

St Patrick's College Jaffna Old Boys Association

Melbourne, Australia

Established 1992

P.O.Box 551, Rosanna, Vic 3084



Website: www.spcaustralia.com

Email: secretary@spcaustralia.com

Newsletter 32

Facebook: www.facebook.com/spcobamel

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Our Objectives

Socialise and share the Patrician spirit with benevolence.

Support our Alma Mater in meaningful ways.



"The journey of a thousand miles begins with a single step."

- Lao Tzu



President's Message

Dear Fellow Patricians

Hope you are doing well and back to work after the holidays. On behalf of the OBA committee, I take this opportunity to wish you all a very happy and prosperous New Year.

Silver Jubilee Year 2017 was a very challenging year for us all. We had a number of events starting from family fun day on Australia Day 2017 to the three-day silver jubilee celebrations, which ended with another family fun day on Sunday, 19th November. Needless to say the Silver Jubilee Patrician Nite was the highlight of the year. We received many verbal and email appreciation from Patricians in Australia as well as from overseas, including regarding the Silver Jubilee Commemorative Diary. One of the comments read "This is an excellent diary – very rich in content and appealing in format. Kudos to SPC OBA Melbourne." Our success was due to the dedication and hard work by the committee members and many non-committee members. No doubt there have been a few shortcomings that were beyond our control, and we will make sure that they will not recur in the future.

We are sorry to advise that this year the Australia Day BBQ and Cricket Match (Family Fund Day) will not be held. This must be disappointing to some of you who have been so regularly participating in this annual event. The OBA committee made this difficult decision for two reasons. We have had a Family Fund Day only two months ago, and in addition the Australia Day falls on a Friday – the last long weekend before the schools reopen for 2018. It was thought that participation in the circumstances will be very poor.

However, there is some good news! For some time now the Jaffna College Melbourne OBA has been requesting us to organize a friendly cricket match between our OBAs and we have arranged to have it on Sunday, 4th of February. Please refer to the 'Notice Board' for more details. It will be a soft ball T20 match with 11 players each side and there is no age limit. Please participate

in this friendly 'Battle of the Golds' that will be held at 'Singleton Reserve', Endeavour Hills.

You may be aware that Rev Fr Jero Selvanayagam is retiring from his duties as rector on January 24, 2018 and Rev Fr Thirumahan will be taking over from him. We wish Fr Jero a smooth transition to his new pastoral role and assure Fr Thirumahan our prayers and support to fulfil his rectoral duties perfectly well.

The supper with Bishop Justin Gnanapragasam on 2nd December was another pleasant evening that was fun and informative. Thanks to all who came to hear him out despite the heavy rainstorm.

On March 17 we will be having the AGM and St Patrick's Day celebrations. Please save this Saturday evening for these events. If you wish to nominate yourself or anybody else for a committee position, please use the attached nomination form to do so. We kindly request our members, except the life members, to pay their subscription for this year. The account number details are on the back page of this newsletter. Thank you and hope to see you all soon.

William Nimalraj

Office Bearers and Committee Members for 2017-18

William Nimalraj - President Jeyandra Antonipillai - Vice President

Berchmans Tennakone - Secretary.

Rukshan Theophilus - Assist. Secretary

Noel Rajiv - Treasurer

Patrick Rajaratnam - Assist. Treasurer

Anandarajan James - Social and Events Secretary

Committee Members:

Dr Sanjeev Alfred, Angelo Fernando, Jeevaranjan Fernando, Antony Gratian, Chrys Gunanayagam, James Joseph, Vincent Pius, Philip Ravindraraj and Dr Florentine Singarayar.

Advisory and Support Panel:

Alfred Reynald, Anton Newton, Dr. Anton Mariampillai, Basil Patrick, Edward Arulnesathasan, Guanaratnam Arulanantham, Francis Manoraj Isidore, James Premanandarajah, Jenith Jesuthasan, Jerad Jogaratnam, Joseph Vijayaratham, Reg Cherubim, Parthiban Vivekanandan and William Rajendram

Next Function — 'Battle of the Golds' — February 4, 2018

At Singleton Reserve, Endeavour Hills

From: Jero Selvanayagam
Sent: Friday, January 12, 2018 2:12 PM



Dear Patricians,

Acknowledgement & Gratitude

Warm Greetings for the New Year 2018 from St. Patrick's College, Jaffna!

It is my prime duty to convey my deep gratitude to every one of you belonging to the Great Patrician Family. I will be relinquishing my services at St. Patrick's College on 24th January 2018 and get back to work in a Parish as Pastor. I consider it a great privilege to have served my Alma Mater for 29 years holding different responsibilities.

I thank God for giving me an opportunity to serve my College, where I was nurtured. I remember with deep gratitude Late Bishop B. Deogupillai who placed me at the College in 1989 as "*Teacher at St. Patrick's College and Warden of the Hostel there*". I learnt a lot and got enriched from the three eminent Rectors who had been the Helmsmen of the College during the most turbulent era of the history of the College. My deep gratitude to Bishop Thomas Savundaranayagam for the trust he placed on me by appointing me to guide the destiny of the College for the last ten years.

I salute the Alumni Associations both at home and abroad, to the unstinted support rendered to me. You had been a tower of strength to me and the College at all moments of difficulties. In all our endeavors, whether educational programme such as Staff incentive and Quality Input or construction of necessary buildings such as Primary Block and Sports Pavilion, your assistance had been very spontaneous and very prompt. As Alumni Members and as Individual Patricians, your magnanimity towards the college was enormous.

