

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 39

Facebook: www.facebook.com/spcobamel

March 2020



Our Objectives

Socialise and share the Patrician spirit with benevolence.

Support our Alma Mater in meaningful ways.

Fide et Labore

Faith and Labour

"Each and all shall render account for even our smallest sins before the judgement seat of Christ the Lord." — St. Patrick, The Confession of Saint Patrick

Message from the Secretary

Dear Patricians

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

We have come to the end of another successful Patrician year 2019/20 and look forward to your company and contribution for the year 2020/21. We are very delighted to say that due to the passionate contributions of our committee members, and the leadership of President Jeyendra Antonipillai, the celebration of St. Patrick's Day 2019, Patrician Nite 2019 and Family Fun Day 2020 have all been held quite successfully. Keep up the good work boys. We also extend our sincere appreciation to our support group members James Joseph (OBA IT Admin) and Antony Gratian (Editor) for their ongoing valuable contribution.

For some years now, we have been requesting donations to subsidise the St Patrick's Day celebrations, mainly for the hall-hire and food. Last year, the committee decided not to request the usual donation as some of you have been critical about the collection. However, this cannot be an ongoing option for us as the bitter truth is we spent over \$1,000 for the event in 2019. As you can appreciate, none of the three events we hold every year make a profit and, inevitably, all events are subsidised by the annual subscription fund. I would like to add that not everyone pays subscriptions either, which only makes things much harder.

Therefore, I kindly request the members to pay the annual subscription fee of \$20 for this new Patrician year. Our Treasurer Richman Mangalanayagam has worked out reliable electronic payment system, to make the process much easier. And at the next St Patrick's Day celebrations we will resume a donation of \$10 per head to meet the expenses of hall-hire, etc.

The worst ever bushfires affected Australia this summer and even before recovering from it, Coronavirus (COVID-19) has hit us hard. This deadly virus is threatening human lives all over the world and we are no exception. Sadly, due to the daily worsening and volatile situation, the St Patrick's Day

celebration planned for this Saturday, 21 March will not proceed. After considering various views, the Committee has come to this decision in the best interest of all our members and their families. Please take all possible precautions to avoid being exposed to this lethal virus and follow the medical experts' advice diligently.

We have been working on how to involve more Patricians, second-generation Patricians, and 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 or bring them along to our functions. Also, if you have any suggestions, please feel free to talk to us or write to us. Our email address is secretary@spcaustralia.com

Thanks

Wish you all happy St. Patrick's Day.

Berchmans Tennakone

Secretary

SPC Jaffna OBA, Melbourne

Office Bearers and Committee Members 2019-20

President - Jeyendra 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 Ravindraraaj, Dr Sanjeev Alfred and Dr Hutchinson Thurairajah.

Support Group:

Antony Gratian, Dr Florentine Singarayar, James Joseph and

**The Committee of the OBA Melbourne
wish you all a Happy St. Patrick's Day**



NOTE — The St. Patrick's Day celebration and AGM planned for Saturday, 21 March 2020 has been cancelled due to COVID-19

SPC Jaffna student Jackson Mevin completed his GCE (A/L), thanks to OBA Melbourne

Mevin's father died in 2013 in a car accident while on a visit to Australia. Since 2015, the boarding student's school fees were met by some generous members of the OBA. Here is some information on his successful completion of studies at the College last year and a letter of appreciation he wrote in April 2019.

From: St. Patrick's College Jaffna

<stpatricksjaffna@gmail.com>

Date: Sat, Dec 28, 2019 at 4:11 PM

Subject: A/L Results of Mas Mervin

To: SPCOBA Melbourne <spcaustralia92@gmail.com>

The President, OBA SPC
Australia

Dear Sir,
Seasons Greetings
Thank you very much for your support rendered to Mas. Mervin for his studies. He has completed his studies in the College. Here I send his A/L Results.

Index No - 6927963 District Rank - 375
Island Rank - 17160 Z Score - 0.3283

Subject Stream - Commerce
Economics - B;
Business Studies - C;
Accounting - S;
Common General Test - 48

Thank you and God bless you.
Wish you a Happy New Year

Best Regards
Rev. Fr. A. P. Thirumahan
Rector



Mevin and James
Anandarajan
(former President)
- January 2016

St. Patrick's college,
Jaffna.
Sri Lanka.

Old Boy's Association
Melbourne

Dear Sir,

I, Jackson Mevin, a student of St. Patrick's College studying in commerce stream 2019 batch, write this letter to you regarding the Sponsorship I am entitled to, I am much grateful and pleased that I have been selected for this scholarship and because of this great assistance I have been able to improve my studies and I could see a difference in my studies. I take this wonderful opportunity to thank you from the bottom of the heart. I need to complete my education at school by this year and I am happy that I was able to meet you in person atleast once in my life time. Further, I hope that you will be generous in my studies. Once again, I and my family are always very thankful to you for the care that you have shown towards my life. May God Almighty bless you and your family.
Thank you
J. Mevin.
your faithfully

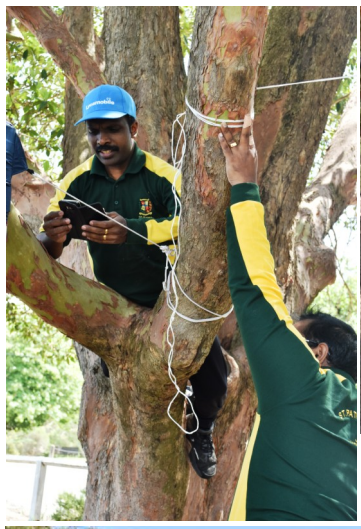
We take this opportunity to congratulate Mevin for his successful completion of the A/L Exams.

Mevin was 13 yrs old when he lost his father under tragic circumstances. Without the compassionate support rendered by the College for his boarding, etc. and the generosity of our OBA members, Mevin would not have reached his educational goals with reasonable success.

We thank the members concerned for their kindness.

**“காலத்தி னாற்செய்த நன்றி சிறிதெனினும்
ஞாலத்தின் மாணப் பெரிது.”**

Family Fun Day events at Wattle Park—January 26, 2020.



Truly a
"Beautiful
Day"

அந்த நாள் ஞாபகம் நெஞ்சிலே வந்ததே!



இந்த நாள்
அன்று
போல்
இன்பமாய்
இருந்ததே!!

நண்பனே,
நண்பனே,
நண்பனே.



Free and Easy



To view more photos visit: <https://www.flickr.com/photos/spcobamel/albums/>

Oratio Imperata

AGAINST THE SPREAD OF CORONA VIRUS

*Issued by
the Catholic Bishops' Conference
of the Philippines (CBCP)*



God our Father,
We come to you in our need
To ask your protection against the 2019 N-Corona Virus,
That has claimed lives
And has affected many.

We pray for your grace
For the people tasked with studying the nature and cause
Of this virus and its disease
And of stemming the tide of its transmission.
Guide the hands and minds of medical experts
That they may minister to the sick
With competence and compassion,
And of those governments and private agencies
That must find cure and solution to this epidemic.

We pray for those afflicted
May they be restored to health soon.

Grant us the grace
To work for the good of all
And to help those in need.

Grant this through our Lord, Jesus Christ, your Son,
Who lives and reigns with You, in the unity of the Holy Spirit,
God forever and ever. Amen.

Mary Help of all Christians, pray for us.
St. Raphael the Archangel, pray for us.
St. Rock, pray for us.
St. Lorenzo Ruiz, pray for us.
St. Pedro Calungsod, pray for us.



Instituto Figlie di Maria Ausiliatrice
Salesiane di Don Bosco
Salesian Sisters of Don Bosco
Philippines & Papua New Guinea

The miraculous power of St. Patrick

Few miracles are more dramatic than bringing dead people back to life, and Patrick was credited with having done so for 33 different people. Patrick himself wrote in a letter about the resurrection miracles: "The Lord has given to me, though humble, the power of working miracles among a barbarous people, such as are not recorded to have been worked by the great apostles; inasmuch as, **in the name of our Lord Jesus Christ, I have raised from the dead bodies that have been buried many years.**" To those who weren't present and had trouble believing that such dramatic miracles could occur, Patrick wrote: "**And let those who will, laugh and scorn, I shall not be silent; nor shall I hide the signs and wonders which the Lord has shown me.**"



At this time of great anxiety and fear of COVID-19, let us pray in all earnest to St. Patrick, a man with deep faith who trusted God to do anything—even what seemed impossible.

St. Patrick, pray for us.

Hail Glorious St. Patrick (with lyrics): <https://www.youtube.com/watch?v=wM4BhvqKxME>

COVID-19

What are the symptoms and phases of the illness?

Much of what we know about COVID-19 comes from [studies of the first 55,000-odd cases in China](#), which found more than 80 per cent of people could fight off the illness without serious complications, even if they developed pneumonia. Lungs cleared, coughs eased and fevers broke. Anecdotally, some people have likened the infection to "three weeks in hell", racked by chills and struggling to breathe, while others have reported only a sore throat, a small cough, even no symptoms at all.

The main symptoms of the coronavirus

Based on data collected in China, most patients seem to have:

- Fever (88% of patients)
- Cough (68%)
- Fatigue (38%)
- Shortness of breath (19%)

A patient might also complain of chills, headaches or a sore throat, and nausea or diarrhoea have also been reported, though not in the numbers seen during SARS. Less than five per cent of cases so far involve a blocked nose.

If you suspect you or a family member has coronavirus you should call (not visit) your GP or ring the national Coronavirus Health Information Hotline on 1800 020 080.

Also you can contact the Victorian DHHS advice line on 1800 675 398.

<https://www.smh.com.au/national/what-does-covid-19-do-to-the-body-and-what-s-it-like-to-have-the-illness-20200302-p5465a.html>

He has 17,700 bottles of hand sanitizer and nowhere to sell them!

An eye-opening story on price gouging and what Amazon can do to crack down. Don't miss it.

https://www.nytimes.com/2020/03/14/technology/coronavirus-purell-wipes-amazon-sellers.html?utm_source=pocket&utm_medium=email&utm_campaign=pockethits



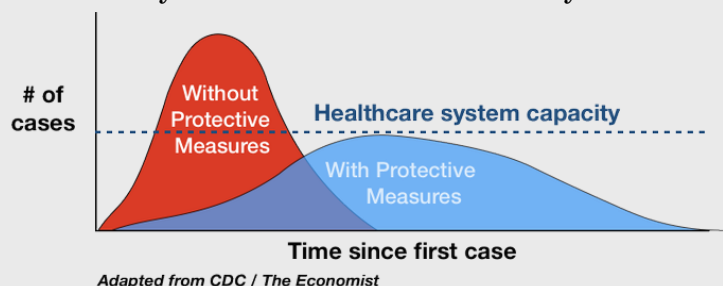
An Amazon merchant, Matt Colvin, with an overflow stock of cleaning and sanitizing supplies in his garage in Hixson, Tenn.

Credit...Doug Strickland for The New York Times

After The New York Times published this article on Saturday morning, he said he was exploring ways to donate all the supplies!

Let us help Flatten the Curve

Flatten the Curve has become the defining graphic of the COVID-19 pandemic. The idea is simple: Taking steps like washing your hands or staying home if you're sick can slow down new cases of illness, **so that the finite resources of our healthcare system can handle a more steady flow of sick patients** rather than a sudden deluge.



As this is a disease transmitted by the community, let us do everything possible on our part to SLOW it down. And let us reach out to the elderly and infirm in our society and pray for those who care for them, such as hospice nurses, in a special way.

The Benefits of Intermittent Fasting

I was skeptical, but it turns out there is something to be said for a daily fast, preferably one lasting at least 16 hours.



By [Jane E. Brody](#) Feb. 17, 2020

[Abridged version]

I've long thought the human body was not meant to run on empty, that fasting was done primarily for religious reasons or political protest. Otherwise we needed a reliably renewed source of fuel to function optimally, mentally and emotionally as well as physically.

Personal experience reinforced that concept; I'm not pleasant to be around when I'm hungry. There's even [an official name for that state of mind](#), confirmed by research: Hangry!

But prompted by recent enthusiasm for fasting among people concerned about their health, weight or longevity, I looked into the evidence for possible benefits — and risks — of what researchers call intermittent fasting. Popular regimens range from ingesting few if any calories all day every other day or several times a week to fasting for 16 hours or more every day.

A man I know in his early 50s said he had lost 12 pounds in about two months on what he calls the 7-11 diet: He eats nothing from 7 p.m. until 11 a.m. the next morning, every day.

I was skeptical, but it turns out there is something to be said for practicing a rather prolonged diurnal fast, preferably one lasting at least 16 hours. Mark P. Mattson, neuroscientist at the National Institute on Aging and Johns Hopkins University School of Medicine, explained that the liver stores glucose, which the body uses preferentially for energy before it turns to burning body fat.

"It takes 10 to 12 hours to use up the calories in the liver before a metabolic shift occurs to using stored fat," Dr. Mattson told me. After meals, glucose is used for energy and fat is stored in fat tissue, but during fasts, once glucose is depleted, fat is broken down and used for energy.

Most people trying to lose weight should strive for 16 calorie-free hours, he said, adding that "the easiest way to do this is to stop eating by 8 p.m., skip breakfast the next morning and then eat again at noon the next day." (Caffeine-dependent people can have sugar-free black coffee or tea before lunch.) But don't expect to see results immediately; it can take up to four weeks to notice an effect, he said.

Dr. Mattson and his colleague Rafael de Cabo at the aging institute [recently reviewed the effects of intermittent fasting](#) on health, aging and disease in The New England Journal of Medicine.

Their article was prompted by frequent questions patients are asking their doctors about the health effects of fasting. Given their limited knowledge of nutrition, doctors are often unable to advise their patients, Dr. Mattson said.

... ..

Dr. Mattson cautioned that intermittent dieters should "eat healthy foods, including whole grains, healthy fats and protein, limit saturated fats and avoid sugar and refined carbohydrates. And on fasting days, be sure to stay well-hydrated." He also suggested a gradual decrease over a period of four months in the hours and days of restricted eating and in the amount of calories consumed on fasting days.

... ..

Another important question: "How practical is intermittent fasting?" Not very, especially in its early weeks or for people with limited control over their mealtimes.

"Many people will experience hunger, irritability and a reduced ability to concentrate during periods of food restrictions," the researchers wrote. They added, however, that these side effects usually disappear within a month.

Jane Brody is the Personal Health columnist, a position she has held since 1976. She has written more than a dozen books including the best sellers "Jane Brody's Nutrition Book" and "Jane Brody's Good Food Book."

A version of this article appears in print on Feb. 18, 2020, Section D, Page 5 of the New York edition with the headline: Intermittent Fasting: Its Benefits and Risks.

இங்கிலீஸ் படிப்போமா?

What Is The Oxford Comma?

The Oxford comma is an optional comma before the word 'and' at the end of a list:

We sell books, videos, and magazines.

It's known as the Oxford comma because it was traditionally used by printers, readers, and editors at Oxford University Press. Not all writers and publishers use it, but it can clarify the meaning of a sentence when the items in a list are not single words:

These items are available in black and white, red and yellow, and blue and green.

The Oxford comma is also known as the serial comma.

<https://www.lexico.com/explore/what-is-the-oxford-comma>

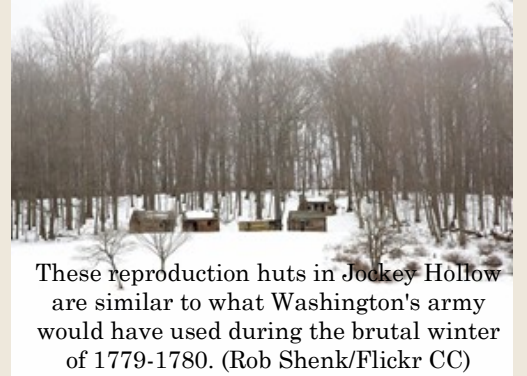
St. Patrick wasn't Irish

Despite his association with the Emerald Isle, Patrick wasn't originally Irish—his family were Romans living in Britain in the fifth century. As a teenager, Patrick was [kidnapped by Irish raiders](#) and sold into slavery on Ireland. After working for years as a shepherd, he turned to Christianity and trained for the priesthood. He used his faith to convert the pagans of Ireland, likely finding some resistance from Druids, according to the *New Catholic Encyclopedia*. His role in bringing Catholicism to Ireland is what makes him the island's patron saint.

<https://www.learnreligions.com/saint-patricks-life-and-miracles-124541>

Washington's Army Celebrated St. Patrick's Day to Cure Winter Blues

The winter of 1779-1780 was a lousy one for the Continental Army, led by General George Washington. It was extremely cold, while provisions were scarce and the colonial economy was a mess. Two years after wintering at Valley Forge, at the beginning of December 1779 the army found itself encamped in an area known as Jockey Hollow. George Washington declared the day a holiday in an attempt to raise morale and acknowledge the army's many soldiers of Irish descent.



These reproduction huts in Jockey Hollow are similar to what Washington's army would have used during the brutal winter of 1779-1780. (Rob Shenk/Flickr CC)

<https://www.smithsonianmag.com/smart-news/washingtons-army-celebrated-st-patricks-day-cure-winter-blues-180962513/>

In a 'Bizarre' Biological Twist, a Mother Lion Adopted a Leopard Cub in India

There have been only two other documented instances of interspecies adoption—and never between animals that strongly compete for resources in the wild.



The little male cub, who was around two months old, was seen nursing from the lioness, feeding from her kills and playing with her two biological cubs, who were around the same age as the leopard.

Over the course of a 45-day observation period, the researchers saw the leopard cub hanging out with its foster family on 29 different days. In February 2019, his body was found near a watering hole, with no signs of injury suggesting that he had been attacked. A necropsy, in fact, indicated that the cub had been suffering from a congenital femoral hernia, which means it was born with a bulging blood vessel in its groin that ruptured, likely causing his death.

https://www.smithsonianmag.com/smart-news/bizarre-biological-twist-mother-lion-adopted-leopard-cub-india-180974315/?utm_source

Noticeboard

**The St. Patrick's Day celebration and AGM
planned for Saturday, 21 March 2020
has been cancelled due to COVID-19.**

The AGM, and Trophies for the winning teams and individuals at the
January 26, 2020 Cricket and Family Day events,
will be arranged for a future date.

When the country's health situation improves the Committee will have
a face-to-face meeting at which future plans will be made as appropriate.

Take care during this testing times for all the people around the world
and stay safe and healthy.

May the coming Easter bring normalcy and happiness in all our lives again.

“St. Patrick, pray for us.”

Due to the unpredictable situation caused by COVID-19,
the current Office Bearers and Committee Members for 2019 –20 will
continue to serve until such time the next AGM is held.

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 Mangalanayagam**
on: 0433 953 623

TOGETHER

WE CAN ACHIEVE
GREATER THINGS