

St Patrick's College Jaffna Old Boys Association

Melbourne, Australia

Established 1992

P.O.Box 551, Rosanna, Vic 3084



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Newsletter 36

March 2019



Our Objectives

Socialise and share the Patrician spirit with benevolence.
Support our Alma Mater in meaningful ways.

Fide et Labore

Faith and Labour

“And He watched over me before I knew Him and before I learned sense or even distinguished between good and evil.” – Saint Patrick

Message from the President

Dear fellow Patricians!

Firstly, I wish to thank the Patrician Family who elected me to serve as President of the Melbourne OBA for the next Patrician year. It is my aim to continue the strong relationship the OBA currently enjoys with our college and the Rector. Patricians stand out wherever they are because of our Alma Mater and great teachers.

This year we have seen a remarkable improvement in membership. Growing members in the Patrician Family is an exciting news for all of us and I look forward to seeing more of this welcome change. The committee now consists of more young members. We will endeavour to make everyone feel welcome and build close bonds among the three generations of Patricians in Melbourne. We also wish to reach out to the many recent alumni who do not know about the OBA and make them aware of our activities. This is very important to make our organisation energized and dynamic for many more years to come.

We kicked off the year 2019 with the 'Australia Day Cricket and BBQ' which was a great success. More than expected young family members participated with their parents donning 'Green and Gold' T-shirts. They played 3 cricket matches, 'Rounders' and an impromptu 'Kilithaddu' game! On behalf of the Committee, I would like to thank all of them for their enthusiastic participation. Special thanks go to the Patricians who travelled from country Victoria as well as interstate. We hope we can continue this trend in future years for our other events as well.

I welcome Dr Hutchinson Thuraiarah and Mr Jenith Jesuthasan to our new Committee. Together with all other

experienced past committee members, we will do our best to enrich the OBA in every way possible.

I look forward to meeting you all again at our St Patrick's Day celebrations on March 23rd at St Paschal's Church, Box Hill.

Thank you.

Jeyandra Antonipillai

Office Bearers and Committee Members 2019-20

President - Jeyandra Antonipillai

Vice President - Noel Rajiv

Secretary - Berchmans Tennakone

Assist. Secretary - Rukshan Theophilus

Treasurer - Richman Mangalanayagam

Assist. Treasurer - Jenith Jesuthasan

Committee Members:

William Nimalraj, Anandarajan James, Angelo Fernando, Chrysostom Gunanayagam, Jeevaranjan Fernando, Philip Ravindraraj, Dr Sanjeev Alfred and Dr Hutchinson Thuraiarah.

Support Group:

Antony Gratian, Dr Florentine Singarayar, James Joseph and Patrick Rajaratnam.

**The Committee of the OBA Melbourne
wish you all a**



Next Function — St Patrick's Day celebrations — Saturday, 23 March 2019

@ St Paschal's , Box Hill

St. Patrick: Patron of Ireland (Birth 387; Death 461)

St. Patrick of Ireland is one of the world's most popular saints. He was born in Roman Britain and when he was fourteen or so, he was captured by Irish pirates during a raiding party and taken to Ireland as a slave to herd and tend sheep. At the time, Ireland was a land of Druids and pagans but Patrick turned to God and wrote his memoir, *The Confession*.

In *The Confession*, he wrote: "The love of God and his fear grew in me more and more, as did the faith, and my soul was rosed, so that, in a single day, I have said as many as a hundred prayers and in the night, nearly the same. I prayed in the woods and on the mountain, even before dawn. I felt no hurt from the snow or ice or rain."

Patrick's captivity lasted until he was twenty, when he escaped after having a dream from God in which he was told to leave Ireland by going to the coast. There he found some sailors who took him back to Britain and was reunited with his family.

A few years after returning home, Patrick saw a vision he described in his memoir: "I saw a man coming, as it were from Ireland. His name was Victorinus, and he carried many letters, and he gave me one of them. I read the heading: 'The Voice of the Irish.' As I began the letter, I imagined in that moment that I heard the voice of those very people who were near the wood of Foclut, which is beside the western sea-and they cried out, as with one voice: 'We appeal to you, holy servant boy, to come and walk among us.'"



The vision prompted his studies for the priesthood. He was ordained by St. Germanus, the Bishop of Auxerre, whom he had studied under for years, and was later ordained a bishop and sent to take the Gospel to Ireland.

Patrick arrived in Slane, Ireland on March 25, 433. There are several legends about what happened next, with the most prominent claiming he met the chieftan of one of the druid tribes, who tried to kill him. After an intervention from God, Patrick was able to convert the chieftain and preach the Gospel throughout Ireland. There, he converted many people -eventually thousands - and he began building churches across the country.

He often used shamrocks to explain the Holy Trinity and entire kingdoms were eventually converted to Christianity after hearing Patrick's message.

Patrick preached and converted all of Ireland for 40 years. He worked many miracles and wrote of his love for God in Confessions. After years of living in poverty, traveling and enduring much suffering he died March 17, 461.

He died at Saul, where he had built the first Irish church. He is believed to be buried in Down Cathedral, Downpatrick. His grave was marked in 1990 with a granite stone.

Patrick was a humble, pious, gentle man, whose love and total devotion to and trust in God should be a shining example to each of us. So complete was his trust in God, and of the importance of his mission, he feared nothing -not even death.

"The Breastplate," Patrick's poem of faith and trust in God: "Christ be within me, Christ behind me, Christ before me, Christ beside me, Christ to win me, Christ to comfort and restore me, Christ beneath me, Christ above me, Christ inquired, Christ in danger, Christ in hearts of all that love me, Christ in mouth of friend and stranger."

Courtesy: https://www.catholic.org/saints/saint.php?saint_id=89

Hail Glorious St. Patrick

Message from the Secretary

Dear Patricians

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

We had the AGM on February 24 and elected new office bearers and committee. This was different from our usual practice of holding the meeting after the St Patrick's Day celebration Mass. We had to change it this year to facilitate the presence of the retiring President William Nimalaraj at the AGM, for he will be at the College on St Patrick's Day for the reunion of his A/L 1988 batch. He is very much looking forward to representing the Melbourne OBA at the College celebrations. We take this opportunity to thank him for his support, dedication and guidance of the OBA during his tenure as the President. Nimal has been a member of the OBA since its inception 27 years ago and an active member of the committee for many years. His contribution as the President, especially during the most hectic and successful silver jubilee year, has been tremendous. "THANK YOU NIMALRAJ".

Congratulations to Jeyandra Antonipillai on being elected as the new president. He has been an active member of the committee for many years, in particular as sports secretary. I will be continuing to serve as secretary for another term and Richman Mangalanayagam as treasurer. Noel Rajiv, Rukshan Theophilus and Justin Jesuthasan will serve as vice president, assistant secretary and assistant treasurer, respectively. I have no doubt that this new committee, too, will make our Alma Mater and our OBA proud.

During 2018/19 Patrician year we held the St Patrick's Day celebrations, Patrician Nite and Family Fun Day. As usual, we had a few challenges and the then committee worked hard to make all the events memorable. St Patrick's Day 2018 was well attended as well as Patrician Nite 2018 which attracted around 200 guests. I am proud to say that while the quality of the event improves every year, we never budget for a surplus. The Family Fun Day 2019 too was well attended, with BBQ, Cricket, Rounders and Golf, and kothu-rotti catered by Basil Balendran. There was a mini "killithaddu" trial by the ladies and they have plans to make it bigger and better next year! And the tea served at the end of event was especially fantastic. I would like to thank the entire committee and others, especially the Patricians and their families, for their hard work in making these events successful and look forward to your participation in the upcoming events.

As per the Treasurer's report submitted at the AGM, the number of subscription payments, excluding the life members, increased to 38 last year. Therefore, as we advised at the AGM, there will be no donations sought for the St Patrick's Day dinner celebrations this year. Thank you to all the members who have paid their subscriptions. Members will soon receive an email and/or text message requesting their participation at the St Patrick's Day celebrations. I request that you please respond one way or the other so that the necessary catering arrangements can be made by the committee.

Finally, the new Patrician year has begun and we hope that members will continue to participate in the OBA's events and provide the necessary financial support so that we can continue to thrive and grow as a happy Patrician community.

Hope to see you all with your families at the St Patrick's Day Celebrations 2019, on March 23.

Thank you

Berchmans Tennakone
Secretary
SPC Jaffna OBA, Melbourne



Summary of the Family Fun Day events at Wattle Park

January 27, 2019.

- The day started with BBQ around 11.00 am. Participants included Patrician families, relatives, children and all. The weather was just fine and beautiful.
- Ahilan Shanmugalingam, a former cricket player of our college hoisted the College Flag. He came all the way from Sydney to join his classmates and, yes, he played cricket. Ahilan is the eldest son of the famous Centralites Sports Club cricketer Mr Shanmugalingam. His brother, too, is a former cricketer of St Johns College.
- Following the singing of the College Anthem, the first round of cricket match began between the four houses. While cricket was going on, rounders game was played by the ladies and girls, with initial instructions given by James Joseph as usual.



- A notable event was the participation of senior Patrician, Pillai Mariasegaram, and his wife Sothi, both of whom are now residents of a nursing home. Pillai was so keen to play cricket and was helped to the grounds by Ravi, Patrick and William Rajendram. Pillai batted for a couple of overs, with Antony Gratian as his batting partner.



- After the rounders, ladies played a mini version of 'Kilithaddu' with great enthusiasm and fun. This was a spontaneous game and they improvised the ground markings using the dropped pine needles in the surroundings!
- While a few left for golf swinging their clubs as usual, some kids formed a brand new 'junior team' and played soccer. It was a great joy to see the kids having so much fun.
- Then it was time for tea. Sherin and Angelo Fernando, Patrick Rajaratnam, Bama Ravindraraj and Parthipan Vivekanandan – teamed up to make a Special Tea for the afternoon. They did a fantastic job and had lots of fun. As for the rest of the participants, it was really great to end the day with such a nice cup of tea and plenty of laughter!

NOTE: The winning teams, best performers and the 'Young Patrician Soccer Stars' will be receiving their trophies and medals at the St. Patrick's Day Celebrations on Saturday, 23 March.

For more photographs please visit: <https://www.flickr.com/photos/spcobamel/albums/72157706855081104>

Family Fun Day events at Wattle Park



Three Simple habits that can protect your brain from cognitive decline

These three habits help your body, and also have a positive impact on your brain.

By Tara Swart

You might think that the impact of aging on the brain is something you can't do much about. After all, isn't it an inevitability? To an extent, as we may not be able to rewind the clock and change our levels of higher education or intelligence (both factors that delay the onset of symptoms of aging). But adopting specific lifestyle behaviors—whether you're in your thirties or late forties—can have a tangible effect on how well you age. Even in your fifties and beyond, activities like learning a new language or musical instrument, taking part in aerobic exercise, and developing meaningful social relationships can do wonders for your brain. There's no question that when we compromise on looking after ourselves, our aging minds pick up the tab.

The aging process and cognitive decline

Over time, there is a build-up of toxins such as tau proteins and beta-amyloid plaques in the brain that correlate to the aging process and associated cognitive decline. Although this is a natural part of growing older, many factors can exacerbate it. Stress, neurotoxins such as alcohol and [lack of \(quality and quantity\) sleep](#) can speed up the process.

With all this in mind, we can come up with a three-point plan to encourage “resilient aging” by activating neurogenesis in the brain:

1. Get your heart rate up

Aerobic exercise such as running or brisk walking [has a potentially massive impact on neurogenesis](#). A [2016 rat study](#) found that endurance exercise was most effective in increasing neurogenesis. It wins out over HIIT sessions and resistance training, although doing a variety of exercise also has its benefits.

Aim to do aerobic exercise for 150 minutes per week, and choose the gym, the park, or natural landscape over busy roads to avoid compromising brain-derived neurotrophic factor production (BDNF), a growth factor that encourages neurogenesis that aerobic exercise can boost. However, [exercising in polluted areas](#) decreases production.

2. Change your eating patterns

Evidence shows that calorie restriction, [intermittent fasting](#), and time-restricted eating encourage neurogenesis in humans. In [rodent studies](#), intermittent fasting has been found to improve cognitive function and brain structure, and reduce symptoms of metabolic disorders such as diabetes. Reducing [refined sugar](#) will help reduce oxidative damage to brain cells, too, and we know that increased oxidative damage has been linked with a higher risk of developing [Alzheimer's disease](#). Twenty-four hour water-only fasts have also [been proven](#) to increase longevity and encourage neurogenesis.

Try any of the following, after checking with your doctor:

- 24-hour water-only fast once a month
- Reducing your calorie intake by 50%-60% on two non-consecutive days of the week for two to three months or on an ongoing basis
- Reducing calories by 20% every day for two weeks. You can do this three to four times a year

Eating only between 8 a.m. to 8 p.m., or 12 p.m. to 8 p.m. as a general rule

3. Prioritize sleep

Sleep helps promote the brain's neural “cleaning” glymphatic system, which flushes out the build-up of age-related toxins in the brain (the tau proteins and beta amyloid plaques mentioned above). When people are sleep-deprived, we see evidence of memory deficits, and if you miss a whole night of sleep, [research proves that it impacts IQ](#). Aim for seven to nine hours, and nap if it suits you. Our need to sleep decreases as we age.

Of course, there are [individual exceptions](#), but having consistent sleep times and making sure you're getting sufficient quality and length of sleep supports brain resilience over time. So how do you know if you're getting enough? If you naturally wake up at the same time on weekends that you have to during the week, you probably are. If you need to lie-in or take long naps, you're probably not. Try practicing mindfulness or yoga nidra before bed at night, a guided breath-based meditation that has been shown in studies to improve [sleep quality](#). There are plenty of recordings online if you want to experience it.

Pick any of the above that work for you and build it up until it becomes a habit, then move onto the next one and so on. You might find that by the end of the year, you'll feel even healthier, more energized, and motivated than you do now, even as you turn another year older.

[Dr. Tara Swart](#) is a neuroscientist, leadership coach, author, and medical doctor.

https://www.fastcompany.com/90303904/3-tips-to-slowing-down-cognitive-decline?utm_source=pocket&utm_medium=email&utm_campaign=pockethits

Who Took the Legendary Earthrise Photo From Apollo 8?

By [Andrew Chaikin](#)

Smithsonian Magazine | January 2018

It's arguably the most iconic photograph of the 20th century: the Earth rising above the Moon's bleached and desolate horizon, a breathtaking jewel of colour and life more than 230,000 miles away. In December 1968, Apollo 8 astronauts Frank Borman, Jim Lovell and Bill Anders returned from history's first voyage around the Moon with this stunning image. In the following weeks, on newspaper front pages and magazine covers around the world, we suddenly saw ourselves as inhabitants of a lovely and seemingly tranquil planet afloat in the endless void of space.



In today's visually bombarded world it's hard to imagine the immediate, global impact of that single image. The picture that came to be known as "Earthrise" offered a precious moment of transcendence after a year of violence and turmoil. The following year it was made into a U.S. postage stamp, and it adorned the cover of the *Whole Earth Catalog*. Walter Cronkite used it as a backdrop on the "CBS Evening News." Wilderness photographer Galen Rowell called it "the most influential environmental photograph ever taken," and it's no accident that 16 months after we saw ourselves from the Moon, the first Earth Day took place.

But one question about the Earthrise photo has dogged historians for almost half a century: Who took it?

... Continued on page 8

Hours after witnessing the first Earthrise, Jim Lovell told mission control: "The Earth from here is a grand oasis in the big vastness of space." (NASA)

அப்போலோ 8 இல் கண்ணதாசன் இருந்திருந்தால்...??

காண வந்த காட்சி என்ன வெள்ளி நிலவே! கண்டுவிட்ட கோலமென்ன வெள்ளி நிலவே! என்று 1961இல் 'பாக்கிய லட்சுமி' படத்திற்காக பாட்டிசைத்தான் கண்ணதாசன்.

ஏழு ஆண்டுகள் கழித்து 1968இல் அந்த வெள்ளி நிலாவைக் காணவந்த விண்வெளி வீரர்களுக்கு பூமி மேலுள்ளது போல் தோன்றியது.

இந்த அற்புதக் காட்சியைக் கண்ணுற்ற விண்வெளி வீரருடன் கண்ணதாசனும் கூடவே இருந்திருந்தால் என்ன பாடல்தான் பிறந்திருக்குமோ?