The Patrician Family made me work with great passion for the growth and welfare of the College. You had been a spiral force always encouraging and pushing me to achieve excellence in students' performance. In 2008, in discussion with the Staff and Students, we set up our Vision, Mission Statement.

Vision: *Pursuing Excellence in Education and Character*

Mission: *Total Commitment and optimum use of the resources to obtain the best quality in everyone*

During the past ten years, we have been trying our best to bring out the best in every one of our students. With God grace and the hard work of our staff and students we succeeded to some extent. In 2011, a Patrician entered Oxford University for his first degree in Physics. In 2017, One secured 3rd Place at National Level for Engineering Science. In Sports and Games too, our boys were excelling.

I am indebted to all the Priest Colleagues, Brothers, Sisters and all the Teachers for their indefatigable, concerted effort that has brought forth some outstanding achievements in the recent past. I owe my gratitude to you all Patricians for all that you had been to me when I was serving at the College.

May God reward you for your commitment to your Alma Mater
Rev.Fr M. Jero Selvanayagam.

*OBA Melbourne wishes Fr. Jero a successful transition to his
pastoral role once again.*

An evening with the Bishop of Jaffna

Saturday, 2 December 2017



Members of the OBA had quality time with Bishop and former Rector Justin Gnanapragasam, during which he expressed his desire to advance the Jaffna diocese spiritually, intellectually and economically. For more photographs visit our website.

The Only Way to Keep Your Resolutions

Extracts from an article By DAVID DeSTENO – DEC. 29, 2017 – The New York Times

We too often think about self-improvement and the pursuit of our goals in bracing, self-flagellating terms: I will do better, I will muscle through, I will wake up earlier. But it doesn't need to be that way, and it shouldn't: Self-control isn't about feeling miserable.

The research on self-control shows that willpower, for all its benefits, wanes over time. As we try to make ourselves study, work, exercise or save money, the mental effort to keep focused and motivated increases until it seems too difficult to bear.

Worse, exerting willpower can take a psychological and physical toll. As [recent work](#) by the Northwestern University psychologist Greg Miller has shown, willing oneself to be “gritty” can be quite stressful.

Studies from my lab show that gratitude directly increases self-control. What my lab, and others, found when we looked at pride was similar. Likewise, when we make people feel compassion, they'll [take on the burdens of others](#), spending more time and effort to help get others out of jams and ease their distress.

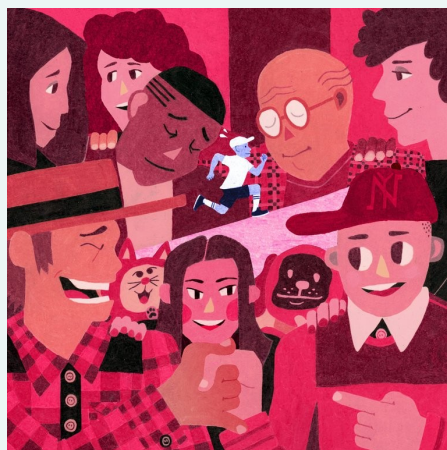
Feeling pride or compassion has been shown to increase perseverance on difficult tasks by over 30 percent. Likewise, gratitude and compassion have been tied to better academic performance, a greater willingness to exercise and eat healthily, and lower levels of consumerism, impulsivity and tobacco and alcohol use.

If using willpower causes stress, using these emotions actually heals: They slow heart rate, lower blood pressure and reduce feelings of anxiety and depression. By making us value the future more, they ease the way to patience and perseverance.

In nudging the mind to be more patient and more selfless, they benefit everyone whom our decisions impact, including our own future selves. In short, they give us not only grit but also grace.

So as 2018 commences, take more time to cultivate these emotions. [Reflect on what you're grateful to have been given. Allow your mind to step into the shoes of those in need and feel for them. Take pride in the small achievements on the path to your goals.](#) Doing so will help ensure that every future New Year's Eve will have more to celebrate than to regret.

If you want to read the whole article, please visit: https://www.nytimes.com/2017/12/29/opinion/sunday/the-only-way-to-keep-your-resolutions.html?utm_source=pocket&utm_medium=email&utm_campaign=pockethits



Notice Board



Friendly Reminder

We call on the nearly 100 plus Patricians in Victoria who haven't paid or renewed their membership to kindly do so this year.

Annual subscription: ONLY



Contact Treasurer Noel Rajiv on: **0421839197**

TOGETHER

WE CAN ACHIEVE
GREATER THINGS

'Battle of the Golds'

Sunday, 4 February 2018 @ 10.00 am

'Singleton Reserve' - Singleton Dr, Endeavour Hills

<http://www.casey.vic.gov.au/arts-leisure/parks-facilities/Singleton-Reserve>



All Patricians are invited to take part (we do need 11 players to be able to field a team) or join others for a great day out. The match will be followed by **'Kothu Rotti' lunch**. Soft drinks will be provided.

Cost: \$15 per person.

Patricians who would like to be included in the team, please contact Berchmans Tennakone on 0430 657 736 or Jeyandra on 0428 366 504

St Patrick's Day Mass, AGM and dinner. Saturday, 17 March.

St Paschal's Church Hall, **100 Albion Road, Box Hill**. The AGM will be preceded by **Holy Mass**. Time and further details will be advised in our next newsletter.

St Patrick's College Jaffna OBA Melbourne

Nomination Form—Office Bearers and Committee Members for the 2018 / 2019 Patrician Year

Full Name of Nominee:

Position Nominated for:

I, volunteer to serve in the OBA Management Committee in the abovementioned position.

Full Name of Proposer:

Full Name of Seconder:

Signature: Date:

Signature: Date:

Address:

Address: