



Burgher Association Australia

Spring Edition

September 2024

Community Newsletter



Postal Address : PO Box 75 Clarinda VIC 3169

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

Mr Merril & Mrs Ira Dekker
Mr Jhohann & Mrs Anne Gregory
Mr Gerard and Mrs Shivanthy Lubin





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



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

Christmas Party

At The Burgher Association Australia
Community Centre

358 Houghton Road, Clayton 3168

12.00 noon to 5.00 pm

1 December 2024

Delicious Christmas Feast by "Cha's Cabin"

MENU

Glazed Leg of Ham with Mustard Sauce
Roast Pork - Roast Chicken

Roast Turkey with Cranberry Sauce

Roast Vegies - Coleslaw

Seafood Salad - Tossed Salad

Bread Rolls & Butter

DESSERT

Sticky Date Pudding / piece of Christmas cake

\$40.00pp

BYO

TICKET CONTACTS

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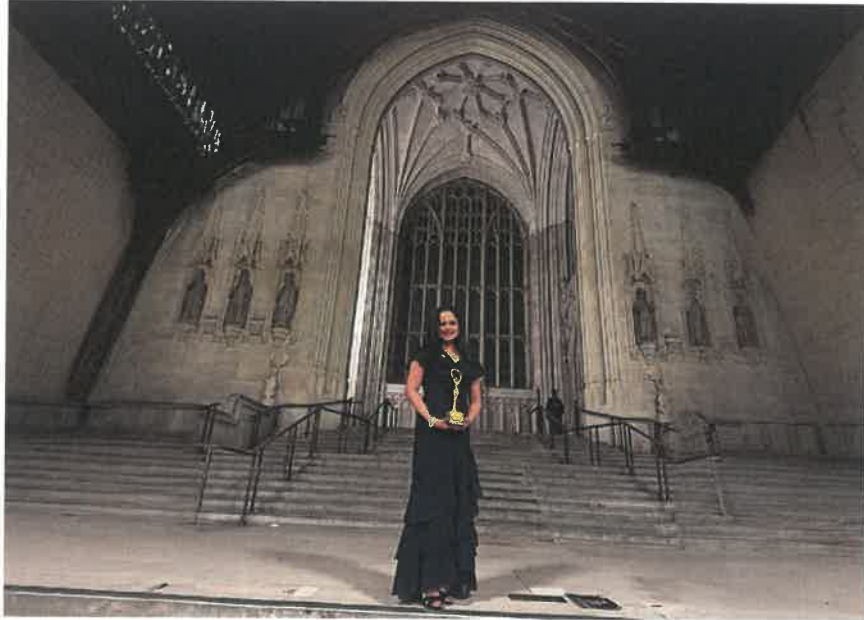
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CONGRATULATIONS

Woman of Lankan descent wins top business award in UK

By Sujeeva Nivunhella reporting from London



Lushani Kodituwakku, Founder and Managing Director of Luminii Consulting, was recently awarded the Women in Business/Entrepreneurship award at the Women in Management UK Professional & Career Women Awards 2024. In November 2023, she was named Chief Executive Officer of the Year in Market Research and Intelligence in the UK. In April 2023, she received the award for Commercial Due Diligence Provider of the Year at the European Private Equity Awards.

Since its inception in 2017, Luminii Consulting has established itself as a leading advisory firm, delivering complex strategy, Commercial Due Diligence (CDD), value creation, market research, and intelligence projects. Kodituwakku's extensive experience spans over 25 years, assisting private equity, venture capital, large corporates, SMEs, and banks in their investment, market-entry, and strategic initiatives. Her expertise has solidified her reputation as one of the foremost CDD and strategy advisors in the UK. Kodituwakku's career trajectory includes founding Luminii after spearheading the Grant Thornton Strategy and CDD team since 2008. She also launched and led the UK operations for Neovian Partners, a French strategy provider, serving as their UK Managing Partner. Her earlier roles included Directorship at PMSI Consulting and contributions to the strategy and market intelligence teams at KPMG and Frost & Sullivan.

Throughout her career, Kodituwakku has supported over 500 businesses across various sectors, including technology, media & telecoms, B2B products and services, manufacturing, retail, healthcare, property, construction, education, energy, and

financial services. Her strategic and entrepreneurial acumen, combined with a unique skill set, has driven significant growth and investment strategies for her clients. In addition to her professional achievements, Kodituwakku is a Non-Executive Director on the board of Judges Scientific plc., a leading AIM-quoted group specializing in scientific instruments. ***She holds a Bachelor of Science in Economics with first-class honours and a Master of Research in Management and Organizational Behaviour.***

Kodituwakku's contributions extend beyond the business realm. She has been teaching mindfulness to children for 15 years and has initiated mindfulness programmes at Grant Thornton and Luminii, along with a Women's Wellness group. Her community involvement includes supporting two registered charities, fundraising, and mentoring undergraduates. Her early achievements in drama also highlight her versatility.

Kodituwakku won Best Actress at the All-Island Shakespeare Competitions in Sri Lanka in 1992 and the All Island Royal Interact Drama Competitions in 1993. She appeared in a Canadian movie with Ryan Reynolds in 1993, a German TV series, and a Sinhala movie directed by Gamini Fonseka. Recently, she performed in the stage play Kelani Palama in London and Nottingham.

Kodituwakku's multifaceted career and dedication to both business and community service make her a distinguished figure in the professional world. Her recent award underscores her significant impact and ongoing contributions to various fields.





Elie House, water colour by Andrew Nicholl

Sunday Island

Old Mutwal, Elie House and Lorenz

By Avishka Mario Senewiratne

The history of this most historic and valuable abode *Elie House* dates back to the days of Philip Anstruther, the Colonial Secretary of Ceylon from 1833 to 1845. Anstruther was a capable Civil Servant, who won the popularity of both the home Government and the inhabitants of Ceylon. Capt. James MacDonald Henderson states in his book *The Rebellion in Ceylon*, “Had this gentleman [Anstruther] but retained his appointment of Colonial Secretary, there is every reason to believe that the rebellion of 1848, with its long train of miseries and misfortunes, would never have occurred”. Due to his physical defect, Anstruther was widely called the “one-armed Rajah” by the English and as “Ath-Kota-Rajuruwoo” by the Sinhalese. During his tenure, Anstruther lived in the mansion of *Elie House* in Mutuwal. He had purchased this property of three and a half acres for 300 Rix dollars. A few years later, Anstruther named the abode *Elie House* in honour of his grandfather, who was the Third Baronet of *Elie House* in the County of Fife. In his monumental book *Ceylon (1859)*, James Emerson Tennent, who succeeded Anstruther as Colonial Secretary as well as the owner of *Elie House*, describes the mansion as follows:

“It stands on the ridge of a projecting headland, commanding a wide prospect over the Gulf of Manaar; and in the midst of a garden containing the rarest and most beautiful trees of the tropics, tamarinds, jambus, nutmegs, guavas, mangoes, and oranges, the graceful casuarinas of Australia, and the beautiful traveller’s palm of Madagascar.”
(Volume II, p. 64)

Though Sir Emerson Tennant lived in *Elie House* during his tenure as Colonial Secretary, the ownership of the house remained with Philip Anstruther who lived in London. Tennant's trusted Irish artist friend, Andrew Nicholl was a regular visitor at *Elie House*. His watercolour painting is perhaps the only surviving illustration of *Elie House*. Many years after Tennant returned to England, Anstruther realising he had hardly any business left in Ceylon sold this house to Mrs. Angela Brown in 1857. A year later, in 1858 She sold *Elie House* to C. A. Lorenz for £2,500 when the exchange rate for a pound was just 10 rupees. During this time, on the outskirts of *Elie House*, there was a property called *Elie Cottage*. Lorenz's friend and fellow Legislature, George Wall occupied this house. Wall had lived in *Elie House* for some time before Lorenz purchased it. Annexing the adjoining properties, Lorenz extended the grounds of *Elie House* to over 14 acres. A variety of tropical fruit trees, some imported from Singapore by Anstruther adorned the gardens of *Elie House*.

The Ghost of Elie House

A hitherto unknown event occurred in *Elie House* on one particular night in May 1863. It was midnight and all the occupants were fast asleep. Lorenz had allowed various people such as his nephews, nieces and friends to live in the many vacant rooms of *Elie House*. According to Blaze, no fewer than 11 of his nephews and nieces made *Elie House* their permanent residence. (Blaze, p. 225) It is said that a mysterious figure appeared at the foot of a bed on which a lady was sleeping in one of the principal bedrooms. The sleeping lady woke up to notice this figure of an old man steadily looking at her for a few seconds and then silently moving away and disappearing through an open door.

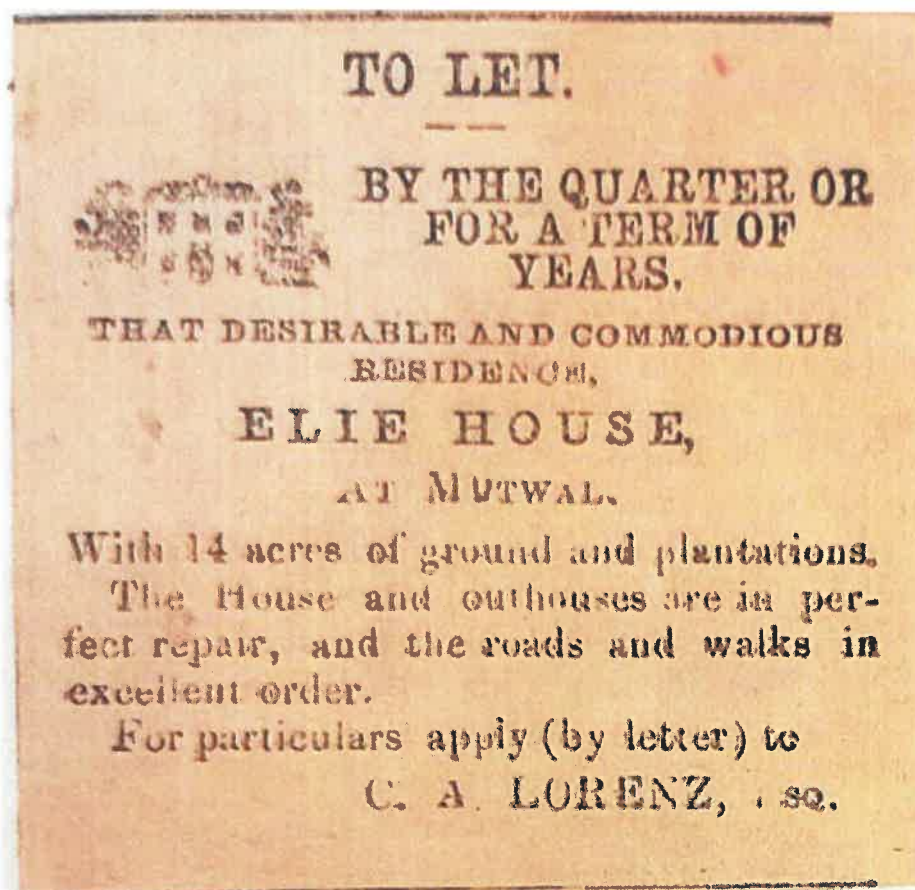
The next morning the news spread like wildfire, and everyone was intrigued by this ghost story. Lorenz in particular was curious to identify who this person may have been. Thus, he calmly questioned the lady, and she surprisingly related the features of the figure quite descriptively. Still unable to determine who it may be, Lorenz decided to show her a set of photographs of famous people, so she may perhaps identify the ghost.

Some portraits were borrowed from Sir Richard Morgan (who lived in *Whist Bungalow*, Mutuwal) for this quick investigation. After Lorenz placed the pictures on the billiards table, he asked the lady to see if she could identify her visitor. Without any hesitation or delay, she picked up one portrait and pointed out that she saw the person depicted in that illustration. This was Philip Anstruther. Lorenz was baffled as to why she saw a man who still lived in London. However, when inquiries were made it was found that Anstruther had died in London the same day he appeared to the lady in *Elie House*! Perhaps, his spirit was more in Ceylon than in his native country. (cf. *Ceylon Causerie*, August 1933, p. 17)

The ghost continued to flit through *Elie House*. J. B. Siebel, a childhood friend of Lorenz related the following story to one of the local papers in 1916.