சந்திர மண்டலத்தில் வைத்தே புது மந்திரச் சொற்களைத் தோற்றி, நிலவுக்கும் கவிதை புகட்டி, தன் பூமித்தாய்க்கு ஓர் தனிக் காவியம் தீட்டியிருப்பானோ?

இல்லை, "பூமியில் இருப்பதும் வானத்தில் பறப்பதும் அவரவர் எண்ணங்களே. இருக்கும் இடம் எதுவோ; நினைக்கும் இடம் பெரிது. போய்வரும் உயரமும் புதுப்புது உலகமும் அவரவர் உள்ளங்களே. நெஞ்சினில் துணிவிருந்தால் நிலவுக்கும் போய் வரலாம்" என்று, அடுத்த ஆண்டு தான் எழுதிய பாடலை அன்றைக்கே சற்று மாற்றி எழுதியிருப்பானோ?

எது எப்படியேனும், வெள்ளிநிலா எமது பூமியில் காணும் காட்சி என்றென்றும் கண்கொள்ளாக் காட்சியே

கண்ணதாசனின் இரட்டைப் பொருள்படும் அந்த வெண்ணிலாப் பாடலை இங்கே கேட்டுப் பாருங்களேன்.

<https://youtu.be/FkyJbVuhK7E>

மீதி உங்கள் கற்பனைக்கு ...

அன்ரனி கிறேசியன்



Who Took the Legendary **Earthrise Photo** From Apollo 8?

Continued from page 7.

I can't help but take that question personally. I discovered the answer 30 years ago when I was researching my book about the Apollo astronauts, *A Man on the Moon*. I found myself challenging NASA's official version of the event, and landing in the middle of a dispute between the astronauts themselves. Even after my book was published, the controversy continued for another two decades, until a NASA computer wizard confirmed my conclusion beyond all doubt. With the 50th anniversary of Apollo 8 approaching, I can't think of a better time to share the whole story, which is told on these pages for the first time.

In the summer of 1987, preparing for my interviews with the Apollo 8 crew, I pored over stacks of NASA documents, including the recently declassified official transcript of the astronauts' private conversations captured by the onboard voice recorder. I was fascinated to see three distinct personalities emerge from those pages. Borman was the no-nonsense and sometimes gruff mission commander, whose overriding concern was making sure that when it came time for the life-or-death rocket firing to send them back to Earth, his crew would be rested and ready. Jim Lovell, the flight's navigator, struck me as a kind of everyman; as he sighted on lunar landmarks he voiced amazement at the experience of being one of the first humans to see the Moon's far side with his own eyes. And finally there was Bill Anders, the flight's serious, detail-oriented rookie, focused on his extensive program of photographing lunar features.

The onboard voice recorder wasn't always turned on, but as luck would have it, NASA's transcript included the moment when the astronauts first saw the Earthrise:

Borman: Oh, my God! Look at that picture over there! Here's the Earth coming up. Wow, is that pretty!

Anders: Hey, don't take that, it's not scheduled.

But when I interviewed Bill Anders during the summer and fall of 1987, I heard a different story. The far side of the Moon turned out to be less dramatic than he expected, but when he described the Earthrise, Anders tapped into an awe that was undiminished by the passage of nearly two decades.

"That was the most beautiful thing I'd ever seen," said Anders. "Totally unanticipated. Because we were being trained to *go to the Moon*... It wasn't 'going to the Moon and looking back at the Earth.' I never even thought about that!" Seeing the Earthrise, Anders told me, changed his view of the mission in real time. "In lunar orbit, it occurred to me that, here we are, all the way up there at the Moon, and we're studying this thing, and it's really the Earth as seen from the Moon that's the most interesting aspect of this flight."

The famous Earthrise photo, however, was the source of a lingering frustration for Anders: He was all but certain he'd taken it, but Borman's story about grabbing the camera away from him was the accepted one. Borman had even been named as the photographer in *National Geographic*. And Jim Lovell had started saying he took the picture, as a joke. It so irritated Anders that he wrote to NASA's astronaut photography expert, Dick Underwood, for confirmation. Underwood's reply, as Anders recalled it: "I think you took it."

..... And so the story goes on and on! It's a very interesting 3 page story with real photographs from both inside and outside of the Apollo 8 Mission. If you would like to know more about this important space mission, 50 years on, visit:

<https://www.smithsonianmag.com/science-nature/who-took-legendary-earthrise-photo-apollo-8-180967505/#3lUB3spyxbV1a6WE.99>



Bill Anders (holding a Hasselblad) recalls of Earth:
"God, that blue looked pretty." (NASA)

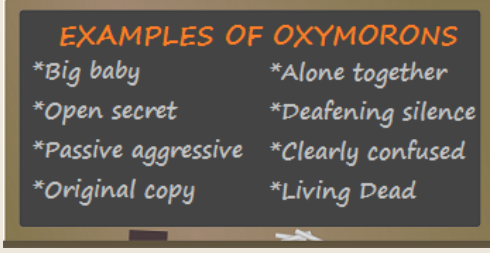
பலதும் பத்தும்

இங்கிலீஸ் படிப்போமா?

What is Oxymoron? Oxymoron is a figure of speech in which **two** opposite ideas are joined to create an effect.

Examples of Oxymoron in sentences:

- This is another fine mess you have got us into.
- There is a real love hate relationship developing between the two of them.
- Suddenly the room filled with a deafening silence.
- The comedian was seriously funny.
- You are clearly confused by the situation you have found yourself in.



Music has no language. So is talent. And both can make us shed tears of joy!

"Let It Go" [from Disney's *Frozen*]... ... <https://www.youtube.com/watch?v=77xBgxvi4bk> [2:02]

Sung in Arabic and English by a young girl. The lyrics have a potent power of fearless self-acceptance.

Let it go, let it go
Can't hold it back anymore
Let it go, let it go
Turn away and slam the door
I don't care what they're going to say
Let the storm rage on
The cold never bothered me anyway

Songwriter(s): Kristen Anderson-Lopez; Robert Lopez

இது நிஜமா இல்லை கனவா?

பசுக் கன்றை சிங்கம் ஒன்று வேறொரு சிங்கத்திடமிருந்து காப்பாற்றி அரவணைக்கும் காட்சி!

<https://www.facebook.com/100009643054024/videos/368947433436689/> [4:14]

[Courtesy: [Kadsan Kadsan](#) . September 10, 2016]

ஒருவேளை அந்தச் சிங்கம் "இப்போது எனக்குப் பசியில்லை, பின்னர் ஒரு பிடி பிடிக்கலாம்" என்று பசுக் கன்றைத் தன்கூடவே வைத்துக் கொண்டதோ??

Who knows the law of the jungle!

Notice Board

- **Annual St Patrick's Day Mass and Celebrations —Saturday, March 23**
Holy Mass @ 6.00 pm
St Paschal's Church, 100 Albion Road, Box Hill

Fr. Antony Gnanapragasam will say the Holy Mass. This will be the last time we will have him for the occasion, as he is about to end his Chaplaincy and return home in May.

The OBA Melbourne is ever so grateful for his unfailing support and saying Mass and homily at our annual St Patrick's Day Celebrations for the last 9 years.

We ask our members to attend this year's celebration in great numbers.

As advised previously, there will be no donations required for the dinner. Please confirm your attendance by responding to the OBA Email sent on 13 March, asap.

- **Patrician Nite 2019—Friday, September 27 @ 6.30 pm - Grand Final Eve holiday.**
Venue: Sacred Hart Church Hall, 19-22 Johnson St, Oakleigh.

Winners of the Australia Day Cricket Match 2019

Winning Team: Dunne House

Runner-up: Bonjean House

Man of the Match: Jeremy Antonipillai

Best Bowler: Schron Satheesh

Best Batsman: Dinesh Isidore

Best Fielder: Michael Auguestine

The winning teams, best performers and the **Young Patrician Soccer Stars** who played soccer on this day will be receiving their trophies and medals at the St. Patrick's Day Celebrations on Saturday, 23 March.

Be there!

TOGETHER
WE CAN ACHIEVE
GREATER THINGS

Membership Fee Reminder

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

Annual subscription: ONLY



Contact Treasurer **Richman** on: **0433953623**

A little help from the machine goes a long way!

You may be interested to know that the 1991 A/L Batch has provided a Balling Machine for cricket practices. The College has begun using them recently.

