterol, picks up excess cholesterol and returns it to your liver.

An abundance of evidence has demonstrated the causal role of low-density lipoprotein cholesterol (LDL-C) in the development and progression of atherosclerotic cardiovascular disease (ASCVD). Therefore, measuring LDL-C levels is central to risk assessment in all international guidelines. According to the American Heart Association, trans fats increase LDL cholesterol and decrease HDL cholesterol, leading to a higher risk of heart disease. Industrially produced trans-fat can be found in margarine, vegetable shortening, Vanaspati ghee, fried foods, and baked goods such as crackers, biscuits and pies. Baked and fried street and restaurant foods often contain industrially produced trans-fat. Trans-fat is made when hydrogen is added to vegetable oil. These oils are called partially hydrogenated. Any food made with partially hydrogenated oil contains trans-fat. Are butter and cheese trans fats? Trans fat also occurs naturally in food products from ruminant animals (e.g., milk, butter, cheese, meat products). The FDA's actions have not affected these natural sources of trans fat. Eating trans fat raises LDL (“bad”) cholesterol in the blood. Patients with diabetes are more prone to atherosclerotic heart disease, which accounts for approximately 50% of

all deaths in industrialised countries, as well as the most common cause of death in Sri Lanka. People with diabetes are more prone to develop strokes than non-diabetics. There is no cure for diabetes once created. Still, you can reverse the sensitivity of resistant insulin secreted by the islet cells of the pancreas through dietetic control and daily walks.

Now, how does diabetes contribute to heart disease? This is because your body can't use all this sugar properly, so more sticks to your red blood cells and builds up in your blood. This build-up can block and damage the vessels carrying blood to and from your heart, starving the heart of oxygen and nutrients. Obesity, including pot bellies, increases the risk of heart disease. In Sri Lanka, potbellies are prevalent, especially in urban areas. "Now summarising the risk factors. These include high blood pressure, high cholesterol, diabetes, smoking, obesity, and a sedentary lifestyle . Awareness is the first step toward prevention." Does visceral fat cause a big belly? But too much visceral fat isn't good for you. It comes with more risk for health problems, such as diabetes, heart disease, and stroke. While this type of fat might accompany having a giant belly you can see on the outside, you can't see visceral fat. Visceral fat is fat that wraps around organs in your belly that are deep inside you. It can surround your liver, intestines, stomach, and other internal organs. It's healthy and expected to have some visceral fat. Everyone does. This fat can protect your internal organs. Sometimes, it's called "active fat" because it affects your body's functions. But too much visceral fat isn't good for you. It comes with more risk for health problems, such as diabetes, heart disease, and stroke, as mentioned earlier. Maintain a Healthy Diet: "Load up on fruits, vegetables, whole grains, and lean proteins. Limit saturated fats, salt, and added sugars." Stay Active: "Regular exercise—aim for at least 150 minutes per week—keeps your heart strong and your blood flowing." Manage Stress: "Remember, your heart health is in your hands. Take charge of your lifestyle choices, monitor your blood pressure, and stay informed." "Share this video to raise awareness. Let's empower others to take proactive steps toward a healthier heart!"

Dr Harold Gunatillake

"A love for tradition has never weakened a nation, indeed it has strengthened nations in their hour of peril."

Sir Winston Churchill

"If you tell the truth, you don't have to remember anything."

Mark Twain

Bear terrorises village in Sigiriya, two persons mauled-by Kanchana Kumara Ariyadasa



Source:*Dailymirror*

Residents of Ilukwala area in Sigiriya area living in constant fear of any possible danger from a bear that roams into the village.

They said two villagers had already received serious injuries in encounters with the bear and were currently receiving treatment at Dambulla Base Hospital and Polonnaruwa National Hospital.

One of them, W.G. Ranasinghe (54), who is receiving treatment at Dambulla Base Hospital, said the bear, hiding behind a bush, darted at him, causing serious injuries in the scuffle.

The bear then sprang at a farmer watching his chena a little distance away. The injured farmer, Kumara Ratnayake (48), was rushed to Sigiriya Hospital and later transferred in critical condition to Polonnaruwa National Hospital.

Residents of the area said it was the first time in more than 70 years that they had noticed a bear frequenting the area during the daytime and causing injuries to people. They suspect that a bear reared at a hotel might be roaming into the village.

However, a team of wildlife officers from the Giritale Wildlife Department office has taken steps to provide protection to the villagers.

They said they would tranquillise the bear, if found, and release it into a forest reserve away from human habitats.

Two short Inspirational Stories with a Moral

The Value of Money

At the beginning of a new school year, a class teacher stood up in front of her students, holding a \$100 bill.

She told them, "Put your hands up if you want this money".

Every hand in the room shot up, to which the teacher said, "I am going to give this money to someone here, but first, let me do this..."

She took the bill and crumpled it up before asking, "Who still wants it?"

The hands stayed raised.

The teacher then dropped the money on the floor, stomped and ground it into the ground, then picked it back up. "How about now?" she asked again.

The hands stay up.

"Class, I hope you see the lesson here. It didn't matter what I did to this money. You still wanted it because its value stayed the same. Even with its creases and dirtiness, it's still worth \$100."

"It's the same with us. There will be similar times in your life when you're dropped, bruised, and muddled. Yet no matter what happens, you *never* lose your value."

Moral of the story:

Life's hardships are inevitable. We'll all go through hardship, often for no fault of our own.

Don't let these challenges alter your feelings of self-worth. You'll always be enough; you have something unique and special to offer the world.

The Story of the Grateful Starfishes (An Inspiring Story about Attitude)

One morning, an elderly man was walking along the beach. Looking up from his reverie, he noticed a young boy picking something off the sand and throwing it into the sea.

As he approached, the man realized the child was throwing starfish that had washed up on the shore back into the breaking waves.

Getting closer, he asked what the boy was doing. "The starfish will die if they're still on the shore when the sun rises," he replied.

Perplexed, the old man said, "But that's pointless! There are countless miles of beach and thousands of starfish. It doesn't matter how many you return to the water. You can't make a difference."

Unfazed, the boy bent down, picked up another starfish, and tossed it into the sea.

"It matters to this one," he said.

Moral of the story:

No matter the odds of success or the scale of the challenge, your actions can make a difference. It's better to light a candle than curse the dark.

Every little counts. Doing something to make a positive change is better than nothing.



A Blonde goes to Heaven.

An Aussie Blonde was sent on her way to Heaven. Upon arrival, a concerned St Peter met her at the Pearly Gates.

'I'm sorry,' St Peter said; 'But Heaven is suffering from an overload of godly souls and we have been forced to put up an Entrance Exam for new arrivals to ease the burden of Heavenly Arrivals.'

'That's cool' said the Blonde, 'What does the Entrance Exam consist of?'

'Just three questions' said St Peter.

'Which are?' asked the Blonde.

'The first,' said St Peter, 'is, which two days of the week start with the letter 'T'? The second is 'How many seconds are there in a year?'

The third is 'What was the name of the swagman in Waltzing Matilda?'

'Now,' said St Peter, 'Go away and think about those questions and when I call upon you, I shall expect you to have those answers for me.'

So the Blonde went away and gave those three questions some considerable thought (I expect you to do the same).

The following morning, St Peter called upon the Blonde and asked if she had considered the questions, to which she replied, 'I have.'

'Well then,' said St Peter, 'Which two days of the week start with the letter 'T'?

The Blonde said, 'Today and Tomorrow.'

St Peter pondered this answer for some time, and decided that indeed the answer can be applied to the question.

'Well then, could I have your answer to the second of the three questions' St Peter went on, 'how many seconds in a year?'

The Blonde replied, 'Twelve!'

'Only twelve' exclaimed St Peter, 'How did you arrive at that figure?'

'Easy,' said the Blonde, 'there's the second of January, the second of February, right through to the second of December, giving a total of twelve seconds.'

St Peter looked at the Blonde and said, 'I need some time to consider your answer before I can give you a decision.' And he walked away shaking his head.

A short time later, St Peter returned to the Blonde. 'I'll allow the answer to stand, but you need to get the third and final question absolutely correct to be allowed into Heaven. Now, can you tell me the answer to the name of the swagman in Waltzing Matilda?'

The blonde replied: 'Of the three questions, I found this the easiest to answer.'

'Really!' exclaimed St Peter, 'And what is the answer?'

'It's Andy.' 'Andy??'

'Yes, Andy,' said the Blonde.

This totally floored St Peter, and he paced this way and that, deliberating the answer. Finally, he could not stand the suspense any longer, and turning to the blonde, asked

'How in God's name did you arrive at THAT answer?'

'Easy' said the Blonde, 'Andy sat, Andy watched, Andy waited till his billy boiled.'

And the Blonde entered Heaven...?

... you're singing it now, aren't you...??

Subject: Chocolates

Are chocolates healthy for you?

Written by Dr Harold Gunatillake health writer

Thousands of years back, the ancient Mayan and Olmec civilizations of South America ate bitter chocolates and aromatic drinks, more for therapeutic purposes than as delights, and associated with the gods... Chocolates come as blocks, slabs, bars, Easter eggs and so on.

The word chocolate is derived from the Mayan cacauatol and coined by Spanish colonizers of South America in the 16th century.

Most times you eat more sugar and fat than pure chocolate. Also, you need to think about the amount of caffeine you take in every bite.

