



Burgher Association Australia

Autum Edition

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Community Newsletter



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Web Site: <http://www.burgherassocn.org.au>

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Burgher Association Australia Donations Pledge

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

Considering the high cost of living expenses, the BAA General Committee has decided that until such time we are able to bring back the large audiences at our functions, the ticket price will be based on the cost of the function so as not to make a profit.

As such the BAA has taken the view that all sponsorships/donations, excluding the sponsorships of children in their education via the DBU in Sri Lanka, will not take place until further notice. Accordingly the BAA has just announced following the November 2023 General Meeting (AGM) that for the current year donations and sponsorships will be 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

Heather Jordan – Clayton, Vic
Robert & Maryse Monk - Donvale, Vic
Roxanne Pereira – Endeavour Hills, Vic
Maureen Nugara – Dandenong, Vic

Welcome To
The Team



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



Sri Lankan Lunch

Sunday, 17th March 24

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

Curry Lunch

Sunday, 19th May 2024

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

Hopper Lunch

Sunday, 11th August 2024

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

Members and Friends Christmas Party

Sunday, 1st December 2024

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

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

Sri Lankan Lunch



Sunday, 17 March 2024

Come and join us at

THE BAA

358 Haughton Road, Clayton

Catch up with friends for fellowship music/dancing

12.00 noon to 5.00 pm

Curries By "Cha's Cabin"

**Savoury Rice, Chicken Curry (with fillets), Devilled Pork
Cashew & Pea Vege, Tempered Beans & Potato
Tossed Salad, Malay Pickle, Hot Chilli Paste**

\$25 pp – BYO

Contact

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Elaine Jansz – 0417 570 405
Terry & Helen Backhouse – 0429 987 300 or 0438 373 007
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CURRY LUNCH



Sunday, 19th May 2024

Come and join us at

THE BAA

358 Haughton Road, Clayton

Catch up with friends for fellowship music and dancing

12 noon to 5.00 pm

Meals By **“Strings/P and D Foods”**

String Hoppers with Kiri Hoddi & Eggs, Savoury Rice, Chicken & Fish Curry

Pol Sambol & Seeni Sambol

\$20 pp – BYO

Contact

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Pictures taken at the Australia Day Lunch
26 January 2024







How can you lower the risk of heart disease? – By Dr Harold Gunatillake

Heart disease is the leading cause of death around the world. According to the American Heart Association, someone in the United States die of a heart attack every 39 seconds.

There are plenty of ways to treat and prevent heart disease, which begins with living a healthier lifestyle regarding your diet and exercise.

Atherosclerosis, caused by fatty plaques in arteries, is the main reason for coronary artery disease. Risk factors include poor diet, lack of exercise, obesity, and smoking. Making healthy lifestyle choices can lower the risk of atherosclerosis.

Globally, approximately 110 million men and 80 million women suffer from coronary heart disease, which is the leading cause of death worldwide.

Each year, an estimated 9 million people die due to coronary heart disease, and it accounts for 1 in 6 deaths worldwide. Cardiovascular diseases (CVDs) are responsible for an estimated 17.9 million deaths each year and include disorders of the heart and blood vessels, such as coronary heart disease, cerebrovascular disease, rheumatic heart disease, and other related conditions.

High LDL cholesterol is one of the main factors in plaque components in the coronary vessels and others, and the wrong diets cause this.

How many people take statins worldwide to reduce plaque formation and protect your heart? More than 200 million people around the world take statin drugs for their heart health. Shifting ideas about the risks and benefits of statins over the years, however, have left some new patients confused about whether these drugs are correct—or safe—for them. Nevertheless, statins are good cholesterol-lowering drugs by inhibiting cholesterol manufacture in the liver.

According to the American Medical Association, the United States faced significant healthcare costs in 2016. These costs amounted to a whopping \$3.35 trillion or roughly \$10,345 per person. Interestingly, cardiovascular disease was identified as the primary cause of both death and disability, making it the most significant contributor to healthcare expenses in the country.

According to the latest WHO data published in 2020, Coronary Heart Disease Deaths in Sri Lanka reached 26,304 or 22.66% of total deaths. The population's age-adjusted Death Rate of 101.31 per 100,000 ranks Sri Lanka #106 globally.

The average total fat intake of Sri Lankans is 25 per cent of total energy, with 80% of that coming from saturated fat from coconut products, meat, whole cream milk, and other cooking oils. About the type of dietary fatty acids, Sri Lankans consume nine times more saturated fats than polyunsaturated fatty acids (PUFAs) compared with the currently recommended ratio of less than one.

The reality is that Coconut oil has been shown to raise cholesterol levels — the good and the bad kinds — more than other plant-based oils like olive or canola. And in truth, medium-chain triglycerides make up only a tiny amount of the fatty acids in coconut oil.

How can we prevent cardiovascular disease? Let me describe the steps you should take to prevent heart disease.

Heart disease is a big problem that can often be avoided with small actions.

Most Sri Lankans living in Sri Lanka do not check their blood pressure until they get a heart attack or stroke. There are no regular health education programs in the government media to remind people to check their BPs regularly.

High blood pressure is a significant risk factor for heart disease. About 7 in 10 people who have a first heart attack and 8 in 10 people who have a first stroke have high blood pressure. Overeating sodium can lead to high blood pressure.

High blood pressure causes thickening of the arteries, called atherosclerosis, and plaque formations are familiar with high-fat meals. Get your blood pressure checked at least once a year—more often if you have high blood pressure. If you have high blood pressure, take steps to reduce it through exercise regimes, plant-based diets, and medication.

High blood pressure is due to the hardening of blood vessels with age. High harmful cholesterol levels, alcohol, obesity, diabetes, and high-fat diets all cause the hardening of blood vessels.

