

# St Patrick's College Jaffna Old Boys Association

Melbourne, Australia

Established 1992

P.O.Box 551, Rosanna, Vic 3084



Website: [www.spcaustralia.com](http://www.spcaustralia.com)

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Newsletter 34

Facebook: [www.facebook.com/spcobamel](https://www.facebook.com/spcobamel)

August 2018



## Our Objectives

Socialise and share the Patrician spirit with benevolence.

Support our Alma Mater in meaningful ways.

Fide et Labore

Faith and Labour

**"The future will belong to those who have done the most for the sake of suffering humanity."**

**- Louis Pasteur**

## Message from the President

Dear Patricians

I wish to thank all those who participated at the St Patrick's Day Mass, AGM and dinner on Saturday 17<sup>th</sup> March this year. Thanks also to the past committee members who pitched in to the very last for the successful completion of the various tasks relating to the Silver Jubilee Year.

Our next event is Patrician Nite which is coming up soon. We have invited former Rector Fr. Bernard to be our Guest of Honour. I am sure many of our young members will be looking forward to meeting him, subject to visa approval, of course.

As many of you are aware, we have stopped sending printed newsletters in the mail saving money and time. However, some older members seem to prefer a printed copy. If you know of someone who has no internet/email access or wants printed newsletter, please let us know. We shall arrange for the printed copy to be posted to them in the mail. Alternatively, you may want to help them with a printout. Please note that copies of all past newsletters can be obtained from our website:

<http://www.spcaustralia.com/newsletters>.

Finally, Patricians Mr. Aloysius Aseervatham (Brisbane) and Mr. Anton Rajinthrakumar (Toronto), have co-authored an interesting book titled – 'JAFFNA: Painful past to promising future'. More details are available on page 7 of this newsletter. Members are kindly requested to support the authors' optimism for transforming Jaffna for the better!

I look forward to seeing you all at the Patrician Nite.

*William Nimalraj*

## Office Bearers and Committee Members 2018-19

William Nimalraj - President

Jeyandra Antonipillai - Vice President

Berchmans Tennakone - Secretary.

Rukshan Theophilus - Assist. Secretary

Noel Rajiv - Treasurer

Richman Mangalanayagam - Assist. Treasurer

### Committee Members:

Anandarajan James, Angelo Fernando, Chrysostom Gunanayagam, Dr Florentine Singarayar, Dr Sanjeev Alfred, Jeevaranjan Fernando and Philip Ravindraraj,

## SPC moving forward with ...



## Technology Centre

**Next Function — Patrician Nite — September 22, 2018**

**At Sacred Heart Church parish hall, Oakleigh**

# *St Patrick's College Jaffna Melbourne OBA*

*presents*

## *Patrician Nite 2018*

*An event sponsored by Lyca TV*

*at the Sacred Heart Church Hall*

*19 - 22 Johnson St, Oakleigh (69 F8)*

*on Saturday September 22, 2018*

*6.30 pm till late*

*Catering : Tamarind 8 (3 Course meal)*

*Entertainment : DJ Damian*

*Wine, Whisky & Beverages*

*Ticket prices - \$50 (children 6 - 12 : \$25)*

*Please contact any Committee member for tickets*

### **Contact numbers for tickets:**

William Nimalraj - President	0470 116 258
Jeyandra Antonipillai - Vice President	0404 108 659
Berchmans Tennakone - Secretary	0430 657 736
Rukshan Theophilus - Assist. Secretary	0423 382 235
Noel Rajiv - Treasurer	0421 839 197
Richman Mangalanayagam - Assist. Treasurer	0433 953 623

## Message from the Secretary

Dear Patricians

It is a pleasure to reach you once again via this edition of our newsletter.

We are all set for another exciting **Patrician Nite 2018**, which is scheduled to be held on **22 September 2018 at the Sacred Heart Church parish hall**. Committee members have been working hard for many months to make this event memorable. The committee headed by the President William Nimalraj is serving the OBA passionately and dedicatedly. Needless to say, along with myself, Vice President Jeyandra Antonipillai, Assistant Secretary Rukshan Theophilus, Treasurer Noel Rajiv and Assistant Treasurer Richman Mangalanayagam and other committee members are constantly coming up with great ideas on how to involve more Patricians, especially those who have not been involved in the OBA before and those who have arrived recently but are not aware of the OBA. If you do know anyone, please let us know. Keep up the good work, young bloods! It is you who can keep the OBA fresh and alive.

Committee members have started contacting Patricians and friends to sell the tickets. By now you may have been contacted by a committee member, if not it will be very soon. However, while committee members have the task of distributing the tickets, as a Patrician, please do not wait for the call or contact. We also encourage Patricians to feel free to bring your families and friends. Our first priority has always been Patricians and close friends. Unlike other school OBA events, our event is to bring all patrician families together and have fun. We do not budget to make a profit.

I had the opportunity to attend the St Patrick's Day mass at our own college chapel and meeting the new Rector, staff and students. It has become a trend now that many past Patricians prefer to have the reunion of their batches during the St Patrick's Day week, so that they can attend the mass as well. This year two batches - A/L 1987 and A/L 1991 – were having their reunion. The college chapel was fully packed and many of the children were accommodated at cottages erected outside the chapel and the mass was projected on white screens. It was great to visit the college after such a long time and to see the very noticeable changes in buildings. The old ground we used to play is now occupied by new buildings and I understand that a few more may have been planned for the future as the school is expanding and undertaking more activities.

Hope to see you all with your families and friends at the Patrician Nite 2018.

Thank you very much.

**Berchmans Tennakone**

Secretary

SPC Jaffna OBA, Melbourne



"It is admirable for a man  
to take his son fishing,  
but there is a special place  
in heaven for the father who  
takes his daughter shopping."

-John Sinor



Happy Fathers Day





### Kids need structure more than warmth from their parents, according to a top child psychologist.

Children need both affection and structure in order to develop into secure, happy adults.

But if parents can only provide one, it should be structure, said [Lisa Damour](#), a psychologist who specializes in adolescent girls, and the author of *Untangled: Guiding Teenage Girls Through the Seven Transitions Into Adulthood*.

**“They can get warmth from their teachers, from their friends’ parents, but they can only get structure from parents,”** Damour said in a conversation with Kevin Delaney, Quartz’s editor-in-chief, at Quartz’s New York office on July 26, 2018.

That contradicts many of the messages parents are sent through popular culture and [parenting guides](#). But Damour, who also writes for the New York Times, said studies prove it out. Children who are raised in a stern, business-like way may be less happy as adults, but they’ll have the tools they need to function. Children raised without discipline or rules can be stunted and ill-equipped for adulthood.

The worst outcomes come when children are raised without either, and they run the risk of delinquency, she said. It’s far better to make sure children have both. **“They need to feel loved, and they need to know the rules,” she said. “That’s your job” as parents.**

Adolescents actually want structure from their parents, despite their protestations to the contrary. Permissiveness and inconsistency from parents can be unsettling and provoke anxiety, she said.

“Being a teenager feels like you’re out of control and you’re surrounded by people who are out of control,” she said. “You don’t want parents to be out of control.”

Damour—the mother of her own teenage daughter—says she gives parents few hard-and-fast rules in her practice. But she does offer some advice on how to raise teens:

- Frame rules around safety. Kids are more apt to follow guidelines if they understand the rules’ purpose is to keep them safe. Insisting they obey for reasons of morality or hierarchy (eg “because I’m your father!”) is more likely to backfire.
- **Don’t underestimate the power of apologizing. It tells teenagers they’re respected, and it helps builds trust.**
- Stress is normal part of growing up, and it helps teens grow and become resilient. It becomes a problem when they have no downtime, or opportunities to relax.
- Technology should be introduced to kids as late as possible, and be kept out of their bedrooms. Videogames, social media and the internet demand their attention—which makes technology the enemy of the sleep which is critical for teens’ health, Damour said. “You may lose the battle, but I’d rather you lose the battle with a 17-year old than a 13-year old.”

Ultimately, she said, parents are the best judge of what’s best for their children. **“There’s a million ways to get this right.”**

[https://qz.com/1039939/child-psychologist-lisa-damour-says-kids-need-rules-more-than-affection-from-their-parents/?utm\\_source=pocket&utm\\_medium=email&utm\\_campaign=pockethits](https://qz.com/1039939/child-psychologist-lisa-damour-says-kids-need-rules-more-than-affection-from-their-parents/?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

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## **இரு தலைகளுடன் அதிசய பசுக்கன்று**

Virakesari – Published by R. Kalaichelvan on 2018-08-24 12:23:14

முல்லைத்தீவு ஒட்டுசுட்டான் புளியங்குளம் பகுதியில் இரண்டு தலைகளுடன் பசுக்கன்று ஒன்றை மாடு ஈன்றுள்ள சம்பவம் பிரதேச மக்களை வியப்பில் ஆழ்த்தியுள்ளது. ஒட்டுசுட்டான் பகுதியில் விவசாயி ஒருவரின் வீட்டில் உள்ள மாடு ஒன்றே குறித்த இரு தலைகளுடனான கன்றினை ஈன்றுள்ளது.

கன்றும் தாய்ப்பசுவும் நலமாக இருப்பதாக பசு மாட்டின் உரிமையாளர் தெரிவித்தார்.



இந்த அதிசய பசுக்கன்றை நூற்றுக்கணக்கான மக்கள் சென்று பார்வையிட்டு வருகின்றமையும் குறிப்பிடத்தக்கது.

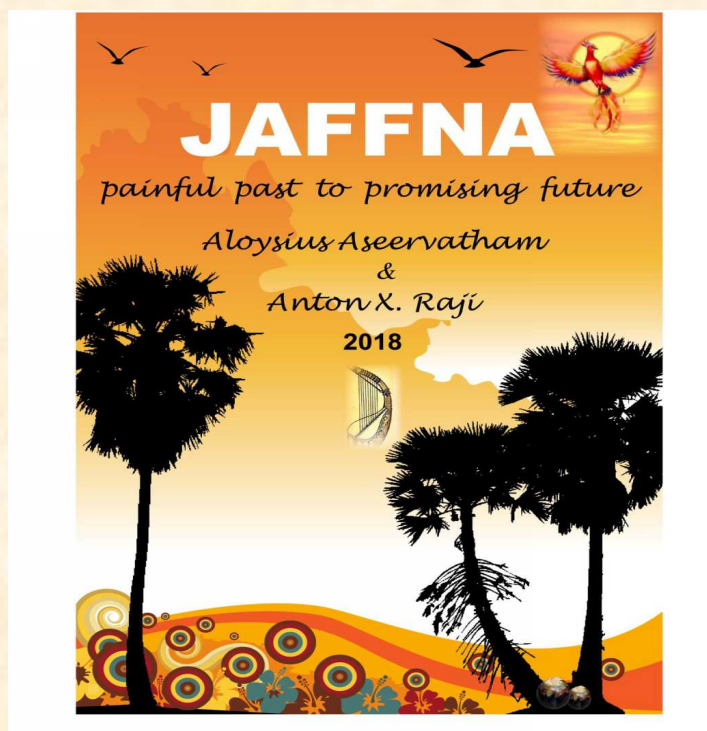
## New Book Release

# JAFFNA

## *Painful past to promising future*

*The book contains interesting articles and touching memoirs that include Jaffna's rich history and geography, changing values and attitudes of Jaffna people, role of the Tamil diaspora, a recipe for the region's prosperity, pragmatic approach for peaceful co-existence etc.*

*This book is strictly non-partisan and undoubtedly non-political.*



## Now Available

Both authors were born and raised in Jaffna and alumni of St. Patrick's College Jaffna. Every diaspora Tamil family is encouraged to support this book.

**To purchase this book, please contact co-author:**

Aloysious J. Aseervatham (Brisbane, Australia) E: [aseer@bigpond.com](mailto:aseer@bigpond.com)

Phone: 0408 884 298

Price: A\$40 (or 3 books for \$100)