Kids must brush their teeth after eating chocolates, and even adults should do so. Chocolates affect your teeth by staining and cause dental cavities. Sometimes they become hyperactive after eating chocolates.

Chocolates, the main ingredient being cocoa butter containing saturated fats and polyunsaturated fats. Chocolates don't seem to raise your cholesterol levels in the blood even when eaten excessively, but you may put on a bit of extra weight if you are a regular.

For health reasons, choose dark chocolates. They are bitter and better like the old medicines, and they are good for you. Always double check this by making sure the wrapper lists cocoa or cocoa liquor first and avoid those with high sugar contents. Even, with dark chocolate varieties, stick to small pieces, due to high calories. If you wish to enjoy bigger bites, do exercise every day.

Chocolate seems to contain 400 chemicals, including micronutrients which protect the body and its attributes in various ways. Also contains vitamin E, phosphorus, magnesium, iron, copper and plant chemicals.

Chocolates also contain polyphenols, very potent antioxidant that helps prevent diseases in humans. The most common polyphenol found in chocolates is flavonoids, as in red wine.

The quantity of flavanol varies depending on the amount of cocoa in the chocolate. White chocolate does not contain cocoa and presumably contains no flavanol, while dark chocolate contains more flavanol than milk chocolate. The flavanol content of various types of milk and dark chocolate also varies depending on the quantity of cocoa contained (some types of dark chocolate contain more cocoa than other types), the agricultural environment in which the cocoa was grown and the method used to

process the chocolate. Heating of ingredients and other steps in the chocolate production process can reduce the flavanol content by as much as 90%.

Chocolates containing greater quantities of milk (white chocolates) have higher calcium content, while chocolate containing greater concentration of cocoa (dark chocolate) is higher in caffeine.

Health risks

Chocolates are quite safe to eat health-wise, other than it is widely perceived to cause migraine, acne and adding weight. Acne can be caused by high glycemic diets, such as refined carbohydrates, in addition to eating chocolate more frequently. Increasing weight could be a problem if you are addicted to chocolates, especially the ones with added sugar, milk and fat.

Nitric oxide increase

Evidence also suggests that eating chocolate can improve cardiovascular health by improving endothelial (inner lining of arteries) function by increasing the amount of nitric oxide produced by endothelium. Nitric oxide tends to dilate the arteries and facilitate blood flow. The more nitric oxide produced by the endothelium, the more easily blood can flow through the arteries and the less likely an individual is to experience cardiovascular problems such as stroke and heart attack. This may also influence a man's erectile function and the orgasmic function of men and women, as erection and orgasm are nitric oxide dependent processes

The cardiovascular benefits are due to the polyphenol content, particularly the flavanol found in the cocoa content of chocolate. Flavanols seem to stimulate nitric oxide secretion from the endothelium that causing the dilating of the arteries for freer flow of blood.

The antioxidant effect of flavanol also provides cardiovascular protection.

Studies have shown that men with high cocoa intake were 50% less likely to die of cardiovascular causes than with the low cocoa intake. Individuals who consumed chocolate more than once a week were 66% less likely to die of cardiovascular causes compared to those who never ate chocolate, while those who consumed chocolate less than once a month were 27% less likely to experience cardiovascular mortality.

Benefit for high blood pressure

Those who eat chocolates can reduce their blood pressure. For example, a study of Dutch men reported that those who consumed high quantities of cocoa had lower blood pressure than those with low chocolate consumption. Evidence suggests that consuming chocolate can reduce blood pressure as much as some medications used to reduce blood pressure, and chocolate consumption could reduce the risk of stroke and cardiovascular disease by 20% and 10% respectively.

Anti-inflammatory benefits

Cocoa consumption seems to reduce inflammation of blood vessels which leads to ill-health. It is observed that the *C-reactive protein* secreted by the liver due to

inflammatory processes in the body is inversely proportional to the amount of dark chocolates consumed.

Platelet activity

Those who consume chocolates regularly tend to reduce the risk of platelets forming clots and causing blockages in the arteries. Those of you on daily aspirin intake to thin the blood may need to be careful not to eat chocolates excessively.

Diabetes

Evidence also suggests that chocolate consumption can improve insulin sensitivity and reduce the risk of diabetes. A Norwegian study reported a significantly lower prevalence of diabetes amongst elderly subjects (70-74) who consumed chocolate in the previous year compared to those who did not. A study of healthy individuals (average age 34 years) reported improved insulin sensitivity in subjects who consumed polyphenol-rich dark chocolate compared to those who consumed polyphenol-free white chocolate. Insulin sensitivity improved after just 15 days of consuming 100 grams of dark chocolate per day.