"In this connection, L related to me a ghost story. Not being able to sleep one night, he walked downstairs with his briefs into his office and kept on reading them till the small

hours of the morning when he fell asleep from sheer exhaustion with his head on the table. A cold, creepy sensation across his back woke him, and “on my honour”, he added, “I saw old P-pass by me and the hair of my flesh stood stiff. As I opened my eyes very wide thinking it was all a dream, I observed the door behind me ajar. I had forgotten to close it and the cold air, as well as the ghost, had come in through that and had given me that creepy sensation. When morning dawned the servants turned up and they swear they saw the *Ath-Kotte-Rajuruwoo* (the short-handed chief) go through the house at the time at which the ghost had appeared to me.” (Quoted from the *Ceylon Causerie*, September 1933, p. 15)



Advertisement published in The Ceylon Examiner on March 22, 1871

Elie House was always full of people. Many had come from distant areas for their business with Lorenz. Plenty of carriages were parked around the premises. It was certainly a busy spot in its day. Lorenz welcomed people of all strata and his house was a haven for those who came down to relate their grievances. Siebel in his writings mentions that on one of his visits to Lorenz in *Elie House*, he saw hundreds of men gathered outside to thank and praise the latter for many of the favours he had bestowed upon them. Many of those people were Sinhalese.

There was a stone at the entrance of *Elie House* with the inscription “Stads Waght A 1702⁰“. It is believed that Lorenz picked it up when the Dutch Fort in Colombo was dismantled. Lorenz would live in *Elie House* till early 1871 and would die that very year in his last abode *Karl's Ruhe*. The property was soon put for sale and was purchased by Mudaliyar Samson Rajapakse, who paid Rs. 33,000 for it. His son, Gate Mudaliyar Tudor Rajapakse inherited it upon his death in 1888.

Tudor Rajapakse, one of the country's richest men at that time, rented this house to Maha Mudaliyar Sir Solomon Dias Bandaranaike. It was in *Elie House* that Maha Mudaliyar's son and future Prime Minister S. W. R. D. Bandaranaike was born in January 1899. (Bandaranaike, Sir S., (1929), *Remembered Yesterdays*, p. 82) In his *memoir*, Sir Solomon reveals that John Rodney and Captain Bayley were occupants of *Elie House* before his time. In 1902, the Government announced that a supplementary reservoir for Colombo was to be made through Mutwal and *Elie House* had to be demolished. For this reason, the Government purchased *Elie House* from Tudor Rajapakse for the cost of Rs. 151,000. Sir Solomon, who had to vacate *Elie House* that year commented on it as follows: “It (*Elie House*) stood in a splendid position, as anyone who walks in the Park today can see, and the structure itself, of which not a vestige remains, consisted of a solid building with twin towers that gave a unique view of the harbour and docks.”

**One day you'll
find someone that
is obsessed with
you.
It's probably going
to be a dog, but
it is what it is.**



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



Who is your life partner?

By Sri Sri Ravishankar

Mom?

Dad?

Wife?

Son?

Husband?

Daughter?

Friends?

Not at all!

Your real-life partner is your body.

Once your body stops responding no one is with you.

You and your body stay together from birth till death. What you do to your body is your responsibility and that

will come back to you.

The more you care for your body, the more your body will care for you.

What you eat, what you do for being fit, How you deal with stress, how much rest you give to it; will decide how your body going to respond.

Remember, your body is the only permanent address where you live

Your body is your asset/liability, which no one else can share. Your body is your responsibility. Because you

are the real-life partner.

Be fit. Take care of yourself. Money comes and goes. Relatives and Friends are not permanent.

Remember, no one can help your body other than you.

Pranayama - for Lungs

Meditation - for Mind

Yoga - for Body

Walking - for Heart

Good food - for Intestines

Good thoughts - for Soul

Good karma - for World

FUN FACT



WOMEN SPEND MORE TIME
WONDERING WHAT MEN ARE THINKING
THAN MEN SPEND ACTUALLY THINKING

English as a Second Language

A Polish man moved to the USA and married an American girl. Although his English was not perfect, they got along very well. One day he rushed into a lawyer's office and asked him to arrange a divorce for him.

The lawyer said that getting a divorce would depend on the circumstances, and asked him the following questions:

Have you any grounds?

Yes, an acre and half and nice little home.

No, I mean what is the foundation of this case?

It made of concrete.

I don't think you understand. Does either of you have a real grudge?

No, we have carport, and not need one.

I mean what are your relations like?

All my relations still in Poland.

Is there any infidelity in your marriage?

We have hi-fidelity stereo and good DVD player.

Does your wife beat you up?

No, I always up before her.

Is your wife a nagger?

No, she white.

Why do you want this divorce?

She going to kill me.

What makes you think that?

I got proof.

What kind of proof?

She going to poison me.

She buys a bottle at drugstore and put on shelf in bathroom.

I can read English pretty good, and it say:



One of the most beautiful articles from the book called "Die Empty" by Todd Henry.

The author was inspired and got this idea of writing this book while attending a business meeting.

When the director asked the audience: "Where is the richest land in the world?" "One of the audience answered: "Oil-rich Gulf states."

Another added: "Diamond mines in Africa."

Then the director said: "No it is the cemetery. Yes, it is the richest land in the world because millions of people have departed from it, "they have died" and they carry many valuable ideas that did not come out of the light and benefited others. It is all in the cemetery where they were buried."

Inspired by this answer, Todd Henry wrote his book "Die empty." Where he did his best to motivate people to pour out their ideas and potential energies in their communities and turn them into something useful before it is too late.

The most beautiful of what he said in his book is that: "Do not go to your grave and you carry inside you the best that you have, always choose to die empty."

Die empty is a new expression and unique in its own way, at first glance you will think it is normal.

But I was surprised to know the true meaning of this new expression.

It is to "die empty" of all the goodness that is within you. Deliver it before you leave this world.

If you have an idea perform it.

If you have a knowledge, give it out.

If you have a goal achieve it.

Love, share and distribute, do not keep it inside.

Do NOT keep the goodness inside of you, and die full of ideas and be a delicious meal for the earthworms in the grave...

Most of us live with the stubborn idea that we will always have tomorrow. But sooner or later all our tomorrows will run out.

Are you empty...

I think we all weigh thousands of tons of goodness, creativity, love and hope that we can give.

We have not given all of it, except a little.

How I wish that we start the race to give and remove every atom of goodness inside us. We should learn how to find and sustain our passion and generosity, even in tough times.

Start emptying...

Start giving...

Start implementing...

Before it's too late...And we are not empty...

Courtesy of Kunal Jagani

So true...and we all do the same, we are not all so very young anymore, we still have quite a bit of time left... Let's try to give of our best in the time left to us never too late.

Calcified Arteries - What is the significance?

