



Burgher Association Australia

Winter Edition

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Community Newsletter



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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

Katy De Jong – East Oakleigh, Vic

Ingrid Ball - Patterson Lakes, Vic

Jeanne Bottoni – Noble Park, Vic

John Robert Blaze & Joanne Everard – Lilydale, Vic

Romaine Jansz - Noble Park, Vic

Patrine Don Paul – Keysborough, Vic

Steven & Corinne Hubbard – Dingley, Vic

Rienzie Fonseca - Winston Hills, NSW

Jason Keyt – Caulfield South, VIC





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



Hopper Lunch

Sunday, 11th August 2024

BAA Community Hall - 358 Houghton Road, Clayton 3169

12 noon - 5.00pm

Members and Friends Christmas Party

Sunday, 1st December 2024

BAA Community Hall - 358 Houghton 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

HOPPER LUNCH



Sunday 11TH August 2024

Come and join us at

THE BAA

358 Haughton Road, Clayton

Catch up with friends and enjoy a fantastic afternoon!

With delicious food, music, and dancing

12.00 noon to 5.00 pm

\$20.00 pp – BYO

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Happiness is Near You: A Journey to Discover Joy in Everyday Moments – By Nadeeka



In the hustle and bustle of modern life, the pursuit of happiness often leads us on grand adventures and ambitious quests. However, what if the key to true happiness lies not in the distant and extraordinary, but in the simple and familiar moments that surround us each day? This article explores the concept that happiness is indeed near you, waiting to be discovered in the beauty of the ordinary.

Embracing the Present Moment:

Happiness is not a destination; it's a journey that unfolds in the present. Take a moment to pause, breathe, and appreciate the small details of your surroundings. Whether it's the warmth of sunlight streaming through your window or the gentle rustle of leaves in the breeze, these moments hold the potential for joy.

Finding Joy in Daily Rituals:

Look no further than your daily rituals for sources of happiness. From savouring your morning coffee to the soothing routine of an evening walk, these simple activities can become a sanctuary of contentment. Pay attention to the sensory experiences and emotions they evoke, and you may find that happiness is an integral part of these routines.

Connection and Relationships:

True happiness often blossoms in the company of others. Cultivate meaningful connections with friends, family, and even strangers. Engage in genuine conversations, share laughter, and create memories. The warmth of human connection has the power to create a tapestry of joy around you.

Gratitude as a Gateway to Happiness:

Practice gratitude as a way to recognize and appreciate the positive aspects of your life. Take time each day to reflect on the things you are thankful for, whether big or small. Gratitude opens your heart to the abundance of joy that is already present in your life.

Nature’s Bountiful Gifts:

Step outside and immerse yourself in nature’s wonders. Whether it’s a stroll in the park, the sight of blooming flowers, or the sound of birdsong, nature has a way of awakening a sense of wonder and happiness. Allow yourself to be present in the natural beauty that surrounds you.

Mindfulness and Inner Peace:

Happiness is often found in the stillness of the mind. Practice mindfulness to anchor yourself in the present moment, free from the burdens of the past or anxieties about the future. By cultivating inner peace, you create a fertile ground for happiness to flourish.

Creativity and Self-Expression:

Engage in activities that allow your creativity to flow. Whether it’s painting, writing, dancing, or any form of self-expression, these endeavours can be a source of immense joy. The act of creation connects you with your passions and brings a sense of fulfillment.

The Power of Giving:

Surprisingly, one of the most effective ways to find happiness is by giving to others. Acts of kindness, no matter how small, create a ripple effect of joy. Whether it’s lending a helping hand or offering a word of encouragement, the act of giving nourishes the soul.

Conclusion:

In the pursuit of happiness, remember that it is not an elusive destination but a companion on the journey of life. By recognizing and appreciating the joy present in everyday moments, you can embark on a transformative exploration of happiness that is always near you, waiting to be embraced.



THE VALUE OF A GOOD VOCABULARY



I called an old University classmate and asked what he was doing.

He replied that he was working on: “Aqua-thermal treatment of ceramics, aluminium and steel under a ‘constrained’ environment.”

I was impressed!!!

However, upon further inquiry, I learned that he was “washing dishes, with hot water, under his wife’s supervision”.

The Majestic Marvel: Exploring the Rich History of Sri Lanka's Nine Arches Bridge-by Kalani



Nestled amidst the lush greenery of Sri Lanka's central highlands, the Nine Arches Bridge stands as a testament to both architectural ingenuity and natural beauty. Spanning the picturesque Ella Gap, this iconic bridge has captivated the hearts of locals and tourists alike, becoming a symbol of Sri Lanka's rich history and breathtaking landscapes.

1. **Historical Significance:** The Nine Arches Bridge, also known as the Demodara Bridge, was constructed during the British colonial era in Sri Lanka. Built in 1921, the bridge is an engineering marvel, showcasing the architectural prowess of the time. Its nine graceful arches, made of brick and stone, have withstood the test of time, carrying a legacy that transports visitors to a bygone era.
2. **Architectural Splendor:** The bridge's design, a fine blend of colonial and Ceylonese architecture, reflects the harmonious coexistence of different cultural influences. The arched structure, supported by massive stone pillars, creates a stunning visual spectacle against the backdrop of the lush green hills and tea plantations that surround it.
1. **Strategic Location:** The Nine Arches Bridge is strategically positioned, connecting the towns of Ella and Demodara. The railway track that runs across it is an integral part of Sri Lanka's railway network, linking the highlands to the southern plains. The train journey across the bridge is considered one of the most scenic in the world, offering passengers breathtaking views of the Ella Gap and the verdant landscapes below.
2. **Cultural Impact:** Over the years, the Nine Arches Bridge has become more than just a transportation structure. It has evolved into a cultural landmark, attracting photographers, artists, and travelers from around the globe. The bridge's enchanting setting has been featured in numerous travel magazines and documentaries, further enhancing its global appeal.
3. **Tourist Attraction:** Today, the Nine Arches Bridge is a must-visit destination for tourists exploring the central highlands of Sri Lanka. Visitors can take leisurely walks along the surrounding trails, capturing panoramic views of the bridge and the lush valleys. The site has also become a popular spot for yoga enthusiasts seeking tranquility in the midst of nature.