Diabetic patients must be careful eating chocolate daily as the glycaemic index being high may give a high blood sugar reading. Studies show that when non-diabetics eat chocolates it increases insulin sensitivity, while diabetics having much insulin resistance should be cautious in eating chocolate, especially those with high sugar content.

Cholesterol

Studies have shown that eating dark chocolate seems to improve cholesterol levels in blood. It is the flavanol-enriched dark chocolate that showed significant reduction in total and LDL (bad) cholesterol.

Cancer risk

Evidence regarding the effect of chocolate or flavonoid consumption on cancer risk is contradictory, though animal studies have shown that cocoa- derived flavonoids interrupt replication of cancer cells.

In conclusion, as chocolates are energy enriched food, high in fat and sugar, one must consume as little as possible, not more than 10-15 grams per day. Of course, during the festive season, you need to celebrate, and chocolate forms a priority food that needs to be indulged in excess.

(Some reference to virtualmedicalcentre.com)



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

Some smiles to cheer you up!!

TRUE LOVE LASTS FOREVER



It's the World Cup Final, and a man makes his way to his seat right next to the pitch. He sits down, noticing that the seat next to him is empty. He leans over and asks his neighbour if someone will be sitting there. 'No,' says the neighbour. 'The seat is empty.' 'This is incredible,' said the man. 'Who in their right mind would have a seat like this for the Final and not use it?' The neighbour says, 'Well actually the seat belongs to me. I was supposed to come with my wife, but she passed away. This is the first World Cup Final we haven't been to together since we got married.' 'Oh, I'm so sorry to hear that. That's terrible....But couldn't you find someone else, a friend, relative or even a neighbour to take her seat?' The man shakes his head. 'No,' he says. 'They're all at her funeral.'

RACING A BEAR



Two campers are walking through the woods when a huge brown bear suddenly appears in the clearing about 50 feet in front of them. The bear sees the campers and begins to head toward them. The first guy drops his backpack, digs out a pair of sneakers, and frantically begins to put them on. The second guy says, 'What are you doing? Sneakers won't help you outrun that bear.' 'I don't need to outrun the bear,' the first guy says. 'I just need to outrun you.'

**My coffee cup reminding me why
I shouldn't have a donut with it.**



OBITUARIES

(E & O.E.)

(MAY 2025)

Compiled by Victor Melder

GRABAU, Arthur Terry, (Melbourne Age, April 30, 2025)

RULACH, Rudy (18.10.1971 – 17.4.2025), son of the late Bernard (Bernie) Rex Rulach and Felicity (Fay) Rulach, brother of Deborah, brother-in-law of Derek. (Contributed)

SIMS, Heather (née van der Straaten), mother of Marc Sims, in Brisbane, on April 28, 2025, aged 79 years. (Contributed)

JANSEN, Jenny, wife of Chris (dec), mother of Ingrid, Christopher, David, Ian and Carolyn, grandmother of 11, great grandmother of 6. (West Australian, 1.5.2025)

DE SAYRAH, Rukman Joseph (19.3.1961 – 29.4.2025), husband of Leonie Jayasekera. Son of Royston Peter De Sayrah (Dec) and Parnel de Sayrah (née Talayratne), brother of Sharmini, Nilanthi, Dilkushi and Lalith, .brother-in-law of Sumith Wickremasekera and Shani Mendis. (Daily News, 2.5.2025)

HAMER, Diana Jean (24.11.1941 – 27.4.2025), wife of John, mother of Alexis and partner, Kate and David, grandmother of Alecia, Madison, Wilbur and Max. Sister of Janet and late Grant. (Adelaide Advertiser, 3.5.2025)

DANIELS, Susan Claire (21.2.1965 – 22.4.2025), wife of Matt, mother of Gabby and Alex, mother-in-law of Ricky. Sister of Craig, Rosemary and Jane. (Canberra Times, 3.5.2025)

WEINMANN, Julie Anne (née MENZIES), (7.3.1948 – 23.4.2025), wife of Karl, mother of Rebecca, Rachel and Benjamin (dec), randmother of Sarah and Joshua, Jessica, Joseph, Madeleine and Dane, Jack and Blake, great grandmother of Georgie. Daughter of John and Roma (both dec), sister and sister-in-law of Leonie and Grantley and Phillip. (Adelaide Advertiser, 3.5.2025)

CRAGGS, Percival Joseph "Percy" (11.1.1940 – 29.4.2025), husband of Nancy, father of Fiona, Melissa and Tiffany, father-in-law of George and Paul, grandfather of Lisa, George, Nicholas, Henri, Cristian, Caitlyn, Bryce and Ayden, great grandfather of Nora. (Adelaide Advertiser, 3.5.2025)