Although you can't reverse atherosclerosis once it starts, you can prevent it with easy lifestyle changes. Eat a balanced diet, mainly a plant-based diet with little meat and more fish. Exercise for at least 30 to 60 minutes a day. Stop smoking that causes terrible news for your arteries.

Daily exercise for 2-3 hours alone can help reduce your weight, bring down your blood pressure, and help reduce sugar levels in your blood if you have diabetes.

How does regular exercise help reduce blood pressure and reverse diabetes, remove plaques from your coronary arteries, and make you a healthy person?

Regular physical activity prevents or delays the development of high blood pressure, and exercise reduces blood pressure in people with hypertension by relaxing and making the vessels more elastic. Physical activity can also lower blood cholesterol levels, decreasing the risk of developing CVD.

An inactive lifestyle can lead to high blood pressure. Discover how small changes in activity can make a big difference.

Exercise improves the muscles' ability to pull oxygen out of the blood, reducing the need for the heart to pump more blood to the muscles. Lowers stress hormones that can put an extra burden on the heart. It works like a beta blocker to slow the heart rate and lower blood pressure.

Regular exercise makes the heart stronger. A stronger heart can pump more blood with less effort. As a result, the force on the arteries decreases. This lowers blood pressure.

Obesity strains your heart by having to pump blood into the additional fatty areas in your body. Reducing your weight and dissolving that extra fat relieves your heart.

Individuals who exercised at twice the recommended rate reduced their risk of heart failure by 20 per cent, and those who exercised at four times the recommended rate reduced their risk by a whopping 35 per cent. Men and women benefited equally from exercise.

Controlling your blood sugar levels when you have diabetes will reduce the risk of getting heart disease.

Eat fewer processed foods (such as chips, sweets, and fast food), avoid trans-fat and go on a low GI diet.]. Drink more water, fewer sugary drinks, and less alcohol. Aim for a healthy weight. If you're overweight, losing even a modest amount of weight can lower your triglycerides and blood sugar.

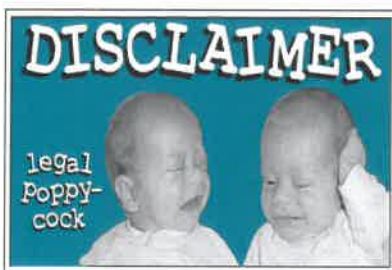
Again, walking is essential when you have diabetes to bring down blood sugar levels. Active muscles absorb glucose independently without insulin during walking, so less insulin is needed. So, brisk walks daily for over an hour may be the answer to reverse diabetic situations without medication for prediabetics. Now you're in the swing of your activity, whether dancing, walking, swimming, or a body-weight circuit, they all help reduce your blood sugar.

Stress is considered a factor for heart disease. Stress alone won't cause heart and circulatory disease. However, it is linked to unhealthy habits that can increase your risk. You may be more likely to turn to unhealthy habits such as smoking, eating comfort food that's typically high in fat or sugar, drinking too much alcohol, or not being physically active.

So, viewers, I hope I have enlightened you on the global causes and prevention of heart disease, the major silent killer.

Be aware, stick to a mainly plant-based, low glycaemic diet, and exercise regularly, and that would be the answer to prevent heart disease.

So, stay well, and goodbye until we meet again.



The Burgher Association Australia does not necessarily endorse contributor's views, nor is it responsible for the accuracy and the authenticity of

Palaces to Pagodas: A Time Capsule Journey Through Sri Lanka's Enchanting Past – By Nadeeka



Embark on a captivating journey through the corridors of time as we delve into the rich history of Sri Lanka, a land where palaces echo tales of royalty and pagodas whisper centuries-old serenity. "Palaces to Pagodas" invites you to explore the vibrant tapestry of Sri Lanka's past, where every stone has a story and every monument a melody.

1. The Grandeur of Ancient Palaces

Sigiriya: The Lion's Fortress

Uncover the secrets of Sigiriya, an ancient rock fortress that once served as a royal palace. Ascend the iconic rock, adorned with mesmerizing frescoes, and relive the opulence of a bygone era. The panoramic views from the summit offer a glimpse into the grandeur that once surrounded the royal court.

Polonnaruwa: The Royal Citadel

Step into the ancient city of Polonnaruwa, where the ruins of royal palaces stand testament to the architectural prowess of the Chola and Sinhalese dynasties. Marvel at the intricately carved stone structures and envision the life of kings and queens who once graced these hallowed halls.

2. The Tranquility of Timeless Pagodas

Anuradhapura: Sacred City of Stupas

Anuradhapura, the first capital of ancient Sri Lanka, is home to majestic stupas that pierce the sky. Wander through the sacred grounds of Ruwanwelisaya and Jetavanaramaya, where the spiritual essence of Buddhism intertwines with the island's history. Each pagoda is a silent storyteller, narrating the spiritual legacy of the island.

Dambulla: The Cave Temples' Resonance

Journey to Dambulla, where a series of cave temples house exquisite murals and statues. These caves, adorned with religious fervor, showcase the symbiotic relationship between art and spirituality. The vibrant colors and serene ambiance make Dambulla a unique pilgrimage into Sri Lanka's cultural soul.

3. Unveiling Forgotten Stories

Hidden Histories of Yapahuwa

Explore the less-explored Yapahuwa, a rock fortress that once served as a secondary royal capital. Surrounded by myth and mystery, Yapahuwa's story unfolds with each step. The monumental stone staircase, intricate carvings, and the iconic lion statue stand as silent witnesses to forgotten tales of valor and betrayal.

The Mystery of Ritigala

Venture into the dense forests of Ritigala, where the ruins of an ancient monastery lie hidden. With its enigmatic aura and secluded location, Ritigala holds the secrets of an ascetic past. Discover the stone paths, meditation platforms, and ancient reservoirs that whisper tales of monks who once sought solace in its serene embrace.

Conclusion: A Living Legacy

As we conclude our journey from palaces to pagodas, it becomes evident that Sri Lanka's history is not confined to textbooks but is a living, breathing legacy waiting to be explored. "Palaces to Pagodas" is an invitation to traverse time, to witness the echoes of dynasties and the serenity of spiritual sanctuaries, and to connect with a past that continues to shape the island's vibrant present. Come, be a part of this extraordinary odyssey through Sri Lanka's enchanting past.



EVER WONDER

Why the sun lightens our hair, but darkens our skin?

Why don't you ever see the Headline 'Psychic Wins Lottery'?

Why is 'abbreviated' such a long word?

Why is it that Doctors call what they do 'practice'?

Why is lemon juice made with artificial flavour, and dishwashing liquid made with real lemons?

Why is the man who invests all your money called a broker?

Why is the time of day with the slowest traffic called rush hour?

Why isn't there mouse-flavoured cat food?

Why didn't Noah swat those two mosquitoes?

Why do they sterilize the needle for lethal injections?

You know that Indestructible black box that is used on airplanes? Why don't they make the whole plane out of that stuff?

Why don't sheep shrink when it rains?

Why are they called apartments when they are all stuck together?

I like this one!!!

If con is the opposite of Pro, is Congress the opposite of progress?

If flying is so Safe, why do they call the airport the terminal?

Unveiling the Rich History and Significance of Thissa Wewa Reservoir in Sri Lanka – By Bhanuka



Thissa Wewa, a sprawling reservoir nestled in the heart of Sri Lanka, stands as a testament to the island's rich history and the engineering prowess of ancient civilizations. Located in the sacred city of Anuradhapura, this artificial lake has not only served as a vital water source but also holds cultural and historical significance for the people of Sri Lanka.

Historical Background: Thissa Wewa dates back to the third century BC when it was commissioned by King Devanampiya Tissa. The reservoir was part of an extensive irrigation network designed to support agriculture in the region. Its construction marked a pivotal moment in Sri Lanka's history, showcasing the advanced hydraulic engineering skills of the ancient Sinhalese civilization.

The reservoir covers an expansive area, with a system of bunds and sluices ensuring effective water management. The ingenuity of the ancient engineers is evident in the careful planning of the reservoir, which not only stored water for agricultural purposes but also regulated the flow of water for the surrounding paddy fields.



Cultural Significance: Thissa Wewa is surrounded by lush greenery and picturesque landscapes, making it not only a practical water source but also a serene and sacred site. The reservoir is dotted with small islands, adding to its aesthetic charm. Local legends and folklore are intertwined with the history of Thissa Wewa, making it a cultural focal point in the region.

Tourist Attractions: In the modern era, Thissa Wewa has become a popular tourist attraction, drawing visitors who wish to explore the historical and cultural facets of Sri Lanka. The site offers a tranquil environment for those seeking respite from the bustling city life. Tourists often take leisurely walks along the bunds, capturing panoramic views of the reservoir and its surroundings.

Conservation Efforts: Preserving the historical and ecological integrity of Thissa Wewa is of paramount importance. Conservation efforts are underway to safeguard the reservoir and its surroundings. Local authorities collaborate to maintain the delicate balance between promoting tourism and ensuring the sustainability of this ancient water reservoir.

Conclusion: Thissa Wewa stands as a living testament to the remarkable engineering and cultural achievements of ancient Sri Lanka. Its historical significance, combined with the natural beauty that surrounds it, makes it a must-visit destination for those seeking a deeper understanding of the island's rich heritage. As Thissa Wewa continues to enchant visitors, its enduring legacy as a symbol of Sri Lanka's past and present remains intact.

I watched a local football match in a school playing ground. As I sat down, I asked one of the boys what the score was.

With a smile, he replied; "They are leading us 3-0".

And I said, "REALLY. I have to say you don't look discouraged".

"Discouraged?" the boy asked with a puzzled look "Why should I be discouraged when the referee has not blown the final whistle. I have confidence in the team and the managers; we shall definitely overcome".

Truly, the match ended 5-4 in favour of the boy's team.

He waved at me gently, with a beautiful smile as he left; I was amazed, mouth wide open; Such confidence; Such beautiful faith.

As I got back home that night, his question kept coming back to me - "Why should I be discouraged when the referee has not blown the final whistle".

Life is like a game.... Why be discouraged, when there is still life. Why be discouraged when your final whistle has not sounded. The truth is - that many people blow the final whistle themselves....But, as long as there is life, nothing is impossible and it is never too late for you.

Half time is not full time..... Don't blow the whistle yourself ! 😊

(Source: Facebook).



Kadupul Flower : the priceless flower



Source : **101thatchangetheworld**

The Kadupul flower, Sri Lanka's native blossom, is said to be the world's most expensive flower. Why? Because it's priceless!

This floral specie is so expensive; it bears no price tag. The reason for this is because the moment it is picked, it quite often dies. Due to its cactus roots, each and every Kadupul flower has an extremely short lifespan and is only able to survive the night, before it fades to nothing at dawn.

Despite this, the Kadupul's fragrance is celebrated worldwide for its calming qualities. Unfortunately, the only way to experience this flower's wonderful scent is to buy a bottle of Kadupul-inspired perfume, and unless you're extremely lucky, most will never have the chance to revel in its soothing fragrance – which is also known as the midnight miracle.

Often nicknamed the Flower from the Heaven, the Queen of the Night or the Dutchman's pipe, this species of cactus is one of the most cultivated kinds in the genus. Kadupul

Basic Facts

The flower itself boasts a beautiful hue of white and yellow and grows to a maximum height of 30 centimetres.

Kadupul's scientific name is *Epiphyllum oxypetalum* and besides from Sri Lanka, it can also be found in certain Indian and South American countries. Although its natural habitat is the tropical rain forest; it is now being grown in a few ornamental gardens dotted around the globe.

The flowers of the Kadupul tend to start blooming between 10pm to 11pm, prolonging this process for two hours. Once all the buds are revealed, the flowers release a sweet fragrance and tend to bloom on a monthly basis, on full moon days. In total, one shrub can emit an impressive 100 flowers.



Cultivation

The cultivation of this plant varies. All in all, the flower can be grown extremely easily as a terrestrial or a clinging plant. However, as it only blooms at certain times, it's one of the rarest flowers in the world.

It usually resides in the forks of large trees, where decayed particles of bark and moisture offer a rich and protective base. The plant's leaves are leathery in style, a little wider than the Vanda orchid, but not as large as those found on the cactus.

It's an ancient myth that when the flowers of the Kadupul bloom, the Nagas come down from their heavenly homes to present florae to the Buddha on the Holy Mountain of Sri Pada.

Today, both tourists and locals flock to Sri Pada, to witness the rare sight of the Kadapul's bloom.

MURPHY'S HAT

Murphy showed up at Mass one Sunday and the priest almost fell when he saw him. Murphy had never been to church in his life.

After Mass, the priest caught up with him and said, "Murphy, I am so glad you decided to come to Mass. What made you come?"

Murphy said, "I got to be honest with you Father, a while back, I misplaced me hat and I really, really love that hat. I know that McGlynn had a hat just like mine and I knew he came to church every Sunday. I also knew that he had to take off his hat during Mass and figured he would leave it in the back of the church. So, I was going to leave after Communion and steal McGlynn's hat."



The priest said, "Well, Murphy, I notice that you didn't steal McGlynn's hat. What changed your mind?" Murphy replied, "Well, after I heard your sermon on the Ten Commandments, I decided that I didn't need to steal McGlynn's hat after all."

With a tear in his eye the priest gave Murphy a big smile and said; "After I talked about 'Thou Shalt Not Steal' you decided you would rather do without your hat than burn in Hell?"

Murphy slowly shook his head. "No, Father, after you talked about 'Thou Shalt Not Commit Adultery' I remembered where I left my hat."



Best Slogan on a MAN's T-Shirt :

"Please Do Not Disturb me, I am Married and already very Disturbed"



Mihintale ancient Hospital – the oldest in the world? – By Arundathie Abeysinghe



Established by King Sena II (853-887 AC) at *Mihintale around 853 A.D., the ancient hospital in the location is considered as the oldest in the world, although, consulting and healing have taken place in the location centuries before. According to inscriptions, Ayurvedic medicine has been practiced at Mihintale and the hospital has been maintained by Buddhist monks. The layout of the building (of the hospital) and discovery of a medical trough are also evidence that a hospital had existed at the site.

The oldest archeological evidence of a hospital in Sri Lanka is within the ruins of Mihintale. The identification was based on a 10th century inscription at the site. According to the plan of the hospital, there had been 31 rooms and these rooms were arranged on a high platform. The consulting room, rooms for hot water baths, inner verandah, court yard, outer court and a room for medicinal bath had been there in the Hospital Complex. In addition, steam therapy utilizing hot water had also been utilized as a form of treatment. Beds for patients had been arranged around the outer courtyard. Cisterns had been utilized to supply water to the hospital. There had also been a dispensary close to the entrance.

According to *Mahawamsa, ancient Sinhalese have introduced the concept of hospitals to the world. Scholars are of the view that *King Pandukabhaya (474 BC – 367 BC) had also *lying-in homes and treatment centers known as “*Sivikasotthi Sala*” (hospitals) constructed in several parts of the country.

Known as “*Vejja Sala*” (meaning Hospital), the hospital dates to the 3rd century AD, approximately 400 years before the earliest hospital in Europe existed. Scholars are of

the view that among the remnants of walls and pillars, there are monolithic stone baths hewn from a single rock which have been utilized to treat patients in the hospital. These stone baths have been made with a remarkably gripping sculptural quality and the internal cavity has been shaped to immerse a recumbent body without wasting precious herbal oils. Several stones utilized for grinding medicinal herbs and medicine jars unearthed from the site are preserved in the adjacent museum.

Several blue glass jars (believed to be from Persia) as well as surgical instruments have also been unearthed from the site during archaeological excavations. Hence, scholars are of the view that advanced surgical skills had existed during this period, hitherto unknown in many parts of the world.



According to scholars, there is no evidence to indicate that hospitals were known elsewhere before and during the time of King Pandukabhaya. Scholar Heinz E Muller-Dietz (*Historia Hospitalium* 1975) has described Mihintale Hospital as being perhaps the oldest in the world.

Although, the hospital had been constructed during the period of King Sena II around 853 A.D., healing has taken place at the location much earlier as several ancient Sri Lankan Kings were well versed in Ayurvedic medicine. Herbs and spices had been used for treatment.

There had been many pioneering Sri Lankan Kings who has served as doctors in the past. King Buddhadasa (A.D. 340-368), the renowned physician-king was adept in general medicine, surgery, midwifery as well as veterinary medicine. According to chronicles, the King had excelled in surgery and had performed a surgery for a woman (to deliver her child). The King had also carried out a surgical removal of a lump in the belly of a snake. According to Mahawamsa, the King had constantly carried a set of surgical instruments during his journeys. According to *Culawamsa, King Aggabodhi VII (766-772 A.D.) has conducted research pertaining to medicinal substances.

Treatments at Mihintale Hospital has followed the principles of Ayurveda and the hospital had been run by Buddhist monks.