By Dr. Harold Gunatillake

Calcified arteries- what is the significance? Calcium deposition in arteries shows how much fatty build-up or plaque formation. Plaques, especially in your coronary arteries, are the leading cause of heart attacks, and when a piece of these plaques breaks off, a blood clot can form around it, blocking the flow of blood, and the heart muscles will be deprived of oxygen. Coronary artery calcification is a buildup of calcium that can predict your cardiovascular risk, as all plaques get calcified with time. Cardiologist depends on ECG tracings during exercise on a treadmill machine to check on the degree of blockage of coronary vessels, shown by the ST segment changes. The presence of calcified plaques is visible on CT scans, and the number of such spots can be counted and given as a coronary calcium score. This is referred to as the calcium score, which measures the amount of calcium in your coronary arteries. It doesn't tell us how much the artery is blocked or detect where blockages might occur. Your calcium heart score also doesn't indicate your absolute heart attack risk. How do plaques start?

It starts with inflammation in the inner lining, forming fatty streaks. White blood cells, red blood cells and macrophages get collected at the site. Cholesterol also gets collected like pebbles on the banks of a river. Calcifying these lipid-rich plaques then solidifies these heaped-up areas to form solid plaques. Then there are the non-calcified plaques that can rupture and release a blood clot to form a thrombus. This blocks the arteries and leads to cardiac muscle damage called infarction. Calcification occurs within the arteries, also called medial calcification. This causes arterial stiffness, which increases the risk of adverse cardiovascular events, including high blood pressure. The

right and left coronary arteries are the first branches of the aorta, the main artery in your body. These two main arteries are the units that supply all parts of the heart muscle with blood. These main arteries and their branches can get clogged up with calcified plaques. Calcification in the arteries occurs on the inner lining, which is common in coronary arteries, and such calcification occurs in the smooth muscle layer in the more significant arteries. The amount of calcification in the coronary arteries indicates how bad your atherosclerosis may be. Atherosclerosis results from plaque collecting in your arteries, making them narrow. This makes it difficult for blood to get through your arteries. If you have coronary artery disease, invariably, the vessels are calcified. In people older than 70, more than 90% of men and 67% of women have coronary artery calcification. Before menopause, estrogen protects women from developing atherosclerosis. Women tend to develop atherosclerosis 10 to 15 years later than men. People who are white are more likely than other races to have coronary artery calcification. You're more likely to get coronary artery calcification if you have the following: chronic kidney disease. Glucose issues such as diabetes mellitus. Too much bad cholesterol (low-density lipoprotein or LDL) and too little good cholesterol (high-density lipoprotein or HDL). High BMI (body mass index). Family history of coronary artery calcification. High blood pressure. A history of cigarette smoking or using other tobacco products. Older age. Parathyroid hormone irregularities. High phosphate levels. High calcium level. When the calcification of the coronary arteries is extensive, interventional cardiologists find it challenging to expand the vessels during the percutaneous coronary intervention, PCI, or angioplasty. It makes it harder to develop a stent to keep your artery open. Calcium deposits start small (.5µm or micron/micrometre) and grow larger than 3mm, with plaque continuing to accumulate simultaneously. Now how can we diagnose that you have coronary artery calcification? A type of imaging called computed tomography or multidetector computed tomography (MDCT) can find coronary atherosclerosis before it becomes advanced. A cardiac CT (computed tomography) scan can show calcified plaque deposits in your coronary arteries. This is called the coronary artery calcium (CAC) test, which looks at the following: How many plaques do you have?

How dense the plaques are. How large they are. Your healthcare provider will multiply your calcification area by density to get an Agatston score. You get a score of 0 to 400 or more, with higher scores indicating a more significant risk of a heart attack or stroke in 10 years. Coronary artery calcification scores A score of 0 shows no disease. From 1 to 99 indicates mild disease. From 100 to 399 shows moderate disease. More than 400 show severe disease. So, how can you reduce the incidence of coronary artery calcification and plaque formation? If you have coronary artery calcification, you're at a high risk of developing coronary artery disease and major adverse cardiovascular events (MACE). Such changes occur in Diabetes mellitus. Abnormal cholesterol levels. High blood pressure. Kidney disease. Control your diabetes with medication, a low glycemic diet and daily exercise. Avoid overeating with foods containing saturated

fat and trans-fat. Check your blood pressure frequently and keep the upper pressure at 125mm hg. Kidney disease is most common in uncontrolled diabetes. Controlling your diabetes will slow down the disease. Walking daily over 30,000 steps intermittently is the solution for all diseases- my personal experience. Calcium score studies emphasise the importance of patients knowing their risk for heart disease. It predicts whether you are at low risk, high risk or in between for a heart attack. Whenever there is calcium in the heart arteries, there is cholesterol plaque buildup — the calcium is at the crime scene, but it is not the culprit. But, since we can see calcium on simple CT scans of the heart, we can use this trick to learn more about the number of cholesterol deposits. We can use cardiac calcium scoring to detect cholesterol deposits before they become a problem and help patients avoid heart attacks.

+++++



Ceylon Then / Sri Lanka Now!

Source: [Ceylon Then / Sri Lanka Now!](#)

Do you remember this man?

One of the beautiful memories of our childhood was the arrival of the “Bombai Muttai” seller down the lane. This is a type of Sri Lankan homemade candy floss. Though it resembles traditional candy floss in terms of colour, the texture is more thready rather than like cotton. It’s a sweet, melt-in-the-mouth candy which can only be bought from the ‘bombai muttai man’, who wanders the streets carrying a metal box

full of this floss and ringing a bell. Bombai muttai is usually served either in a paper cone or on a type of cracker.



Do you get nuisance calls from him?.

Well, I do.

We've all talked to this bloke...At Last....A Photo of "Him".



Mujibar was trying to get a job in India ..

The Personnel Manager said,
'Mujibar, you have passed all the tests, except one.
Unless you pass it, you cannot qualify for this job.'
Mujibar said, 'I am ready.'

The manager said,
'Make a sentence using the words
Yellow, Pink, and Green'

Mujibar said,
'The telephone goes **green, green,**
And I **pink** it up, and say,
Yellow, this is Mujibar.'

Mujibar now works at the Telstra-Clear call centre.

No doubt you have spoken to him, I have.

BAGPIPER'S LAMENT:

As a bagpiper, I play at many gigs. Recently I was asked by a funeral director to play at a graveside service for a homeless man. He had no family or friends, so the service was to be at a pauper's cemetery somewhere in the outback. I sometimes work for no charge!

As I was not familiar with the backwoods, I got lost and being a typical man, I didn't stop for directions.... it's a man thing!

I finally arrived an hour late and saw the funeral guy had evidently gone and the hearse was nowhere in sight. There were only the diggers and crew left and they were eating lunch. I felt badly and apologized to the men for being late.

I went to the side of the grave and looked down and the vault lid was already in place. I didn't know what else to do, so I started to play.

The workers put down their lunches and began to gather around. I played out my heart and soul for this man with no family and friends. I played like I've never played before for this unknown homeless man.

And as I played "Amazing Grace", some of the workers began to weep. They wept, I wept, we all wept together. When I finished, I packed up my bagpipes and started for my car. Though my head was hung low, my heart was full.



As I opened the door to my car, I heard one of the workers say, "I never seen anything like that before, and I've been putting in septic tanks for almost twenty years."

Apparently, I'm still lost it's a man thing.

Everyone seems to be in such a hurry to scream 'racism' these days.

A customer asked, "In what aisle could I find the Guinness?"
The shop assistant asks, "Are you Irish?"

The guy, clearly offended, says, "Yes I am. But let me ask you something, if I had asked for Italian sausage, would you ask me if I was Italian?
Or if I had asked for German Bratwurst, would you ask me if I was German?
Or if I asked for a kosher hot dog, would you ask me if I was Jewish?
Or if I had asked for a Taco, would you ask if I was Mexican?
Or if I asked for Polish sausage, would you ask if I was Polish?"

The shop assistant says, "No, I probably wouldn't."
The guy says, "Well then, because I asked for Guinness, why did you ask me if I'm Irish?"
The clerk replied, **"Because you're in Bunnings."**

Father, a Daughter and a Dog - A true story. Very moving and brings a tear to your eye.

"Watch out! You nearly broad sided that car!" My father yelled at me. "Can't you do anything right?"

Those words hurt worse than blows. I turned my head toward the elderly man in the seat beside me, daring me to challenge him. A lump rose in my throat as I averted my eyes. I wasn't prepared for another battle.

"I saw the car, Dad. Please don't yell at me when I'm driving." My voice was measured and steady, sounding far calmer than I really felt. Dad glared at me, then turned away and settled back. At home I left Dad in front of the television and went outside to collect my thoughts. Dark, heavy clouds hung in the air with a promise of rain. The rumble of distant thunder seemed to echo my inner turmoil. What could I do about him?

Dad had been a lumberjack in Washington and Oregon . He had enjoyed being outdoors and had revelled in pitting his strength against the forces of nature. He had entered gruelling lumberjack competitions. The shelves in his house were filled with trophies that attested to his prowess.

The years marched on relentlessly. The first time he couldn't lift a heavy log, he joked about it; but later that same day I saw him outside alone, straining to lift it. He became irritable whenever anyone teased him about his advancing age, or when he couldn't do something, he had done as a younger man.

Four days after his sixty-seventh birthday, he had a heart attack. An ambulance sped him to the hospital while a paramedic administered CPR to keep blood and oxygen flowing.

At the hospital, Dad was rushed into an operating room. He was lucky; he survived. But something inside Dad died. His zest for life was gone. He obstinately refused to follow doctor's orders. Suggestions and offers of help were turned aside with sarcasm and insults. The number of visitors thinned, then finally stopped altogether. Dad was left alone.

My husband, Dick, and I asked Dad to come live with us on our small farm. We hoped the fresh air and rustic atmosphere would help him adjust.

Within a week after he moved in, I regretted the invitation. It seemed nothing was satisfactory. He criticized everything I did. I became frustrated and moody. Soon I was taking my pent-up anger out on Dick. We began to bicker and argue.

Alarmed, Dick sought out our pastor and explained the situation. The clergyman set up weekly counselling appointments for us. At the close of each session he prayed, asking God to soothe Dad's troubled mind. But the months wore on and God was silent.

Something had to be done and it was up to me to do it.



The next day I sat down with the phone book and methodically called each of the mental health clinics listed in the Yellow Pages. I explained my problem to each of the sympathetic voices that answered in vain.

Just when I was giving up hope, one of the voices suddenly exclaimed, "I just read something that might help you! Let me go get the article."

I listened as she read. The article described a remarkable study done at a nursing home. All of the patients were under treatment for chronic depression. Yet their attitudes had improved dramatically when they were given responsibility for a dog.

I drove to the animal shelter that afternoon. After I filled out a questionnaire, a uniformed officer led me to the kennels. The odour of disinfectant stung my nostrils as I moved down the row of pens. Each contained five to seven dogs. Longhaired dogs, curly-haired dogs, black dogs, spotted dogs all jumped up, trying to reach me. I studied each one but rejected one after the other for various reasons too big, too small, too much hair. As I neared the last pen a dog in the shadows of the far corner struggled to his feet, walked to the front of the run and sat down. It was a pointer, one of the dog world's aristocrats. But this was a caricature of the breed. Years had etched his face and muzzle with shades of grey. His hipbones jutted out in lopsided triangles. But it was his eyes that caught and held my attention. Calm and clear, they beheld me unwaveringly. I pointed to the dog. "Can you tell me about him?" The officer looked, and then shook his head in puzzlement. "He's a funny one. Appeared out of nowhere and sat in front of the gate. We brought him in, figuring someone would be right down to claim him. That was two weeks ago and we've heard nothing. His time is up tomorrow." He gestured helplessly. As the words sank in I turned to the man in horror. "You mean you're going to kill him?" "Ma'am," he said gently, "that's our policy. We don't have room for every unclaimed dog."

I looked at the pointer again. The calm brown eyes awaited my decision. "I'll take him," I said. I drove home with the dog on the front seat beside me. When I reached the house I honked the horn twice. I was helping my prize out of the car when Dad shuffled onto the front porch... "Ta-da! Look what I got for you, Dad!" I said excitedly. Dad looked, then wrinkled his face in disgust. "If I had wanted a dog I would have got one. And I would have picked out a better specimen than that bag of bones. Keep it! I don't want it" Dad waved his arm scornfully and turned back toward the house. Anger rose inside me. It squeezed together my throat muscles and pounded into my temples. "You'd better get used to him, Dad. He's staying!"

Dad ignored me. "Did you hear me, Dad?" I screamed. At those words Dad whirled angrily, his hands clenched at his sides, his eyes narrowed and blazing with hate. We stood glaring at each other like duellists, when suddenly the pointer pulled free from my grasp. He wobbled toward my dad and sat down in front of him. Then slowly, carefully, he raised his paw.

Dad's lower jaw trembled as he stared at the uplifted paw - confusion replaced the anger in his eyes. The pointer waited patiently. Then Dad was on his knees hugging the animal. It was the beginning of a warm and intimate friendship. Dad named the

pointer Cheyenne. Together he and Cheyenne explored the community. They spent long hours walking down dusty lanes. They spent reflective moments on the banks of streams, angling for tasty trout. They even started to attend Sunday services together, Dad sitting in a pew and Cheyenne lying quietly at his feet. Dad and Cheyenne were inseparable throughout the next three years. Dad's bitterness faded, and he and Cheyenne made many friends. Then late one night I was startled to feel Cheyenne's cold nose burrowing through our bed covers. He had never before come into our bedroom at night.

I woke Dick, put on my robe and ran into my father's room. Dad lay in his bed, his face serene. But his spirit had left quietly sometime during the night. Two days later my shock and grief deepened when I discovered Cheyenne lying dead beside Dad's bed. I wrapped his still form in the rag rug he had slept on. As Dick and I buried him near a favourite fishing hole, I silently thanked the dog for the help he had given me in restoring Dad's peace of mind.

The morning of Dad's funeral dawned overcast and dreary. This day looks like the way I feel, I thought, as I walked down the aisle to the pews reserved for family. I was surprised to see the many friends Dad and Cheyenne had made filling the church. The pastor began his eulogy. It was a tribute to both Dad and the dog who had changed his life. And then the pastor turned to Hebrews 13:2. "Do not neglect to show hospitality to strangers, for by this some have entertained angels without knowing it."

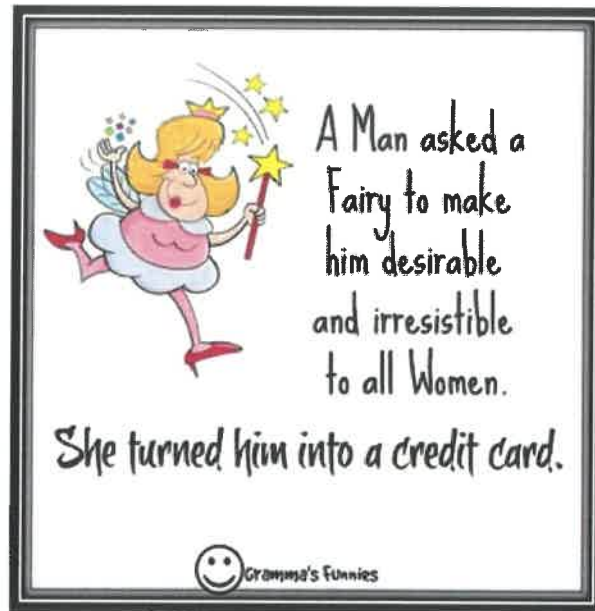
For me, the past dropped into place, completing a puzzle that I had not seen before: the sympathetic voice that had just read the right article.

Cheyenne's unexpected appearance at the animal shelter - his calm acceptance and complete devotion to my father and the proximity of their deaths. Suddenly I understood. I knew that God had answered my prayers after all.



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Be Honest

The beauty of a nation lies in the integrity of its people

Reproduced from the April 2023 edition of LMD.

Deshamanya Dr. Indrajit Coomaraswamy
Former Governor
Central Bank of Sri Lanka

When travelling around Sri Lanka, one comes across breathtaking beauty in all parts of the country. The lush vegetation of the Wet Zone, the sparse beauty of the Dry Zone, the daunting splendour of the hill country and the golden beaches along the coast are compellingly beautiful in different ways.

Visitors to the island are always charmed by the smiling friendliness of the people. Sri Lankans also rank very high in global surveys in the context of 'giving.'

Despite these favourable traits, the country now comprises a society that's broken in a number of ways.

Sri Lankans don't trust their politicians since many of them are considered corrupt and amoral. The public service isn't focussed on delivering services effectively and efficiently, and the business sector is said to be steeped in rent seeking behaviour and corrupt practices.

Traditionally, teachers, the clergy, Ayurvedic physicians and the family were considered repositories of good values in our society. None of these groups command the same respect as before.

The deterioration of traditional value structures in society can be attributed to a number of social, political and economic factors. However, the most significant cause is the widespread loss of integrity in almost all walks of Sri Lankan life.

“The concepts of fear and shame that deterred wrongdoing in the past are barely present in society today”

Meanwhile, the concepts of fear and shame that deterred wrongdoing in the past are barely present in society today.

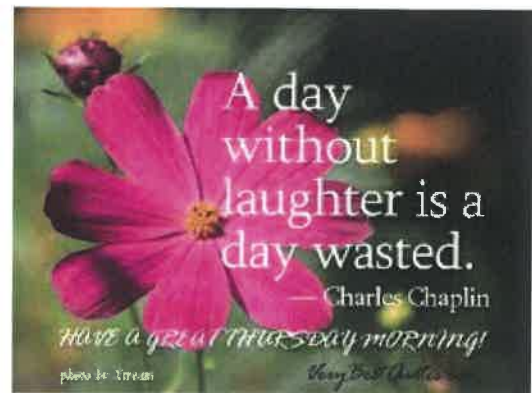
There needs to be a widespread commitment by all Sri Lankans to uphold integrity in all walks of life if they want to rebuild the inner beauty of this splendid isle.

Hospital regulations require a wheelchair for patients being discharged. However, while working as a student nurse, I found one elderly gentleman already dressed and sitting on the bed with a suitcase at his feet, who insisted he didn't need my help to leave the hospital.

After a chat about rules being rules, he reluctantly let me wheel him to the elevator.

On the way down I asked him if his wife was meeting him.

'I don't know,' he said. 'She's still upstairs in the bathroom changing out of her hospital gown.'



Cowardly Dads

Two kids are arguing over whose father is the biggest coward.

The first one says," My dad is so scared that when lightning strikes my dad slides underneath our bed."

The second kid says," That's nothing; my dad is so scared that when mummy works nightshift my dad sleeps with the woman next door".

People who have healthy relationships are more likely to feel happier and satisfied with their lives. They are less likely to have physical and mental health problems. Healthy relationships can: increase your sense of worth and belonging and help you feel less alone.

People in healthy relationships love and support each other. They help each other practically as well as emotionally. They are there for each other in the good times and the bad times.

This poem by Rex Don sums it up.

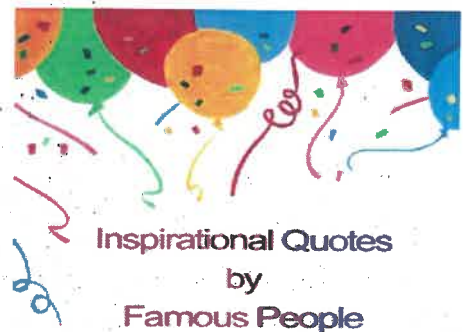
How Can You "SM_LE" Without *"I"* ?
How Can You Be "F_NE" Without "I" ?
How Can You "W_SH" Without "I" ?
How Can You Be "N_CE" Without "I" ?
How Can You Be a "FAM_LY" Or "RELAT_VE" Without "I" ?
How Can You Be a "FR_END" Without "I" ?
So "I" Am Very Important!

But How Can I Achieve "S_CCESS" Without *"U"* ?
How Can I "LA_GH" Without "U"?
How Can I Take A "C_P" of Tea Without "U"?
How Can I Enjoy The "S_NSHINE" Without "U"?
How Can I Have "F_N" Without "U"?
And That Makes "U" Also Important As "I"

Therefore humans $*(U \& I) = WE*$ need one another in life to be happy, work together and achieve greater things. Let's propagate positivity and shun negativity that the world would envy for eternity.

"It's not the years in your life
that count. It's the life in your years!"
Abe Lincoln

"Reflect upon your blessings, of which
every man has plenty, not on your past
misfortunes, of which all men have some".
Charles Dickens



Tourists watch elephant bathing at Pinnawala Orphanage



Tourists watched as an elephant bathed in the Ma Oya River at the Pinnawala Elephant Orphanage in Kegalle, Sri Lanka. Originally founded to care for orphaned elephants from Sri Lankan jungles, the Pinnawala Elephant Orphanage now houses 69 elephants, including 29 males and 40 females from three generations. Pix by Pradeep Pathirana.





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

MELDER, Desmond Kingsley Des/Deso, (15.11.1936 – 26.7.2024), husband of Simone (née Potger), father of Jeremy, David and Julian, father-in-law of Adina, Donna, Katherine, Andia and Jhing, grandfather of Samara, Christopher, Harley, Montana, Levi, Thomas, Lucy, Zaki and Zachary, great grandfather of Winter, Flynn and Perri, in Melbourne. (Contributed)

KALUBOWILAGE, Fitara Hansani, in Melbourne. (Contributed)

CROZIER, Denise Joan, wife of Cec, mother of David and Lisa, grandmother of Nick and Lily. (Brisbane Courier Mail, 30.7.2024)

GOONERATNE, Audrey (née Schokman), (26.5.1928 – 29.7.2024), wife of Gladwin. Daughter of Herby and Iris Schokman, sister and sister-in-law of Thelma & Donald Paternott (dec), Douglas & Hilda Muller (dec), Percy & Cynthia Schokman (dec), Kenneth & Letti Schokman (dec), Grace & Errol Van Houten (dec), Louise & Nowell (dec) Hanibalsz, Olive & Rodney Schokman (dec) and Valeris & Peter (dec) Weerakoon, in Melbourne. (Contributed)

BALDSING, Noeline (née De Zilwa), wife of late Gordon Baldsing, mother of Ainsley, grandmother of Michael, Gordon jnr, Laura and Cassandra, great grand-mother of in Melbourne of Xavier and Zachary. Sister of Maureen Alexander and late Livingstone De Zilwa, in Melbourne, on July 31, 2024. (Contributed)

De ALWIS, Namal. (St Anthony's Parish Bulletin, Noble Park)

ROSARIO, Clare, in Melbourne. (Contributed)

GALHANAGE, Piyadasa, in Melbourne. (Contributed)

DEVITT, Maree Carolyn (8.9.1945 – 25.7.2024), mother of Michael and Anna, mother-in-law of Scottie, grandmother of Lily and Poppy, great grandmother of Oscar and Milly. (West Australian 3.8.2024)

FURLONG, Judith, on July 12, 2024, aged 89 years. (West Australian, 3.8.2024)

MATHESON, John Munro, husband of Jeanne, father of Michael, James, Marion and Eloise, grandfather of 7, in Sydney, aged 85 years. (Sydney Morning Herald, 3.8.2024)

PEREIRA, Glenville Michael, in Melbourne. (Contributed)

SOUTHERTON-JONES, Philip Henry Maxwel, (13.4.1938 – 6.8.2024), husband of late Marian, father of Annemarie, father-in-law of Kershel. Son of the late William and Edna, brother of late Maurice and late Yvonne, brother-in-law of Hazel, late Irwin, late Annie and of Newton and late Lambert. Son-in-law of late Jude and Mary Margaret. (Daily News, 7.8.2024)

CHELVARAJAH, Leelavathy (28.2.1935 – 3.8.2024), wife of late Chelvarajah, mother of Chalvaranjini, Yoga Chandran, Bala Chandran and Dilushni, mother-in-law of Shankar. Grandmother of Vinoshan, Amrita, Anisha, Shravan and Anjana. Daughter of late Selliah and late Thangamma, sister of late Dr Vivekanandarajah, late Luxmi and Amirtharajah, sister-in-law of late Kandasamy and Kamala. (Canberra Times, 7.8.2024)

MEURLING , May Cecilia (Wendy), daughter of the late Benjamin & Mabel, sister of (late) Bertha, Doreen & Ronald, Clarence, Kingsley, Victor, Bonita, Errol, Jennifer, Hyacinth & Christobel. (Daily News, 9.8.2024)

THIYANANTHAR, Wimalaranee, (24.1.1964 – 7.8.2024), in Melbourne. (Tamil Thakaval, 9.8.2024)

MISSO, Maureen Trese, mother and grandmother, aged 76 years. (Brisbane Courier Mail, 10.8.2024)

BERENGER, Angela (Bulletin, St Anthony's Parish, Noble Park, 11.8.2024)

CIVET, Aloma (née Gonsal), sister of Rowenna Western, in France on 29 July 2024. (News from Jayam, 10 August 2024)

MODDER, Wester, husband of Bimpi, father of Rosalie and Joanna, in Sri Lanka on August 1, 2024. (News from Jayam, 10 August 2024)

D'ALMEIDA Peter (31.10.1951 - 6.8.2024), son of Charles and Margaret (both dec), brother of Wayne, Allan, Beverley and Frances, father to Robert and Matthew. (West Australian, 10.8.2024)

LUCAS, Barbara Dawn (née Matthews), wife of Gordon, mother and mother-in-law of Neville and Jackie, Basil, grandmother and great-grandmother, on August 3, 2024, aged 92 years. (The Adelaide Advertiser, 10/8/2024)

GUNAWARDENA, Thersea Anne, in Melbourne. (Contributed)

SIVASUBRAMANIAM, Sinniah, in Brisbane on August 7, 2024. (Tamil Thakaval, 9.8.2024)

FERNANDO, Nihal Anthony, in Melbourne. (Contributed)

NATHANIELSZ, Mario, in Sri Lanka. (Contributed)

VADIVELOO, Anne (11.12.1939 – 1.8.2024), wife of Kenneth Kandiah, mother of Michael, Peter, David and Jane, grandmother of Bella, Ruby, Elise, Chloe, Amy, Sarita, Qilaavsuk, Saggana and Ulimaun. Sister of Jean. (Melbourne Age, 13.8.2024)

THENABADU, Dr Nihal, husband of Shiranie, father of Shiyana and Dinushi, father-in-law of Richard Wainscoat and Lars Osterdal, grandfather of Renesh, Roen and Kira. Brother of Dr Sarath and Dr Gnanalatha, on 14th August 2024. (Daily News, 16.8.2024)

MANGALASINGHE, David Bramwell, in Melbourne. (Contributed)

MURUGESU, Sivamany (16.6.1928 – 15.8.2024) daughter of the late Maruthaiyanar and Chengamalam, wife of the late Iyampillai Murugesu. mother of Mohanathas, Sarojini, Yuvarajah, Narendren, Yoganathan and Vimaladevi, mother-in-law of the late Balasingham, as well as Suthum, Gita, Suryakala, Jamuna, and Balasubramaniam, grandmother of Mathi, Vadhana, Mahi, Shakti, Jeeva, Bhava, Nithy, Thaya, Jeya, Hasan, Anant, Arun, Lukchiga, Geerthana, Mithuna, Praveen, Prushoth, and Ragulan, great grandmother of Mathura, Thivaan, Oviya, Venthan, Meera, Maaya, Milan, Nirosha, Senthuran, Senthalan, Seethalakshmi, Thurka Luxmi, Oshane, Imaiya, Isaiyaa, Jeya, Divya, Lucian, and Cynthia, great great grandmother of Indira, Akshaya and Aksita. (Tamil Thakaval, 17.8.2024)

PATHMANATHAN, Indradevi (Rani) (3.12.1943 – 12.8.2024), in Sydney. (Tamil Thakaval, 14.8.2024)

ISAACS, Charles, (West Australian, 17.8.2024)

LAMB, Adrian, (10.8.1969 – 15.8.2024), in Sri Lanka. (Contributed)

PERERA, Joan Therese Maud, in Melbourne. (Contributed)

CHAPMAN, Arthlow Ralston, (1935 – 2024), husband of Christobel, in Melbourne. (Contributed)

KARUNARATNE, RITA (née Harridge), wife of the late Shanthi Karunaratne, daughter of Dodwell and Lucilda Harridge, sister of Patrick Fernando (London), mother of Rebecca, Dodwell, Christopher, Bernadine, Sandra, Rehana, Ranil and Ravintha, mother-in-law of Felix, Salomie, Jeewani, Sam, Nivendra, Rohan, Inoka and Roshana, grandmother of Ewan, Dilshan, Shavaun, Donald, Nicola, Natasha, Fallon, Shezard, Dannielle, Dulanjan (Deceased), Amanda, Vivek, Andreen, Saluka, great grandmother of Silesh (dec) Nathan, Ella, Levi, Chloe, Zac, Noah, Billie, Isla, Rakhil, Eleisha, Liasha, Sloane, Zion and Raya, in Sri Lanka. - 3A/227, **Rukmalgama Housing Scheme, Pannipitiya, Sri Lanka** (Daily News, 22.8.2024)

SANDERSON, Christine Elizabeth (Née Rezel), (15.02.1946 - 13.02.2024), Wife of John Sanderson (dec), mother of John junior, sister of Anne Machin (UK), Marie La Brooy (Melbourne), Christopher (Darwin), Pam Wigmore (Sydney), Cherry Drake (UK), Jeremy (UK), Penny (Melbourne) and Michael (Melbourne), in Vancouver, Canada. (Contributed)

PERERA, Hamilton, (St Anthony's Parish, Noble Park, Bulletin 25.8.2024).

VAN BUUIREN, Gertrude in Melbourne. (Contributed)

FERNANDO, Sheila, in Melbourne. (Contributed)

BAMUNUARACHCHI, Padma, in Melbourne. (Contributed)

MATHIAS, Joan, wife of Barrie, Mother of Simon & Jonathan. Grandmother of Oliver & Sophia, Harry & Jack, Ella & Kristian. (The Brisbane Courier-Mail, 23.8.2024)

INGELTON, Patricia Judith (Judy), daughter of Mim and Jim Ingleton (dec), sister of Robert (dec), Christine, sister-in-law Janet. (The Adelaide Advertiser, 24/8/2024)

ISAACS, Gail Christina (1.12.1941 – 15.8.2024), wife of Geoff, Mother and Mother-in-Law of James & Michelle, Ella & Tony, Tim & Alicia, grandmother of Sarah, Skye, Oscar, Jaxton, Callie, Ondine, Charlie. (Sydney Morning Herald 24.8.2024)

LUDOWYK, Noel Martin Ignatius, in Melbourne. (Contributed)

DE SILVA, Sheila Carmen, in Melbourne. (Contributed)

JAYASURIYA, Merrill, in Melbourne. (Contributed)

VIEYRA, Myrtle Agnes (20.1939 – 25.8.2024), wife of the late Norman Eric Vieyra, mother of Jacqueline and Patricia, grandmother of Genevieve, Desiree and Dylan. Sister of Clifford, Hector and the late Patricia and Percy, in Melbourne. (Contributed)

PEREIRA, Ronald, husband of Merilyn, father of Julie and Nicole, father-in-law of Andrew, grandfather of Liam, James, Ben and Marcus, on 27 August 2024, aged 83 years. (West Australian, 28.8.2024)

SCHUMACHER, Beryl Joyce, Dearly loved wife of Kevin (dec), mother of Sandra, Kathryn, Gail, Patricia, Stephen, and Vicki (dec). (The Brisbane Courier-Mail, 29.8.2024.

CLAASZ, Manfred Hans, (29.8.1942 – 27.8.2024), son of Vere and Amybel (dec.) brother of Gillian, husband of Erika, father of Kristal. (Canberra Times, 30.8.2024).

DE SOUZA, Angie, (West Australian, 31.8.20224)

JAYATILAKA, Indrajith Palitha, in Melbourne. (Contributed)

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

2024/25 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:

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