CHAPMAN, Beatrice Marie (22.4.1927 – 36.4.2025), wife of Len (dec), mother and mother-in-law of Maree & Brett, David & Debbie, Patricia & Dan and Clare & Otto, grandmother of Isabel, Christopher, Melissa, Kimberley, Jennifer, Daniel, Kieran, Olivia and their partners, great grandmother of Cooper, Sam, Louise, Paige, Georgia, Oliver and Hannah. (Sydney Morning Herald, 3.5.2025)

COSTA, Janet Margaret (23.6.1930 – 25.4.2025), wife of Dan (dec), mother of David, Lizza and mark (dec), grandmother of Liam, Jack, Joel, Nikea, Jarraj and Tahli, great grandmother of Luke, Isla and Maddi. (Brisbane Courier Mail, 3.5.2025)

NEWMAN, Gerard Ronald (Alf), (19.9.1944 – 25.4.2025), husband of Cathy, father of Paul amd Maree, father-in-law of Perizat and David, grandfather of David Connor, Macaela, Amina and Steven. (Brisbane Courier Mail, 3.5.2025)

THIELE, Clement Howarth, (28.8.1938 – 1.5.2025), husband of Janice, father and father-in-law of Patrick & Susan, Lincoln & Kirsty and Roderick & Paige, grandfather of Nathan, Ian, Sachin, Kit and Abigail. Brother of Christine. (Brisbane Courier Mail, 3.5.2025)

CHAPMAN, Moana May, (5.4.1931 – 23.4.2025), (Brisbane Courier Mail, 3.5.2025)

SPROULE, Aileen Margaret, (1.6.1925 – 29.4.2025), wife of John (dec), mother and mother-in-law of Susan & David, Deborah & Mark and Margaret & Richard, grandmother of Robert, Jacqui & Fiona, Elizabeth & Christopher and Alicia & Chloe, great grandmother of Felix & Maya and Oscar & Eleanor. (Sydney Morning Herald, 3.5.2025)

MITCHELL, Trevor, on April 11, 2025, in Brisbane. (Contributed)

DALASOORIYA, Jayasinghage Saraph, in Melbourne. (Contributed)

ROZARIO, Philomena Teresa, in Melbourne. (Contributed)

ISAACS, Kevin, son of Roger Isaacs, in Brisbane. (Contributed)

BOSTOCK, Thomas Edward (3.5.1939 – 2.5.2025), husband of Jennifer (dec), father of Stephen (dec), James, Robert and Julia, father-in-law of Luna (dec) and partner Tania Marsan. Brother of John Baynard and Andrew Keith, brother-in-law of Janet, Liz, Nigel (dec) and Helen Jackson. (Melbourne Age, 7.5.2025)

EDMONDS, Naziha Hanna (10.7.1921 – 31.4.2025), wife of Robert (dec), mother and mother-in-law of John Snr (dec), John Albert and Robert & Christine (both dec). (Sydney Morning Herald, 7.5.2025)

HUGHES, Elaine, wife of Ross (dec), mother and mother-in-law of Anissa & Vernon Hill (dec), Bernice, Alton (dec) and Megan & Robert Gibson (dec), on May 3, 2025, aged 81 years. (Sydney Morning Herald, 7.5.2025)

RAJASINGHAM. Hector (Roy), (18.8.1961 – 7.5.2025), in Melbourne. (Contributed)

FERNANDO, Christine (née TAMBIMUTTU), wife of Priath Fernando, mother of Sarita Rajandran and Prasan Fernando, grandmother of Sampras De Silva, Avisha Fernando, Kayla Fernando and Mixhael Fernando. Sister of Marie Wickramatunga, Saro Mansel and late Joe Tambimuttu, in Sri Lanka on April 24, 2025. (Contributed)

GOONETILLEKE, Nalin. (St Anthony's Parish, Noble Park, Bulletin, 11.5.2025)

LEONARD, John. (St Anthony's Parish, Noble Park, Bulletin, 11.5.2025)

PAIVA, Desiree. (St Anthony's Parish, Noble Park, Bulletin, 11.5.2025)

SIRIMANNE, Don Lionel (1920 – 2025), husband of Olga (dec)

VAN DORT, Ralph (Bomba), husband of Lorraine (née MORRIS), father of Charmain and Deborah (Aus), father-in-law of Chamara Warnakulasuriya, grandfather of Binera, Veniza, Acacia and Jaiden, in Sri Lanka on May 9, 2025. (Daily Mirror, 10.5.2025)

VAN DORT, James Winston, in Melbourne. (Contributed)

HOLMES, Trevor. (West Australian, 10.5.2025)

INGRAM, Stephen. (West Australian, 10.5.2025)

EDWARDS, Mary Therese, (24.8.1935 – 15.4.2025), mother of Katrina, Linden, Robert and Sally, grandmother of Matthew, Rhys, Hugh, Jessica and Thomas. Sister of Jan Hall. (Adelaide Advertiser, 10. 5.2025)

EDWARDS, Robert John (Bob), (18.5.1940 – 1.5.2025), husband of Tricia, father and father-in-law of David & Alison and Julie & Stuart, Grandfather of Taylor and Hayley. (Adelaide Advertiser, 10.5.2025)

HALLIDAY, Muriel Lorraine (Adelaide Advertiser, 10.5.2025)

CHAPMAN, Aileen Margaret (13.3.1937 – 4.5.2025), wife of David, mother of Paul, Maree, Mixhael, Madonna, Anne, grand mother and great grandmother. (Brisbane Courier Mail, 10.5.2025)

APONSO , Prof. Herbert Allan, husband of late Vimala, father of Ajith and Shyamalee, Heshan and Lakpraba, Charmalie and Ranil, grandfather of Hevithri, Shanthini, Ashani, Shalini and Asiri, great grandfather of Muththa of Kacey, Grace, Yahren and Yannick. Son of late George and late Clara, brother of late Pheobe Peiris, late Lorna Salgado and Dr. Reinzie Wickremasuriya, in Sri Lanka - 454/10B, Piachaud Gardens, Kandy, Sri Lanka (Sunday Observer, 11.5.2025)

PEREIRA, Chrissy, wife of late Aloy, mother of Sandra, Jeffrey and Tamara and Keith, grandmother of Aj and Anamarie, on May 7, 2025. (Daily Mirror 12.5.2025)

CANAGARATNAM, Thanawathie (29.10.1933 – 11.5.2025), wife of Dr Rajadurai Canagaratnam, mother of Shanthikumari, Sivakumari and Selvakumari, mother-in-law of Vijay, Thevan and Satheesh, grandmother of Arjna, Abbie, Amerthn, Thinessn, Thivyan and Varaliika. in Sydney. (RIP Book, 13.5.2025 and contributed)

PATHMANANTAN, Bahirathy Devi (12.4.1936 – 12.5.2025), wife of late Sabharatnam Pathmanathan, mother of Pathmaraj, Suhanya and Shyamala, mother-in-law of Kunthavai, Sasidharan and Surendran, grandmother of Pranaven & Elizabeth, late Bavaguham & Haripriya Pathmaraj, Prashanth & Meithilesh Sashidaran, Sujan & Pooja and Sarala & Sarita Surendran, great grandmother of Rishi Pathmaraj. Daughter of late Pathvathy & Rajasundram, sister of late Ganandarajah, late Savithri Yoganathan, Sishila Wijayanayagam, Kamalini Kulasingham and late Saratha Pathmanathan, in Melbourne. (Contributed)

FOENANDER, George Phillip, in Melbourne. (Contributed)

ERNST, Steven, in Melbourne. (Contributed)

PAIVA, Desiree 'Deso' (née GOMEZ), (3.2.1983 – 13.3.2015, wife of Edmund Paiva (Can), mother of Devin (and Rachael) and Devika, mother-in-law of Moses Silva, grandmother of Maiya and Sofia (all Can). Daughter of late Nazarene Gomez and late Margaret Gomez, sister of Jeremy Gomez, Christine and Andrea (all Sri Lanka), sister-in-law of Ruani Gomez, Arthur, late Linus Paiva and Nimmi, Pius Paiva and Jenny and Malcolm Paiva and Julia, in Canada. (Daily Mirror, 15.5.2025)

VISSER, Terrance Lyn (11.7.1935 – 7.5.2025). Contributed.

JACOBS, RANJIT, husband of Angeline, father of Rubesh, Kevin, Alvin, father-in-law of Carrie, grandfather of Maxwell. In Sri Lanka. (Daily News, 12.5.2025)

MURRAY, Leslie, husband of Maggie, father of Michael, Jonno and Chris, grandfather of Zoe, Archie, Louis, Pippa, Albert and Rose. Brother of John, on May 11, 2025, aged 82 years, in Melbourne. (Melbourne Age, 12.5.2025)

EDMONDS, Jonathan Robert, son of Gwenda and Bob (dec), on April 25, 2025, aged 47 years. (Melbourne Age, 13. 5.2025)

RABOT, Emeile 'Ray', husband of betty (dec), father of Emeile & Chris and Carol & Don, grandfather of Geoffrey & Felicity. On May 7, 2025, aged 93 years. (Adelaide Advertiser, 14.5.2025)

SHANMUGANATHN, Vasuki (4.7.1959 – 15.5.2025), in Sydney. (Contributed)

SELVADURAI, Dr. Sathiyaledchumy, (1945 – 2025), in Melbourne. (RIP Book & Contributed)