There is a stone sarcophagus near the hospital entrance, considered as a tomb of a small person. The hospital had been well-known for herbal treatments and the stone trough is a bath where patients were immersed in oils and herbs and one of the most common disorders treated in the stone bath had been for snake bite. At present too, ayurvedic medicine is utilized to treat snake bites in Sri Lanka.

The inner part of the Complex had been utilized for living. Daily alms had been brought by pious laymen to the hospital to be blessed by Buddhist monks to the inner court. Rice and porridge bowls have been excavated from this location of the hospital.

At the entrance to the hospital is the outer courtyard comprising four rooms: consulting room; room for preparation and storage of medicine and a room for hot water baths. Towards the end of the outer courtyard, to the north is the main building, the quadrangular courtyard with a small shrine in the centre. The rooms are arranged on a high platform on all four sides of the Central Courtyard. The rooms face the shrine which is in the Courtyard. The size of each room is approximately 100 square feet (approximately 9.2 square meters). Towards southern side of the Complex, there is an outer court comprising the hot water and steam baths, a clinic, the refectory, a medicine stores and a grinding stone that has been utilized to grind medicine.

At present, there are stone pillars in the hospital ruins.

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*My friend told me
she would'nt eat
beef tongue cause
it came out of a
cows mouth
So i gave her an egg*

Top 10 Reasons It's Good to be a Dog

1. If it itches - you can scratch it - even in public
2. No one notices or cares if you have hair growing in some weird places as you get older
3. Personal Hygiene isn't too bad - it's not like you have to bathe every day and somebody else combs your hair
4. Having a wet nose is a sign of good health
5. You don't need fancy entertainment systems - you got a bone
6. You can spend hours smelling stuff
7. You can spend all day sleeping if you want!
8. It doesn't take much to make you happy. You're excited just see the same old people day after day. Heck all they have to do is leave the room for 5 minutes and come back in - and you're happy
9. You never have to pay for lunch or dinner - OR worry about your table manners AND
10. If you gain weight - it's someone else's fault!



**Ill never forget the
look on the cashiers
face, when she
scanned the packet of
bird seed,
And I asked her how
long does it take for
the birds to grow once
I plant them.**

LENNIE AND GINGER MICK



LENNIE AND GINGER MICK

It's 1932 and Australia is in the grip of the Great Depression.

One in three workers are unemployed.

Decrepit shanty towns hug the outskirts of the big cities.

A scrawny rabbit caught in a trap will feed a family for a week.

Country roads are filled with broken men walking from one farmhouse to another seeking menial jobs and food.

On the outskirts of the South Gippsland town of Leongatha, an injured farmer lies in bed unable to walk – or work.

World War I hero Captain Leo Tennyson Gwyther is in hospital with a broken leg and the family farm is in danger of falling into ruins.

Up steps his son, nine-year-old Lennie.

With the help of his pony Ginger Mick, Lennie ploughs the farm's 24 paddocks and keeps the place running until his father can get back on his feet.

How to reward him?

Lennie has been obsessively following one of the biggest engineering feats of the era – the construction of the Sydney Harbour Bridge.

He wants to attend its opening.

With great reluctance, his parents agree he can go.

So Lennie saddles up Ginger Mick, packs a toothbrush, pyjamas, spare clothes and a water bottle into a sack, and begins the 1000+ kilometre (600+ miles) trek to Sydney. **Alone.** That's right.

A nine-year-old boy riding a pony from the deep south of Victoria to the biggest and roughest city in the nation.

Told you it was a different era.

No social media.

No mobile phones.

But even then, it doesn't take long before word begins to spread about a boy, his horse, and their epic trek.

The entire populations of small country towns gather on their outskirts to welcome his arrival.

He survives bushfires, is attacked by a "vagabond" and endures rain and cold, biting winds.

When he reaches Canberra, he is welcomed by Prime Minister Joseph Lyons, who invites him into Parliament House for tea.

When he finally arrives in Sydney, more than 10,000 people line the streets to greet him.

He is besieged by autograph hunters. He becomes a key part of the official parade at the bridge's opening.

He and Ginger Mick are invited to make a starring appearance at the Royal Show.

Even Donald Bradman, the biggest celebrity of the Depression era, requests a meeting and gives him a signed cricket bat.

A letter writer to The Sydney Morning Herald at the time gushes that "just such an example as provided by a child of nine summers, Lennie Gwyther was, and is, needed to raise the spirit of our people and to fire our youth and others to do things – not to talk only.

"The sturdy pioneer spirit is not dead ... let it be remembered that this little lad, when his father was in hospital, cultivated the farm – a mere child."

When Lennie leaves Sydney for home a month later, he has become one of the most famous figures in a country craving uplifting news.

You've got to be joking

Chickens: The only animals you eat before they are born and after they are dead.

Adult: A person who has stopped growing at both ends and is now growing in the middle.

Cannibal: Someone who is fed up with people.

Bank: A place that lends money if you prove that you don't need it.

For Sale: Parachute. Only used once, never opened.

Why do people pay to go up in tall buildings, and then put money in binoculars to look at things on the ground?

Why do we press harder on a remote control when we know the batteries are flat?

An older gentleman was on the operating table awaiting surgery and he insisted that his son, a renowned surgeon, perform the operation.

As he was about to get the anaesthesia, he asked to speak to his son. "Yes, Dad, what is it?"

"Don't be nervous, son; Do your best, and just remember, if it doesn't go well, if something happens to me, your mother is going to come and live with you and your wife...."



Employee : Sir, You are like a lion in the office! What about at home ???

Boss : I am a lion at home too, But there we have a lion tamer !!!

A couple was having dinner at a fancy restaurant - As the food was served, the husband said, "the food looks delicious, let's eat."

Wife : honey ... you say a prayer before eating at home

Husband : that's at home sweetheart ... here the chef knows how to cook.

Ed and his wife Norma go to the state fair every year, and every year Ed would say, " Norma, I'd like to ride in that helicopter "

Norma always replied,

" I know Ed, but that helicopter ride is fifty bucks, and fifty bucks is fifty bucks! "One year Ed and Norma went to the fair, and Ed said,

" Norma, I'm 75 years old. If I don't ride that helicopter, I might never get another chance"

To this, Norma replied " Ed, that helicopter ride is fifty bucks, and fifty bucks is fifty bucks"

The pilot overheard the couple and said, " Folks, I'll make you a deal. I'll take the both of you for a ride. If you can stay quiet for the entire ride and don't say a word I won't charge you a penny! But if you say one word it's fifty dollars." Ed and Norma agreed and up they went.

The pilot did all kinds of fancy manoeuvres, but not a word was heard.

He did his daredevil tricks over and over again, but still not a word.

When they landed, the pilot turned to Ed and said, " By golly, I did everything I could to get you to yell out, but you didn't. I'm impressed! "

Ed replied, " Well, to tell you the truth I almost said something when Norma fell out, but you know,

Fifty bucks is fifty bucks!!!!



Sometimes, not saying anything is the best answer. You see, silence can never be misquoted.

Not often is it that men have heart when their one great industry is withered, to rear up in a few years another as rich to take its place, and the tea fields of Ceylon are as true a monument to courage as is the lion at Waterloo. – Sir Arthur Conan Doyle, creator of Sherlock Holmes

This is a quiz for people who know everything!

These are not trick questions.

They are straight questions with straight answers..

- 1. Name the one sport in which neither the spectators nor the participants know the score or the leader until the contest ends.*
- 2. What famous North American landmark is constantly moving backward?*
- 3 Of all vegetables, only two can live to produce on their own for several growing seasons. All other vegetables must be replanted every year. What are the only two perennial vegetables?*
- 4. What fruit has its seeds on the outside?*
- 5. In many liquor stores, you can buy pear brandy, with a real pear inside the bottle. The pear is whole and ripe, and the bottle is genuine; it hasn't been cut in any way. How did the pear get inside the bottle?*
- 6. Only three words in standard English begin with the letters 'dw' and they are all common words. Name two of them.*
- 7. There are 14 punctuation marks in English grammar. Can you name at least half of them?*
- 8. Name the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form except fresh.*
- 9. Name 6 or more things that you can wear on your feet beginning with the letter 'S.'*

The answers to the quiz are on the next page – but do NOT have a sneak peek before answering the questions. - Good luck!!!

Answers To the Quiz:

- 1 Boxing.*
- 2 Niagara Falls ... The rim is worn down about two and a half feet each year because of the millions of gallons of water that rush over it every minute.*
- 3 Asparagus and rhubarb.*
- 4 Strawberry.*
- 5 It grew inside the bottle. The bottles are placed over pear buds when they are small and are wired in place on the tree. The bottle is left in place for the entire growing season. When the pears are ripe, they are snipped off at the stems.*
- 6 Dwarf, dwell and dwindle...*
- 7 Period, comma, colon, semicolon, dash, hyphen, apostrophe, question mark, exclamation point, quotation mark, brackets, parenthesis, braces, and ellipses.*
- 8 Lettuce.*
- 9 Shoes, socks, sandals, sneakers, slippers, skis, skates, snowshoes, stockings, stilts.*

I am sure most of you would have got them all correct!!!

+++++

*



**IT'S BETTER TO
GROW OLD WITH
A SENSE OF
HUMOR THAN
TO GROW OLD
WITH NO SENSE
AT ALL**

Least likely place to meet your neighbour - Mongolia



At 4 people per square mile Mongolia is the least densely populated country on Earth.

Compare this to the Mong Kook district of Hong Kong that has the highest population density in the world with 340,000 people per square mile.

The land of no rivers – Saudi Arabia



Sounds a bit strange, doesn't it? For a country as big s Saudi Arabia there has to be at least some sort of flowing water.

Well, there isn't. Most of their fresh water comes from desalination plants or underground reservoirs.

Three new Wetlands to be declared under Ramsar Convention this year – Minister Pavithra

Source :Dailynews Sunday, February 11, 2024

Irrigation, Wildlife and Forest Conservation Minister Pavithra Wanniarachchi said that the Wildlife Department has planned to declare three new wetlands in Sri Lanka as wetlands under the Ramsar Convention.

The minister mentioned this while speaking to the media on the occasion of “World Wetlands Day” that fell on February 2.

The Wildlife Department has planned to designate the Viduthalaithivu Nature Reserve in Mannar district, Adam’s Bridge National Park and the Chundikulam National Park in Jaffna district as new wetland zones in 2024.

The minister further said that steps have also been taken to expand the Wankalai Sanctuary up to the Wedithalativu Nature Reserve.

She said that necessary activities are underway to announce the Mirissa Marine Sanctuary this year.

Wildlife Department Director Manjula Amararatne said that the Narangala mountain range and the surrounding area of 239 hectares belonging to the Badulla Soranathota Divisional Secretariat, which is the feeding area for many streams and waterfalls, was designated as a sanctuary on December 5 last year.

So far, according to the Ramsar Convention, six wetland zones have been declared in Sri Lanka which are Bundala National Park, Madu Ganga Sanctuary, Anawilundawa Sanctuary, Wankalai Sanctuary, Kumana Kudumbigala Wetland Cluster and Wilpattu Sanctuary that belong to the existing Ramsar Wetlands in Sri Lanka.