4. Preservation Efforts: Efforts have been made to preserve the historical and architectural integrity of the Nine Arches Bridge. Conservation projects aim to maintain the bridge's structural stability while ensuring its continued role as a functional railway crossing. The local community recognizes the importance of preserving this cultural gem for future generations.



5. Sunset and Sunrise Magic: One of the most enchanting experiences at the Nine Arches Bridge is witnessing the sunrise or sunset. As the sun casts a warm glow over the landscape, the bridge transforms into a magical scene, casting long shadows over the emerald hills and creating a captivating play of light and shadow.

The Nine Arches Bridge, with its historic charm and breathtaking vistas, remains a jewel in the crown of Sri Lanka's cultural and architectural heritage. As travellers traverse its length, they not only embark on a journey across a railway bridge but also step back in time to appreciate the legacy of craftsmanship and the beauty of the island's highlands. This iconic landmark continues to stand tall, bridging the gap between the past and the present for all those who have the privilege of crossing its arches.



The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart.

Helen Keller

**Our Phones - Wireless
Cooking - Fireless
Cars - Keyless
Food - Fatless
Tires - Tubeless
Dress - Sleeveless
Youth - Jobless
Leaders - Shameless
Relationships - Meaningless
Attitudes - Careless
Babies - Fatherless
Feelings - Heartless
Education - Valueless
Children - Mannerless**

**We are-SPEECHLESS,
Government-is CLUELESS,
And our Politicians-are WORTHLESS!**



LIGHTEN UP..... IT AIN'T ALL THAT BAD!!!

I used to be able to do cartwheels. Now I tip over putting on my underwear.

I hate it when I see an old person and then realize we went to high school together.

At my funeral, take the bouquet off my coffin and throw it into the crowd to see who is next.

I thought growing old would take longer.

I came, I saw, I forgot what I was doing. Retraced my steps, got lost on the way back, now I have no idea what's going on.

Day 12 without chocolate. Lost hearing in my left eye.

Scientists say the universe is made up of protons, neutrons, and electrons. They forgot to mention morons.

The adult version of "head, shoulders, knees and toes" is "wallet, glasses, keys and phone."

A dog accepts you as the boss... a cat wants to see your resume.

Oops.... did I roll my eyes out loud?

Life is too short to waste time matching socks.

Wi-fi went down for five minutes, so I had to talk to my family. They seem like nice people.

If you see me talking to myself, just move along. I'm self-employed; we're having a staff meeting.

I won't be impressed with technology until I can download food.

Some people call me crazy. I prefer 'happy with a twist'.

My doctor asked if anyone in my family suffers from mental illness. I said, "No, we all seem to enjoy it."

I really don't mind getting old, but my body is having a major fit.

Camping: where you spend a small fortune to live like a homeless person.

I told my wife I wanted to be cremated. She made me an appointment for Tuesday.

The world's best antidepressant has 4 legs, a wagging tail and comes with unconditional love.

Love is how excited your dog gets when you come home.

I've reached the age where my train of thought often leaves the station without me.

If you're happy and you still know it, it's your meds.

I Hope this e-mail finds you in Good Health and Good Spirits.

Laughter is still the best Medicine!

I love this...

_👉 Quote for the day

Coffee never knew it will taste nice and sweet, before it met sugar and milk. We are good as individuals but become better when we blend with the right people. The world is full of nice people, if you can't find one, be one.

_The richest wealth is health and wisdom.
The strongest weapon is patience. The best security is faith. The greatest tonic is laughter, and the greatest force is love.
Surprisingly all are free.



Ole Geezer...

An old physician, **Doctor Gordon Geezer**, became very bored in retirement and decided to re-open a medical clinic.

He put a sign up outside that said: "**Dr. Geezer's Clinic**. Get your treatment for \$500 - if not cured, get back \$1,000."

Doctor **Digger Young**, who was positive that this old geezer didn't know beans about medicine, thought this would be a great opportunity to get \$1,000. So he went to **Dr. Geezer's** clinic.

Dr Young: "**Dr. Geezer**, I have lost all taste in my mouth. Can you please help me?"

Dr Geezer: "Nurse, please bring medicine from the box 22 and put 3 drops in **Dr. Young's** mouth."

Dr Young: 'Aaagh! -- This is Gasoline!'"

Dr Geezer: "**Congratulations!** You've got your taste back. That will be \$500."

Dr Young gets annoyed and goes back after a couple of days figuring to recover his money.

Dr Young: "I have lost my memory, I cannot remember anything."

Dr Geezer: "Nurse, please bring medicine from box 22 and put 3 drops in the patient's mouth."

Dr Young: "Oh, no you don't -- that is Gasoline!"

Dr Geezer: "Congratulations! You've got your memory back That will be \$500."

Dr Young (after having lost \$1000) leaves angrily and comes back after several more days.

Dr Young: "My eyesight has become weak --- I can hardly see anything!"

Dr Geezer: "Well, I don't have any medicine for that so, "Here's your \$1000 back" (giving him a \$10 bill).

Dr Young: "But this is only \$10!"

Dr Geezer: "Congratulations! You got your vision back! That will be \$500."

Moral of story -- Just because you're "Young" doesn't mean that you can outsmart an "old Geezer".

A Second Language

A family of mice were surprised by a big cat.

Father Mouse jumped and said, "Bow-wow!" The cat ran away.



"What was that, Father?" asked Baby Mouse. "Well, son, that's why it's important to learn a second language.

Oldest sovereign state - Egypt



This largely depends upon your definition of a sovereign state but if you are going by first acquisition of sovereignty then Egypt would be the first country in the world to achieve sovereignty based upon the formation of the first dynasty in 3100 BC.

World's largest opium producer - Afghanistan



Producing a whopping 95 per cent of the world's opium, not even 10 years occupation by American forces & others have slowed down the industry.

Rangala Natural Pool amidst spectacular landscape – By Arundathie Abeysinghe



Situated in *Teldeniya in Kandy District, Rangala Natural Pool is situated amidst tea estates, fields, mountains and beautiful streams. It is an alluring natural pool. Rangala village is a spectacular hamlet and the pool can be easily accessed. Considered as one of the best natural pools in the *Knuckles area, some visitors have named the pool as a “theatrical pool” due to its shape.

The river that flows through Rangala is the origin of this natural swimming pool. The deepest end of the pool is approximately nine meters (30 feet). Yet, there is one section of the pool which is over nine meters (30 feet) deep. It is not advisable to bathe in that area.

There is a small bridge to indicate the location of the pool (over Kotaganga (“*ganga*” meaning river in Sinhala) that originates from Knuckles Mountain Range. Crystal clear water flows through two boulders creating this spectacular pool and the bottom of the pool is covered in pebbles with only few inches of water on the side closer to the Bridge, a mesmerizing sight similar to a man-made pool...

Water to the pool flows from a waterfall located at the far end of the pool. There are also several small natural pools created due to rocks and boulders along the streams originating from Kotaganga. There is a footpath to reach these pools too.

Directions: From Kandy travel approximately 45 kilometers along Kandy – Katugastota road towards East Teldeniya. Rangala is situated approximately 15 kilometers from Teldeniya.

Caution: The flow of water can change rapidly depending on the rainfall in the catchment areas. In 2017, four deaths were reported on social media.



“Take only memories, leave only footprints.” – Chief Seattle

- **Knuckles Mountain Range** – Located in Kandy and *Matale Districts at a height of approximately 914 meters above sea level with a land area of around 21 hectares, Knuckles Mountain Range has a total of 35 peaks which rise above 900 meters. British Surveyors called this Mountain Range Knuckles Mountain Range as the Range is similar to a clenched fist.
- **Matale** – Located at the heart of the Central Hills, Matale is situated at an elevation around 365 meters above sea level. Matale is the administrative capital of Matale District of Central Province.
- **Teldeniya** – Situated approximately 20 kilometers from Kandy was submerged during the construction of the *Victoria Dam.
- **Victoria Dam** – Located in Teldeniya, Victoria Dam is an arch dam is named in honor of Queen Victoria, former Empress of the British Empire. Its main purposes are irrigation and hydroelectric power production. Victoria dam is a concrete structure with a double curving arch. The United Kingdom provided funds for the construction of the Dam. It was declared open on April 14, 1985. The journey to the dam is approximately an hour from Kandy City.

Teldeniya – location of “Indiana Jones and the Temple of Doom” – By Arundathie Abeysinghe

Underground mines in Sri Lanka – By Malsha



There are no active underground mines in Sri Lanka. Sri Lanka has a few mineral resources such as graphite, mineral sands, and phosphate, but these are mostly extracted through open pit mining. Graphite mining is the most significant mineral extraction industry in Sri Lanka, and it is predominantly carried out in open pit mines.

There were some reports of a potential underground copper mine in the north-central part of Sri Lanka, but this project has not yet been realized. Additionally, there are historical records of underground gem mining in Sri Lanka, but this activity is no longer practiced due to safety concerns and legal restrictions.

It is worth noting that Sri Lanka has a history of small-scale artisanal mining activities carried out by individuals or small groups, but these operations are not considered proper underground mines.

There are no active underground mines in Sri Lanka. However, there have been some past explorations for underground mining in Sri Lanka.

One such exploration was for a potential copper mine in the north-central region of the country. This area is located in the Anuradhapura district, specifically in the vicinity of Seruwila, where copper mineralization was reported in the early 20th century.

There are also some historical records of underground gem mining in Sri Lanka, particularly for sapphires and rubies. However, these activities are no longer carried out due to safety concerns and legal restrictions. The most famous gem mining areas in Sri Lanka are in Ratnapura, Elahera, and Balangoda, but as I mentioned, these are mostly open-pit mines. There have been no recent underground mine accidents in Sri Lanka because there are no active underground mines. However, there have been accidents related to open-pit mining



The kids who stole a bachelor's heart

Pittsburgh Police Detective Jack Mook, was a self-proclaimed bachelor who loved the single life, doing what he wanted while he was off-duty. He often went to the gym, where he boxed and volunteered his time to teach kids boxing. He became particularly close to two brothers, who came in almost every week for several years to learn from Mook. One day, they just stopped showing up, and Mook knew something was wrong. Mook found older brother Josh at his school and broke down when the boy explained the conditions under which he and his brother lived in at his foster parent's house. Through an emergency appeal, Mook decided to foster the boys, and later went on to adopt them, finalizing the most important chapter in his life in 2014. Mook insists the boys have changed his life. The self-proclaimed bachelor is not only the dad of two teenagers, but he's also happily married and has three step-children—because after his big-hearted story went viral, women were lining up to meet—and marry—this ordinary superhero.



**One day I was walking down the beach with
some friends when someone shouted...
"Look at that dead bird!"
Someone looked up at the sky and said, "Where?"**

**While looking at a house, my brother asked the
estate agent which direction was north because
he didn't want the sun waking him up every morning.
She asked, 'Does the sun rise in the north?'**

**My brother explained that the sun rises in the east
and has for some time. She shook her head and said,
'Oh, I don't keep up with all that stuff.....'**

**My colleague and I were eating our lunch in our cafeteria,
When we overheard an admin girl talking about the
sunburn she got on her weekend drive to the beach.
She drove down in a convertible but said
she "didn't think she'd get sunburned
because the car was moving."**

**My sister has a lifesaving tool in her car
which is designed to cut through a seat belt
if she gets trapped. She keeps it in the car trunk.**



**A verbal-fight between husband and wife (both are M.A. in English literature).
Instead of shouting, abusing or physical force...they exchange poems to each other.**

WIFE

**I wrote your name on sand, it got washed
I wrote your name in the air, it was blown away
Then, I wrote your name in my heart and got a Heart Attack!**

HUSBAND

**God saw me hungry,_He created pizza.
He saw me thirsty,_He created Pepsi.
He saw me in the dark,_He created light.
He saw me without problems, then he created YOU!**

WIFE

**Twinkle twinkle little star._
You should know just what you are.
And once you know what you are,
The Mental hospital is not so far!**

HUSBAND

**The rain makes all things beautiful.
The grass and flowers too.
If rain makes all things beautiful.
Why doesn't it rain on you?**

WIFE

**Roses are red; Violets are blue.
Monkeys like you should be kept in zoo.**

Husband

Don't feel so angry you will find me there too not in a cage but laughing at you!

"Mom, he fought with me again.
I am coming to live with you."

The Mom says "No darling he
must pay for his mistakes. I'm
coming to live with you."



The Burgher Association Australia does not necessarily endorse contributor's views, nor is it responsible for

One of the Russian Ambassadors comes to President Putin and tells him he'd like to resign.

"Why?" Putin asks him.

"Ah, Mr. President, I can't take these time differences! I fly to another city, call home and everyone is asleep, I last woke you up at 4 in the morning, but I thought it was only evening, I call Angela Merkel to congratulate her on her birthday and she tells me she had it yesterday, I wish the Chinese President a happy New Year, and he says it will be tomorrow."

"Well, these are just minor inconveniences," says Putin. "Do you remember when that Polish plane crashed, killing their president? I called them to express my condolences, but the plane hadn't yet taken off!"

Though especially abundant in polar seas, seals are found throughout the world, with some species favouring the open ocean and others inhabiting coastal waters or spending time on islands, shores, or ice floes. The coastal species are generally sedentary, but the oceangoing species make extended, regular migrations. All are excellent swimmers and divers-especially the Weddell seal of the Antarctic. Various species are able to reach depths of 150-250 metres or more and can remain underwater for



20-30 minutes, with. Seals cannot swim as fast as dolphins or whales but are more agile in the water.

When swimming, a true seal uses its forelimbs to manoeuvre in the water, propelling its body forward with side-to-side strokes of its hind limbs. Because the hind flippers cannot be moved forward, these seals propel themselves on land by wriggling on their bellies or pulling themselves forward with their front limbs. Eared seals, on the other hand, rely mainly on a rowing motion of their front flippers for propulsion. Because they are able to turn their hind flippers forward, they can use all four limbs when moving on land.

(source: Britanica).

Eating Bacon And Eggs For Longevity – by Dr Harold Gunatillake

10 Healthy Reasons to Pour Yourself a Glass of Red Wine Tonight (And Every Night) Improves blood pressure, lowers your risk of certain cancers, promotes longevity, Blocks damaging free radicals, Boosts the immune system, increases bone density, Improves cholesterol levels, Decreases the chance of a stroke, reduces type 2 diabetes

You have been told that less than 7 per cent of your total daily calorie intake should come from saturated fat. A daily intake of 2,000 calories amounts to 140 calories. Saturated fat seems to raise the bad cholesterol LDL in your blood, raising the risk of heart disease and stroke.

On the other hand, you are supposed to eat between 25 and 35 per cent of your daily calories as unsaturated fats from foods like fish, nuts and vegetables.

For good health, the majority of fats you eat should be mono or polyunsaturated fats, and less than '02 per cent should come from trans fats.

Such guidelines have been given by the American Heart Association and practised by most health-conscious people worldwide for decades. Once it was saturated fats that were demonised, people started eating more sugar-containing foods, and the obesity problem got out of control. Then, you were told to cut down on sugar and forget about your fat intake.

Now we have gone further and say that saturated fats are at no risk for cardiovascular disease.

An interventional cardiologist Dr Aseem Malhotra asked, "Is saturated fat the health hazard it's been made to be?" Dr Malhotra is an interventional cardiologist practising in London. He says the "mantra that saturated fat must be removed to reduce the risk of cardiovascular disease has dominated dietary advice and guidelines for almost four decades."

He further says that saturated fat has been 'demonised' and any link with heart disease is not fully supported by scientific evidence.

If you ask the centenarians to reveal their secret of longevity, they will attribute it to a diet contrary to that advocated by the American Heart Foundation. For instance, a supercentenarian from New York, Susannah Mushatt Jones, at Vandalia Senior Centre in New York, pronounced that she ate bacon every day from her young days. She would say she would eat bacon all day long if given a chance. She gets up at 9.30 and has scrambled eggs and bacon an hour later. For lunch, there's fruit, and for dinner, she prefers to eat the meat on her plate with vegetables or potatoes.

The Italian woman who succeeded her as the world's oldest living person said that she loves eggs, which have been part of her daily diet for over a century. Born in 1899, Emma Morano will turn 117 next month. She said, "I eat two eggs a day, and that's it, and cookies, but I do not eat much because I have no teeth," she told the AFP news agency. Morano started eating eggs at the age of 20. Suffering from anaemia, she consulted a doctor who told her to eat three eggs a day: Two raw and one cooked, the agency reported. She's kept that diet for over 90 years, which would consume more than 100,000 eggs.

Emma has eaten very few vegetables and very little fruit. As a routine, she eats three eggs daily, two raws in the morning, an omelette at noon, and chicken at dinner.

There are an estimated 573,000 centenarians in 2021 in the world. There are over 100,000 centenarians in the US, 40,000 in Japan and 8,500 in England and Wales.

The oldest person who lived up to 122 was Jeanne Calment.

Most of these centenarians don't bother about eating a healthy diet as we are. They are primarily on high-saturated and monounsaturated fat and low-carb diets.

Jeanne attributes her youthful appearance for her age to olive oil, which she poured on all the food and rubbed onto her skin. She also drank wine and ate chocolate every day. She also didn't bother eating much sugar: Her mantra is olive oil, wine and chocolate for longevity.

Gertrude Baines of Los Angeles lived to 115 on a highly healthy diet – bacon, chicken, and ice cream.

Edna Parker of Indiana died at the age of 115; She too enjoyed eggs daily, sausages, bacon and fried chicken.

So, Dr Malhotra is not wrong when he recommends his heart patients eat plenty of saturated fat-containing food.

Fatty food for diabetics

Fatty foods, especially lumpia, biriyani and ghee rice, are allowable foods for people with diabetes as the absorption of sugar is very low and slow on such a diet. The starch in the rice gets more resistant due to the cooking in oil. You should put about two tablespoons of coconut oil into the boiling water before the well-washed rice is added.

Eggs

For the last two decades, we have been saying you should eat two eggs daily. One thing you are allowed to take is 300mg of cholesterol in your food daily, and two eggs would give you only about 150 mg of cholesterol.

Eggs have few calories and are packed with proteins, vitamins, minerals, healthy fats, and trace nutrients.

The way you prepare the egg can affect its nutrient profile. Cooking destroys any dangerous bacteria, making them safe to eat.

Eggs can be poached, fried, baked, scrambled, or made into an omelette.

Microwaving is not a good idea because pressure can quickly build up inside, and it may explode.

Proteins in eggs are more digestible when heated. Structural changes occur in the proteins in eggs, and as such, they are easily digestible.

Eggs are a good source of biotin, an essential nutrient in fat and sugar metabolism. It is known as vitamin B7 or vitamin H. In raw eggs, a protein in the egg white called avidin binds to biotin, making it unavailable for your body to use unless cooked.

Cooking eggs can reduce their vitamin and antioxidant content, but they are still high in nutrients.

So enjoy two eggs daily with no guilt. According to the current thought, saturated fats are good for you and have proved that they are not risk factors for heart disease.

In summary, I would like to say that all super-centenarians are women!

You should discuss with your doctor whether foods with saturated fats are good for you if you have heart problems.

+++++

A mother writes a heartfelt letter to her son, on why he should not laugh at his wife's shapeless rotis. A must read

Dear Son,

Hope this letter finds you in the best of spirits and health.



You might be surprised to find an email from your mum. Something told me to write to you; that you need to hear from me today.

It was indeed one of the best evenings that your father and I spent when you visited us with your new wife yesterday. Rest assured, we liked her immensely. I could see that both of you are very much in love and that makes me happy. May your love grow every moment!

Now let me get to the reason for writing this letter: I don't know whether you remember, but during dinner, you cracked a joke about the shapeless rotis that Lavanya makes. We all laughed, and your father laughed the loudest. There were tears of laughter in your father's eyes and there were tears in your wife's eyes too. I can assure you that her tears were not of mirth; they were tears of mortification, of shame brought about by the innocuous joke that you cracked.

I guess that joke was the reason why we heard raised voices coming from your room last night and the reason why Lavanya appeared puffy eyed in the morning. Maybe she cried all night.

Son, I want to tell you something. I love shapeless rotis. They bring back many fond memories. They remind me of the shapeless rotis made by my father on certain Saturday mornings when my mother had extra duty at her office. They often lacked salt, were hard like rock and were shaped like various continents. But his love for us compensated for all that it lacked.

Shapeless rotis also bring memories of those days when your father turned into my cook. It was during those early days of pregnancy while I was carrying you. I couldn't bear the smell of spices or rice or anything cooking. Your father would churn out shapeless rotis and experimental curries, which tasted quite good because he wanted to provide home cooked food for his wife and unborn child. His care and affection made those rotis priceless.

Do you remember how you used to insist on helping me while I prepared rotis when you were around four years old? You would play with the dough and create various shapes that you wanted to be cooked and served to all. I can tell you; those were the tastiest rotis that I ever ate. Words can create a world full of love. Yet, a thoughtless word is enough to destroy that world.

Lavanya and you are equally qualified; you both earn equally well too. You have both spent an equal number of years educating yourself to be the professionals that you are. But you expect Lavanya to become the perfect cook and homemaker from the moment you married her! How unreasonable is that?

Rahul, no new wife wants to be ridiculed in front of her in-laws. Trust me, I can tell you that. Been there, done that. She craves to be loved by them and she expects her husband's support in her effort at endearing herself to them.

Teething troubles in marriages are often capable of draining out the love you have for each other. Be there for her while she adapts herself to your world. A small token of appreciation and open support is all that she will need.

You are my beloved son and I know you have learned to see the brighter side of things. Value love more than any other thing because son, perfectly round rotis are often machine made. They lack the most essential ingredient; **Love**.

Wishing you a world of love,

Your loving mother.

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

Blazé, Rev John Louis. (08.10.1934. – 16.05.2024) First born son of Benjamin R. Blazé (Dec) and Dorrit P. Blazé (nee Wait) (Dec) beloved husband of Dorothy Annette Blazé (nee Holland) Adored Father of Ann-Marie, John R. and Katherine, Cherished father-in-law of Mark, Joanne and Naveen, Much loved grandfather of Jesse, Joshua & Georgina, Amy & Toby, Annie, Mariana, Raffaella and Jake. The Funeral Service to celebrate the life of Rev John Blazé will be held on Friday 31st of May 2024 at Berwick Church of Christ, 432-446 Centre Rd, Berwick, commencing at 11.00am. This will be followed by a burial service at Springvale Botanical Cemetery, 600 Princes Hwy, Springvale in the Baptist Compartment A Section at 2.45pm.

CASPERSZ, Doyne and Marlene, Adored and loving husband and wife for 61 years. Loving parents, grandparents, great-grand parents, uncle and aunt. **Doyne** son of Maurus (Dec) and Zoe (Dec) and brother of Lorette (Dec) Trevor (Dec) Rosemary, Heloise, Humphrey and Caryll (Dec). **Marlene** daughter of William (Dec) and Nellie (Dec) and sister of Powell. A Requiem Mass will be held at Christ Our Holy Redeemer East Oakleigh 11.00am (March 26th 2024) at the conclusion of Mass, the cortege will leave for a burial service at Springvale Botanical Cemetery.

DICKSON, Ricardo "RICK", 28/07/1953 - 20/05/2024 Beloved husband of 44 years to Betty (Diane). Loved dad of Rebecca, Rowan, Rory and their partners Linda, Leah and Natalie. Cherished grandad of Evie, Louis and Eliza. Beloved son of Kingsley and Cynthia (both dec.), loving brother of Jerry and Cheryl, Kenny (dec.), Cheryl and Keith, Jeremy and Jeanne. Dear uncle of Dirk, Natasha, Brooke, Bianca, Bridget and Lauren. A Service to celebrate the life of Ricardo "Rick" Dickson will be held at the Cordell Chapel, Fawkner Memorial Park, 1187 Sydney Road, Fawkner on Wednesday, 29th May at 9.45am, A Private Cremation to follow the Service. Now at peace and forever in our hearts

GEDDES, Joan. (The West Australian, 27.4.2024)

AMBIGAIPAKAR, Ramalingam (17.2.1929 – 27.4.2024). Tamil Thakaval 28.4./2024.

SATHIES, Prithvii, (11.2.2010 – 29.4.2024). Tamil Thakaval, 30.4.2024.

REIMERS, Lesley Edith, on 12 April 2024. (The Brisbane Courier Mail, 30.4.2024)

TOUSSAINT, John. (1.4.1934 – 20.4.2024), father of Kim, Michelle and Chris (dec), father-in-law of Ian and Chatty. Grandfather of 7, great grandfather of 9. (West Australian, 2.5.2024)

ABEL Karina. (West Australian, 3.5.2024)

MAHESAN, Suntheram, (29.10.1930 – 2.5.2024), husband of late Sivaneswary, father of Chandran (UK) and Aravindan (Aust), father-in-law of Santhini (UK) and Yarlini (Aust), grandfather of Nina (UK), Shweka (UK), Thivyan (Aust) and Thuvijan (Aust). Son of late Suntheram and Mangayatkarsi, brother of Ganeshan (UK), laye Sivasothy, Nagendran, Nadesan, Gnanambihai, Kanakambihai and Sivalingam, in Sydney. (Tamil Thakaval, 3.5.2024)

BALASUBRAMANIAM, Gobalan (Gary, Bala), husband of Debra, father of Giselle. Brother of Thanna and Nathan, on April 24, 2024. (West Australian, 4.5.2024)

BRODIE, John "Glen", (4.2.1928 – 13.4.2024), husband of late Betty, father and father-in-law of Susan & Neil, Andrea & James (dec) and Meredith and Peter, grandfather of Sal, Amelia, Jenna, Tyson, Caitlin, Georgia and their partners, great grandfather of Zeka, Ethan, Maya, Asha, Ellie, Willow, Isla and Matilda. (Adelaide Advertiser, 4.5.2024)

DE ROZARIO, Geraldine Adeline (née JAMES), wife of Ignatius, mother of Pius John, Panizza and Paulette, mother-in-law of Richard, Jon and Monica, grandmother (Pwa Pwa) of Chrystal and Natalie, great grandmother of Kitana and Faith, on 1.5.2024. (West Australian, 4.5.2024)

LEEMBRUGGEN, Paul Richard, (6.11.1950 ~ 26.4.2024), husband of Lois, father and father-in-law of Brent and Susie, grandfather of Matilda. (Brisbane The Courier-Mail, 4.5.2024).

KEUNEMAN, Indira, (12.1.1943), in Melbourne. (Contributed)

WANIGASEKERA, Clare Phoebe, in Melbourne. (Contributed)

GOPALAKRISHNAN, Radha, in Melbourne. (Contributed)

GERREYN, Layard, in Melbourne. (St Anthony's Parish, Noble Park, Bulletin)

MANOHARAN, Velupillai Thambiah, (27.1.1953 – 14.5.2024) husband, father of Ambika, Anna and Esther, father-in-law of Vuthuisan and Jonathan, grandfather of Amira. Son of late Mr & Mrs Tambiah Nagaratnam, son-in-law of late Mr & Mrs Sornam Thangavel, brother of late Bhuvanewary, Kanmani Nadarajah, Pakiam, Lakshmanasami and Thiagarajah (Can), Kandaswamy (SL) and Rajamonahari (UK), in Melbourne. (Contributed & Tamil Thakaval, 16.5.2024).

SELVENDRA, Santhana Ledchumy (12.2.1939 – 21.4.2024), in Melbourne (RIP Publication, 23.4.2024)

SANTHIYAPILLAI, Marin Dinesh (17.2.1987 – 15.4.2024), in Melbourne (RIP Publication, 23.4.2024)

GILLES, Joan (née CRAGGS), in Melbourne. (Contributed)

ARNDT, Leon Franz, husband of Catherine, father of Fiona, Tanya, David, Kristy and Danni, grandfather and great grandfather, on May 3, 2024. (The West Australian, 8.5.2024)

SOMASUNDARAM, Sarojini Devi, in Melbourne. (Contributed)

ISAAC, Vimala (28.11.1934 – 8.5.2024), wife of Martin (dec), mother and grandmother. (Canberra Times, 11.5.2024)

COWLEY, David Michael, (14.6.1949 – 3.5.2024), husband of Jean, father of John and Mark. Brother of Stephen. (Brisbane Courier Mail, 11.5.2024)

D'SILVA, Anthony, in Melbourne. (Contributed)

DAVID, Bridget, wife of (late) Douglas David, mother of Tyronne, mother-in-law of Dianne (Aust). Sister of (late) Edward, (late) Walter, (late) Marcus, (late) Christopher, (late) Mrs. Gertrude Perera and Mrs. Ethel Karunaratne. (Daily News, 13.5.2024)

RUPASINGHE Ranjith Perera, in Melbourne. (Contributed)

LUCAS, Yvonne Elaine, (20.12.1933 – 2.5.2024), daughter of Lilian Myles (dec.) and John Lucas (dec.), step-daughter of Patrick Myles (dec.). Sister of Beverley, Cherie (dec.) and Wendy. (Sydney Morning Herald, 13.5.2024)

ANANDAPPA, Bede. L., husband of the late Queenie, father & father-in-law of Max & Ophelia, Frank & late Maya, Carmel & late Shanti Canagasabey, Trevor & Iranthi, late Christine, Gladwyn & Bernadette, Pam & Tony Appathurai, late Hilary & Chulanie, Glossinda & Allistair Solomonsz, grandfather of 11, great-grandfather of 13. Son of the late Joseph Caitan & Magdalene, son-in-law of the late Mr & Mrs A.P. Casie Chitty, in Sri Lanka, aged 103 years old. (Daily News, 14.5.2024)

DIRCKZE, Ninnette Hilda (née Jansz), wife of the late Brian Dirckze, daughter of the late Kenneth and Hilda Jansz, sister of Brian, Carmen, Winston and the late Mervyn, Kingston, Elmo, Pamela, Bussy and Patrick. Mother of Yvonne Windsor, Penelope Von Meybrink, Deanna Francis, Mignonne Richardson, Edward Dirckze, Maxwell Dirckze and Graham Dirckze, mother-in-law of the late Hemantha Windsor, Irwin Von Meybrink, Christopher Francis and Doug Richardson, grandmother of Venetia, Ramon, Desmond, Aaron, Chantelle, Minelle, Melissa, Amanda, Shane, Cassandra, Craig, William, Shania and Jonathan, great-grandmother of Chanelle, Nathaniel, Isla, Angela, Isaiah, Alina and Briella, In Melbourne. (Daily News, 14.5.2023)

JOACHIM, Gene, on May 9, 2024, aged 95. (The West Australian, 15.5.2024)

MATHESON, John Kevin, (16.11.1941 – 8.5.2024), father of Darren and Tanya, father in law of Michelle, grandfather of Jakob and Cooper. Companion of Valerie. Brother of Kevin. (The Advertiser, 15.5.2024)

PEIRIS, His Lordship Most Rev. Dr VINCENT JOSEPH MARIUS, Auxiliary Bishop Emeritus of Colombo on 13 May 2024. Son of the late Mr Henry Vincent Peiris and the late Mrs L. Eslin Peiris. (Daily News, 16.5.2024)

DE ZOYSA – EVELYN MADONNA (nee MACINTYRE), wife of late Lucien de Zoysa, mother of Lana de Zoysa Wijemanne, mother-in-law of Channe Wijemanne, grandmother of Senaya and Kaavinda Wijemanne. Sister of Ernest, late Dinky, late Raja and of Gandhi Macintyre, sister-in-law of Nalini, Birte and Dorothy, in Sri Lanka. (Daily News, 17.5.2024)

KEEGEL, Charles Oswald Richard (Richie), husband of Rita, father of Maxwell and Marguerite, grandfather of Melinda and Nadine, father-in-law of Nigel Coggins. Son of the late Mr & Mrs Hugh Keegel in Sri Lanka. (Daily News, 17.5.2024)

VAN DORT, Dawn. (West Australian, 18.5.2024)

KOCH, Troy William (4.11.1962 – 15.5.2024), Son of Carl and Pamela. Partner of Michelle. (Adelaide Advertiser, 18.5.2024)

MATTHIES, Arnold Kenneth, in Melbourne. (Contributed)

MEDIS, Frederick, (28.12.1926 – 14.5.2024), in Sri Lanka. (Daily Financial Times, 16.5.2024)

WHITE, Dyan, son of the late Fred & Lavendar White (née Brohier), in Sri Lanka on May 21, 2024. (Contributed)

RODRIGO, Gamini, in Melbourne on May 18, 2024. (Contributed)

HERFT, Christopher, in Melbourne on May 16, 2024. (Contributed)

JOACHIM, Gene. (The West Australian, 18.5.2024)

JOSEPH, Noel C.V. (12.24.1938. – 5.19. 2024) husband of Enid Vanderstraaten, father of Rogan, Sharma and Roma, father-in-law of Shiromi, Dennis and Dilshan, grandfather of Devon, Evaan, Shaun, Dion, Akiva and Dinug, . Brother of late Betzy, Marie, Betty, late Millan, Elean, Ranjith and Evelyn, on 19.05.2024. (Daily News, 21.5.2024.

VISSER, Margaret Joy (née MACLEOD), wife of Albert, mother of David, Michael and Lisa, Mother-in-law of Jo and Peter. Grandmother and great grandmother, aged 93 years on 16 May 2024. (Sydney Morning Herald, 22.5.2024)

FREWIN, Barbara Christine, partner of Paul, mother of Craig and Kirsten, grandmother of Tayla, Daymon and Piper, on May 15, 2024, aged 75 years. (Sydney Morning Herald, 22.5.2024)

THISASIRAJAH, Kumaraswamy Samuel, on May 16, in Australia. (Tamil Thakaval, 18.5.2024 & Contributed)

MEL Imogen, daughter of Augustine and Celecence Mel, on 21st May (Daily News, 23.5.20-24)

ANDERSON, Malcolm, (19.12.1939 – 13.5.2024), husband of Elizabeth, father of Mark, Claire and David. (The West Australian, 25.9.2024)

HOFFMAN, Sean Joseph, (6.8.1967 – 18.5.2024), Son of Kevin (dec) & Imelda, father of Breanna. Brother of Damien and Marie (dec). (Adelaide Advertiser, 25.5.2024)

RANKIN, Hunter Ian, Much loved son of Norm (dec) & Heather, Brother of Kirsty.. (Sydney Morning Herald, 25.5.2024)

CRONIN, Janice Elizabeth (12.2.1940 – 23.5.2024), wife of Denis, mother of Stephen and Mark, grandmother of Jessica, Finley, Andrew, Imogen and Elanorah. (Brisbane Courier Mail, 25.5.2024)

NATARAJAN, Joy Maureen. (The West Australian, 25.5.2024)

DE ROZARIO, Geraldine Adeline. (The West Australian, 26.5.2024)

FERDINANDS, Malcolm Royston, son of the late Oswald and Myrtle, husband of the late Marietta, father of Michael, Keith and Dianne, father-in-law of Natasha (Aust), grandfather of Trinity, Joshua, Levi and Tasmin. Brother of Zisca, Cheryl and Leroy and the late Elmo, Sheila, Maurice, Gordon, Barbara, Autry (Lucky), in Sri Lanka. (Contributed)

NOAH, VIVIAN FRANCIS, son of Mr. Albert Victor Noah & Mrs. Claire Margie Bulner (dec), step son of Mr. Collin Bulner (dec), father of Rhienna & Keshia,. Brother of Carmen, Malcolm (Maxie), Barbara, Leonard, Christopher, Anton (Tony) & Robin (decd), brother-in-law of Susil Abayawardana, Priyanthi, Devika & Cathy, in Sri Lanka on May 19, 2024. (**Sunday Observer, 26.5.2024**)5

PERERA, Desmond George, son of late Leslie and late Topsy, husband of Marcy (nee Misso), father and father-in-law of Anouk and Kevin and of Liza and Ashley, grandfather of Keanu and Keira. Brother of late Melville, in Sri Lanka on 23 May 2024. (Sunday Observer, 26.5.2024)

BAMBARANDAGE, Jayasena Hewa, in Melbourne. (Contributed)

VAN LANGENBERG, Eustienne, in Melbourne. (Contributed)

WICKREMASINGHA, Radley, in Melbourne. (Contributed)

PERERA, Mahinda, in Melbourne. (Contributed)

SUBRAMANIAM, Maheswary, wife of late Subramaniam, mother of Manoranjitham, grandmother of Yarlini Aravinthan, Nirmalkanhan, Umaknthan, great grandmother of Vilaksan and Sarusan. Daughter of late Mylvaganam and Mamonmani, daughter-in-law of late Karthigesu and Visalatchi. Sister of late Madurai Meenatchi, Sithamparanathan, Thilagawathi, Selvamani and Pathmavathi and Selvarasa. Sister-in-law of late Kumarasamy, Namasivayam and Pakianathan and Sivaloganathan, Balasingam and Pushparani, in Melbourne on May 24, 2024. (Contributed)

PILLAI, Mayavan, in Melbourne. (Contributed)

BARTHOLOMEUSZ, George Russel Layton, (9.7.1942 – 28.5.2024), son of late George and Ethel, brother of late Christopher, Felix and Heather, brother-in-law of Priyanthi, in Sri Lanka. (Contributed)

THILLIANATHAN, Vimaladevi, (8.7.1949 – 25.5.2024), in Melbourne. (Contributed)

SUSEELAR, Kandiah, (1.1.1995 – 26.5.2024), in Melbourne. (Contributed)

GOMEZ, Rosanne, wife of Raja, mother of Rosemarie and Rowena. Sister of the late John and of Christabel, Patsy and Margot,. in Sri Lanka on May 28, 2024. (Daily News, 30.5.2024)

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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No 1 St Georges Court, Toorak Vic 3142

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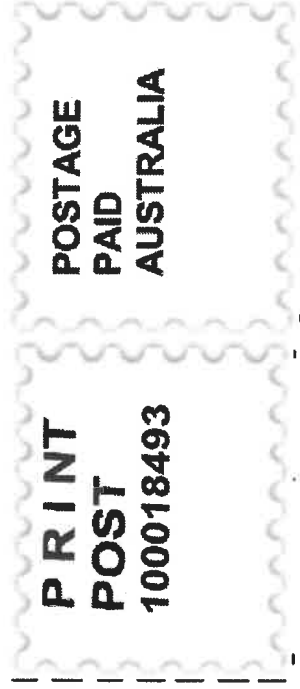
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Please find attached remittance for \$20 being member fees for the financial year

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