ANTONY, Tyrone, husband of Ranjini, son of late Ben and Anne Antony, father of Daminda, Anudhini and Chaminda, father-in-law of Seon Vincent, Anoma and Padma Antony, grandfather of Kanitha, Shane, Adriana, Aminda and Ramola, brother of Aloma, Pepita, Corrine, late Errol, late Myrna, late Jean and late Brian. (Daily News, 16.5.2025)

JACOBS, RANJIT, husband of Angeline, father of Rubesh, Kevin, Alvin, father-in-law of Carri, grandfather of Maxwell. (Daily News 16.5.2025)

NUGARA, CELSUS (CELO) FELIX, father & father-in-law of Jacqueline & Leroy Silva, Carl & Gunoja Nugara, Carol & Devanashan, Carlyn Nugara, grandfather of Leanne, Christian & Caleb, husband of Della Mumtaz, brother & brother-in-law of Sandra & Gladwin Johnson (Australia), Cheryl & (late) Jurgen Wagner (Germany), Sue & Clifford Arnold (U.K). - No. 127/4, S. De S. Jayasinghe Mawatha, Kohuwala, Sri Lanka. (Daily News 15.5.2025)

EATON, Desmond, on May 7, 2025. (West Australian, 17.5. 2025)

SCHUMACHER, Marlene Dawn (née HENTSCHKE), 28.7.1944 – 13.5.2025, wife of Elmore, mother and mother-in-law of Stephen & Gini

And Nic & Kathyryn, grandmother of Hamish & Becs, Tom & Em, Angus & Kameron and Lucy, great grandmother of Goldie. (Adelaide Advertiser, 17.5.2025)

ORCHARD, Donald (Don), husband of Jenny, father of Cathie., Julie and Fiona, grandfather of Ashleigh, Jessica, Grace, Jack, Sebastian and Darius, on May 9, 2025, aged 90 years. (Adelaide Advertiser, 17.5.2025)

COLOMBAGE, Conrad, on May 16, 2025, in Sri Lanka. (Contributed)

VIMALARAJAHA, Velayutham, on May 12, 2025, in Sydney. (Contributed)

PERUMAL, Ayam Fermin, husband of Romany, father of Rochelle, father-in-law of Delano Caderamanpulle, grandfather of Zacc and Leah, brother and brother-in-law of Dr. Remy and Rukmani Perumal (UK), Max and Nilkanthi Perumal (Australia), Genevieve and the late Elmo Rodrigopulle, the late Bernie and Godwin Perumal. (Daily News , 205.2025)

McHEYZER, Inez Valerie, in Melbourne. (Contributed)

HOPWOOD, George, (5.2.1946 – 19.5.2025), in Australia. (Contributed)

SIMS, Patricia, in Melbourne. (Contributed).

FERNANDO, Baby Marquessa, in Melbourne. (Contributed)

DASSENAIKE, Ranjini Cecilia, in Melbourne. (Contributed).

LaBROOY, Cameron. (St Anthony's Parish, Noble Park, Newsletter, 25.5.2025)

SCHUBERT, Gretian, husband of Dolly Patricia (Née Melder), father of Sherrine and Sharon and late Kevin Schubert, father-in-law of Shane Thurgood and Shennon Lafaber, grandfather of Mark Shenall Schubert, brother of Jean Hayden, Christine David and Shelton Schubert, brother-in-law of late Melville David and Everard Hayden, on May 21, 2025. (Daily News, 23.5.2025)

MOTHA, Therese (née PEREIRA), (9.6.1926 – 23.5.2025), wife of late Britto Motha, mother of Lal & Vajira Motha, Priyani Kellman, Dulip & Niranjali Motha and Rohan & Sharmini Wickramaratne, grandmother of Rajeev and Johanne, great grandmother of Danielle. Sister of Nirmala (Niru) Motha in Sri Lanka. (Contributed)

MITHRASENAN, Vythilingam, in Melbourne. (Contributed)

KADUWELA, Prasanna, in Melbourne. (Contributed)

HALLIDAY, Valerie, on 23 May 2025. (West Australian, 24.5.2025)

MULHOLLAND, Thomas William (Tom), husband of Sue, father of Sarah, on 21 May 2025. (West Australian, 24.5.2025)

ISAACS, Trevor. (West Australian, 24.5.2025),

LUCAS, Victor "Luke", (16.2.1944 – 17.5.2025). Adelaide Advertiser, 24.5.2025)

MATHESON, Neroli Ruby (née SMART), 11.5.1940 – 16.5.2025), wife of Stan (dec), mother and mother-in-law and grandmother. (Adelaide Advertiser, 24.5.2025)

DURRANT, Cyril, (29.9.1935 – 8.5.2025), husband of Fay, father of Cameron, Bradley and Kyle, grandfather and great grandfather. (Toowoomba Chronicle, 24.5.2025)