“Wetlands and human well-being” has been named as the theme of the 2024 World Wetlands Day by the United Nations. For the protection of wetlands in the world, the convention reached in 1971 in the city of Ramsar, Iraq, with the participation of 136 countries, is known as the Ramsar Wetlands Convention.

Due to the importance of this convention, in October 1990, Sri Lanka also signed an agreement as a party to this convention. Except for the snow-covered areas of the Southern Hemisphere and the Antarctic continent, wetlands are widespread in all other continents of the world. Wetlands worldwide are estimated by the United Nations Environment Programme and the World Monitoring Centre. There are about 570 million hectares of wetlands on Earth which is 6 percent of the Earth’s surface.

According to the Ramsar Convention, a wetland is defined as “a natural or artificial, permanently or temporarily flowing or non-flowing sea water or freshwater or brackish water marsh or swamp or water body area, including areas where the depth of sea water does not exceed six meters at high tide.”

Wetlands are very rich ecosystems with high biodiversity and a variety of natural changes occur through a wetland, including preventing flood threats, cleaning polluted water, storing water and then releasing it.

OBITUARIES
(E & O.E.)
(FEBRUARY 2024)

FORBES, Reginald George Bernard "Ray", (08.12.1936 – 27.01.2024), Son of the late Victor Forbes & Mary "Orril" Caspersz, brother of Doris Pinto (dec), Phyllis Francke (dec), Fr Dalston Forbes, OMI (dec), Dr Charles Forbes (dec) and Rita Raymond (dec). in Sri Lanka. (Contributed & Internet Resources)

KRETZER, Carlo "Bunny", (03.09.1948 – 07.01.2024), Beloved husband of Dawn, Precious dada of Minelli, Shannon and Neluka and Taryne & Chatura Jayatilake, Darling Papa of Shaunel, and Taliah. Son of late Carlton & Iona and son in law of late Egerton & Mary Holsinger. Brother of Claudette Peries Cedric & Maryanne, Roger & Angie and Bernie & Sreve Wilson expired. Remains lie at AF Raymond Funeral parlour from 5pm on Monday 8th January. Cortege leaves parlour on Wednesday 10th January at 4.00pm for interment at Borella Kanatte RC section at 4.30pm

RANASINGHE, Art, (22.09.1939 – 31.01.2024), husband of Padma, father of Janesri DeSilva, Surangi Frazier, Leshanthi Jayamaha and Kosala Karunaratne, father-in-law of Sunil F. DeSilva, Jeremy Frazier and Tony Jayamaha, grandfather of Darby DeSilva, Jonathan DeSilva, Zoe Frazier, Liz Jayamaha, in the USA (News from Jayam)

PLUNKETT, Dudley Clive, husband of Christine, father of James. Son of George and Dolly (both dec), brother of Sheila Hewawisa (dec), Lorna Kreltszheim, Bubbles Forbes (dec), Maxine Sela and Russell, in Queensland on January 31, 2024, aged 83 years. (Contributed)

VISSER, Leon, (19.02.1945 – 20.01.2024), (Adelaide Advertiser. 30.1.2024)

FERNANDEZ, Eddy. (West Australian, 2.2.2024)

EASWARAPADCHAM, Nanthini, (26.11.1955–01.02.2024),in Melbourne. (Tamil Thakaval, 2.2.2024)

SMITH, June Thelma (née WILSON), wife of Warwick (dec), mother and mother-in-law of Lorraine and Greg, Robyn (dec), Geoff and Belinda, Martyn and Martin, grandmother of Jacqui, Asher and Jade, great grandmother of Heidi (née Wilson), on 27 January 2024, aged 96 years. (Sydney Morning Herald, 3.2.2024)

KARIYAWASAM, Hettigamage Cyril, in Melbourne (Contributed)

MAHINDAPALA, H.L.D. "Mahinda", husband of Rangi (dec), in Colombo, Sri Lanka, on January 30, aged 93 years (Melbourne Age, 3.2.2024)

GANESH, Patricia Marie Ruth (née JOACHIM), wife of V. Ganesh, mother of Dinesh Ganesh, mother-in-law of Jeannick, grandmother of Elizabeth and Ezra. Sister of Bentley Joachim, sister-in-law of Rosemary Joachim and Vanitha Makinan Colombo (Daily Mirror, 10.2.2024)

FERDINANDES, Denis, in Melbourne. (Contributed)

MONOHARAN, Sasitharan, in Melbourne. (Contributed)

TITUS, Coral Kaye, (09.03.1945 – 25.01.2024). (Adelaide Advertiser, 6.2.2024)

VANNITAMBY, Doris Edna (née GREGORY), 12.06.1930 – 08.02.2024, mother of Tyronne, Beverley Hayman, Helene and Edward, mother-in-law of Iranganie, Jeffrey Hayman, Shiran Jayamaha and Subhasni Singh, in Melbourne. (Contributed)

DEVOTTA, Geraldine Grace, wife of the late George Ralph Devotta, mother of Sherine, Jerome, Odile and Sheran, grandmother of Harumi, Damien, Sean, Olivia, Celine, Collin and Shehani, in Sri Lanka. (Daily News, 8.2.2024)

FERNANDO, Jasmin, Wife of Ruwanal, mother of Amila, Malinda and Dinuka, mother-in-law of Dinushi, Jilska and Dinease. Grandmother of Aviel, Yavniel, Hadriel, Kiara, Ezekiel, Carisa and Gavriel, in Sydney on 7th of February 2024. (Sri Lanka Catholic Association)

JAYAH, Indreswari, in Melbourne. (Contributed)

DECKER, Neill, (24.04.1928 – 06.02.2024, husband of Leslie and Rae (dec), father of Stephen and Sabrina and father-in-law of Rosemary. Stepfather to Angela and Neville, Julia (dec), James (dec), Andrew and Carrie and their families. (Melbourne Age, 10.2.2024)

WENDT, Joyce Cecelia, (31.07.1926 – 07.-2.2024), wife of Percy (dec), mother and mother-in-law of Joan and John Clark, Graham and Hazel Wendt, and Noel Wendt, grandma to 10 grandchildren, 26 great-grandchildren and 2 great-great-grandchildren. Sister of Brian O'Sullivan, brother-in-law Pat Hogan. (Brisbane Courier Mail, 10.2.-2024)

BAPTIST, Joan Marlene (née PEREIRA), (30.20.1933 – 22.01.2024) wife of the late Julian Cyril Baptist, mother of Merril, David, Cheryl and late Helene, grandmother of Miriam, Cyril, Philippa, Joshua, Tobias, Megan and Benjamin, great grandmother of Caleb. Daughter of late Conrad and Iris Pereira, sister of the late Edda, Heather (Tootsie), Jean, Wendy and survived by Rudy, Megan (Bubbles), Clem, Sylvia (Lalla) and Esther. (Sunday Observer, 11.2.2024)

MEURLING, Brendon Remigus, Son of Victor & Carmen (née Thiele), husband of Michelle (née Gerrey), father of Jessica. Brother of Marlon, son-in-law of Andrew & Jenny, brother-in-law of Indika, Sean Dilakshi, Keith & Vinoda. (Sunday Observer, 11.2.2024).

PERERA, Amaratungage Karunawathie, in Melbourne. (Contributed)

DE CRUZE, Anna, (26.07.1929 – 08.02.2024), wife of Benjamin De Cruze (dec), mother of Yogendran and Mahendran (dec), mother-in-law of Petal, Ainsley, Subasini and Sharmalie, grandmother of Karyn, Yoshini, Kevin, Roshmni, Dianne and Rushani, great grandmother of Danica, Shawn and Kian, in Melbourne. (Contributed)

ENOCH, Daphne, wife of late Albert Enoch, mother of Royston, Stewert, Trionne, Yvonne (Lucky), Darrel & Lilian (Lily), mother-in-law of Srimathi, Thilani, Nihal, Mark, Jaya & Mario, grandmother of Petula, Amanda, Manoj, Rosandra, Natasha & Neosha, great grandmother of Senuli, Vinuli, Nathan, Amelia & Evelyn. (Daily News, 15.2.2024)

WICKRAMASINGHE, Dileeni Sunethra (née WIKRAMANAYAKE), daughter of Guy & Girlie (both dec), wife of Sumitra. Mother of Ranil & Nilmini, grandmother of Aroshe. On 11, February 2024. (Melbourne Age, 13.2.2024)

DOLE, Linda, wife of Farook, mother of Anthony and Romaine, mother-in-law of Silke and Buddy, grandmother of Zavier, Aadam, Sean, Eric and Thineth. Sister of Charlie, Tyrone, Ingrid and of late Roy and Esther. (Contributed)

SELVARATNAM, Padmini, (14.06.1951 – 15.02.2024) in Melbourne. (Tamil Thakaval, 17.2.2024)

GOONERATNE, Prof. M. Yasmine (née BANDARANAIKE), (22.12.1935 – 15.02.2024), wife of Dr Brendon Gooneratne (dec), mother of Devika and Channa dec), in Sri Lanka. (Internet Resources)

MORRISON, Cordelia Rose (née MISSO), 14.04.1931- 12.02.2024), wife of the late Amiel (Amie) Claremont Alexander Morrison, mother and mother-in-law of Randolph and Fiona, grandmother of Nicole and Sam, in Melbourne. (Contributed)

LOURENSZ, Howard, in Melbourne. (Contributed)

ANANDASELVAKUMAR, Thurairajah, (29.07.1953 – 14.02.2024), in Melbourne. (Tamil Thakaval, 18.2.2024)

BARTHOLOMEUSZ, Beatrice Angela Cecelia, wife of Dr. Dennis Bartholomeusz, mother of Paul, Peter and Arjuna, mother-in-law of Felicity, Gillian and Kate, grandmother of Rebecca, Katherine, Matthew, Nicholas, Charli and James, grandmother-in-law of Josh, Mel and Faith, great grandmother of Emily, Jack, Luke, Eko, Tully, Ajay, Thomas and Nate. (Melbourne Age, 20.2.2024)

SIVAGNANAPIRAGASAM, Veerasingam, (13.07.1950-20.1.2024), in Melbourne. (Contributed)

DIAZ, Christopher Maurice, in West Australia. (The West Australian, 24.2.2024)

MOTHA Leela (née PEREIRA), wife of the late Nazarene Xavier Motha, mother of Christine (Jayasinghe) and Manuela, mother-in-law of Amal Jayasinghe, grandmother of Navin, Himanshi and Pravin. Sister of the late Jasmine (Gomez), the late Joe, Daisy (Gomez), the late Eugene and Chandra. (Sunday Times, 25.2.2024)

SUBEWICKREME, Rajasinghe, in Melbourne. (Contributed)

D' SILVA, Olivia, in Melbourne. (Contributed)

DE MEL, Ronald Joseph Godfrey "Ronnie" (11.4.2025 – 27.02.20204), husband of Mallika (née Fernando) (dec), father of Sunalini, Tara and Renuka, in Sri Lanka. 5, Charles Drive, Colombo 3, Sri Lanka.. (Daily News, 28.2.2024 and Internet Resources)

KANAPATHIPPILAI, Sinnammah, in Melbourne. (Contributed)

BURDETTE, George Harry, (22.09.1937 – 04.02.2024), father of Noel, Kevin and Ryan. Brother of Robert, Dawn & Gordon. (dec), in Melbourne. (Daily News, 29.2.2024) .

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

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