HUNTER, Margaret Lillian (née ANDERSON), 7.12.1930 – 6.5.2025). Courier Mail, 24.5.2025)

FONSEKA, Malini Senehelatha "Malini", (30.4.1947 – 24.5.2025), daughter of Gilbert & Seelawathie Fonseka (both dec), sister of 10.

de ZOYSA, Lilamanie daughter of the late Capt. & Mrs Kenneth de Zoysa, sister of Lennox, Dhushyantha, Sriyantha, Arundathy and Ursula, sister-in-law of Blossom, Mano, Rubini and Ralph Gunawardena. (Daily News, 24.5.2025)

FRANCIS, Gregory. H, brother of Godfrey, Joyce, Tony, Antoinette (Girly), Jacintha and Lolita, brother-in-law of Sam Sathianathan, Bill Reed, late Raja Anthony, Surangani, Beatrice and Ruth. (Sunday Observer, 25.5.2025)

MEERWALD, Darell Collingwood, (7.10 1942 – 22.5.2025) in Melbourne. (Contributed & DBU Journal)

FERDINANDS, Yvette, (11.8.1952 - 24.5.2025), wife of late Lennon Ferdinands, mother of Linda, Debbie and Jarron, mother-in-law of Roy and Gerard, grandmother of Delan, Xiomara, Rioché and Solara. (Contributed)

MANICKARAJAH, Parameswary, on May 20, 2025, in Sydney. (Contributed)

JAYAWEERA, Leonard Vivian, son of late Irene and L.V. Jayaweera, husband of Lalitha, father of Kaushal, Chulani and Viraj, father-in-law of Janaka, Eshan and Shanelle, grandfather of Jinendra, Jinendri, Wirendra, Jineth, Eranda, Liasha and Leonard, great-grandfather of Koan and Julian, brother of Manel (late), Gamini (late) and Nelum (late), in Sydney. (Daily News, 28.5.2025)

RANASINGHE, Mary Claudette Beulah, wife of (late) Anthony Ranasinghe, mother of Roshan, Shiromi & Shiranthi, mother-in-law of Nimali, Ajuna and (late) Upul, grandmother of Virendra, Ashvika, Shevantha, Shenali, Nethaka, Sanuthi and Yenuka, daughter of late Capt. Francis and

Mildred Perera, sister of Rontjen, Yvonne, Eardley, Carmen, Marie, Manel, Lal and Ranjani, daughter-in-law of (late) Emil and Soma Ranasinghe, 26 May 2025. (Daily News, 28.5.2025)

SPARKS, Cheryl Dianne Magella, wife of David, mother and mother-in-law of Shane & Amanda and Amy & Nick, grandmother of William, Nathan and Zara. Sister-in-law of dawn and Shirley, aged 79 years. (Brisbane Courier Mail, 28.5.2025)

KARUNAWATHE, Ratnayake Mudiyansele, IN Melbourne (Contributed)

FERNANDEZ, Marie Celine, in Melbourne. (Contributed)

CHETTY, Dhanasagree, in Melbourne. (Contributed)

DUCKWORTH, Yvette Maivie (née Van Hoff), wife of late Alick Duckworth, mother of Alex and mother-in-law of Gayathri, grandmother of Adeleine and Gilaine. (Daily News, 30. 5.2025)

HERAT, Gwen (née Ayesha WEERAKOON), wife of late Harold Herat, mother of Shamara, Avancka and Praveen, mother-in-law of Nishan, grandmother of Zak and Mihneli. Daughter of late Raneen and Wansapala Weerakoon, sister of late Elmo, Ricky and manel, in Sri Lanka, on May 26, 2025. (Contributed)

MORTIMER, Patricia, wife of Les (dec), mother of Russ and Glen, grandmother of Timothy, James and George, great grandmother of Xavier, on May 25, 2025. (West Australian, 28.5.2025)

DE SILVA, Pushpa, in Melbourne. (Contributed)

BANDARANAYAKA, Abeyrathna (1947 – 2025), in Sydney. (Contributed)

GUINAN, Ivan Eustace, in Melbourne. (Contributed)

Note: Spelling of names as taken from original notices and contributors.

2025/26 Subscription Reminder

Dear Member

If you have not paid your subscriptions for the previous or current Financial Year, we will not worry you with further reminders except to say that you are a valued member of the Burgher cultural identity and we, through this Association, endeavour to maintain a focal point for the continuity of our cultural community traditions and unique identity. **Please consider renewing your Membership.**

Please refer to the address label and if the “Paid to Date” is a prior financial year we would appreciate your continued support of the Burgher Association. The Annual Subscription is \$20 and is payable on 1st July of each year. If you prefer you may make payments in advance for a future year’s subscription. Please send your remittance to:

The President

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

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

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