



# St Patrick's College Jaffna OBA

Melbourne, Australia

Established 1992



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Avoid getting into debt except the debt of mutual love. If you love your fellow men, you have carried out your obligations. All the commandments are summed up in this single commandment "You must love your neighbour as yourself". Love is the one thing that cannot hurt your neighbour; that is why it is the answer to every one of the commandments.  
*Romans 13, 8-10*

## President's Message

Dear Fellow Patricians,

Welcome to the December 2014 edition of our newsletter. I feel proud to be able to report that we had the most successful "Patrician Nite" to-date with 247 tickets sold and a record 62 Patricians attended the function with their families and friends. Thank you to all the members who sold the tickets, purchased tickets, attended the function and contributed to the success of the Patrician Nite 2014. The play,

வாழ்ப்போன வாத்தியார் ஆழப்போனார்

was the highlight of the night. We had some problems with the microphones hired for the night which we promise will be rectified in the future functions.

Our next function is the Family Day to include cricket matches, rounders, tennis and hopper lunch scheduled for Sunday, 25 January 2015. We hope to see many Patricians and their families at this event. More details elsewhere in the newsletter. The annual family cricket day is also the day when members contribute to the SPC Cricket Fund which is remitted annually to support the College's cricket activities. Thank you again to all the contributors. Without you, there will be no Cricket Fund.

Mervyn Jackson is the son of Santhanam Jackson who died in a car accident in Australia last year – a few days before Christmas 2013. Mervyn is a student at the College and after his father died, was left without funds to continue his studies. Tamil Catholic Association (TCAV) funded his hostel and school fees for the current year and sent Rs 92,400 early this year to Fr Rector. OBA members have contributed the balance Rs 58,000 (500 AUD) needed so that Mervyn can continue his studies in 2015. Thank you, Patricians, for your generosity and kindness. I wish you all a *Very Merry Christmas* and a prosperous *New Year*.

**Anandarajan James**

## SPC Cricket Fund

The SPC cricket fund was launched by the former Rector of SPC (the current Vicar General of the Jaffna Diocese) Rev Fr Justin Gnanapragasam on January 28, 2008 as the means by which the Melbourne OBA would support the College's cricket activities. To-date, the OBA has remitted \$9,000 (i.e. \$1,500 was sent every year from 2009) to the College for this purpose. The annual cricket / family day is held so that members and their families can have a fun-filled day, enjoy the food and contribute to the fund. The names of the members who have contributed this year are as follows:

Anandarajan James	Angelo Fernando
Antony Gratian	Chris Gunanayagam
Guna Arulanantham	Isidore Manoraj
James Joseph	James Premanandarajah
Jeevaranjan Fernando	Jerad Jogaratnam
Jeyandra Antonipillai	Nimal Augustine
Noel Rajiv	Philip Ravindraraaj
Pillai Mariasegaram	Ranjan Gunaratnam
Rukshan Theophilus	William Nimalraj

As indicated in the President's message, the following Patricians contributed funds so that Mervyn Jackson can continue his studies at the College in 2015:

Dr Hutchinson Thurairajah	James Premanandarajah
Anandarajan James	William Nimalraj
Philip Ravidraraaj	Jeevaranjan Fernando
Noel Rajiv	Patrick Rajaratnam

**Family Day – Cricket, Rounders, Tennis, "Kids' entertainment"**

**Sunday, 25 January 2015**

**At Wattle Park, 1012 Riversdale Road, Burwood**

## The potential cancer curing fruit

There is a fruit that has the potential to revolutionise cancer treatment and offer more hope than chemotherapy. It belongs to the Custard Apple family and known as Soursop in English due to its pleasant, slightly acidic taste when ripe. Also called Katu Aatha or Anoda in Sinhala, graviola in Brazil and guanabana in Spanish, it consists of annonaceous acetogenins, which inhibits the development of damaged cells just before they could become cancerous.



It is a tropical fruit commonly found in South and North America including in the Amazon as well as in South East and South Asia. It has become widely popular in Sri Lanka as a delicious juice that is being served in many restaurants and eating houses. In the recent past, the soursop fruit has been highlighted in the global media as a cancer fighting fruit as it was found to be 1,000 times more effective than chemotherapy. Soursop has been found to be specifically effective in preventing breast cancer.

Besides its cancer fighting properties, the fruit is also known as an agent to cure bacterial and fungal infections. Various parts of the Katu Aatha tree including the bark, leaves, roots and seeds have been used for centuries by traditional health practitioners in Sri Lanka to treat heart disease, asthma, liver problems and arthritis. It has also been used as an agent to induce labour during child birth. The juice of the soursop has been shown to be effective in healing wounds and relieving pain. The leaves of the fruit are utilised to treat backaches, dermatitis, mouth ulcers, acne and swelling of the sinus, nose and throat. It is also found to be effective against internal parasites and worms. It is known to lower high blood pressure and is used to treat depression, stress and nervous disorders.

Soursop contains many vitamins including vitamin C and several B vitamins such as thiamin, riboflavin and niacin, along with calcium, phosphorus and a small amount of iron. The high concentration of Vitamin C in the fruit is beneficial in dealing with the common cold and flu, cough and blocked nose. The riboflavin in the fruit aids in the prevention of migraines. Soursop also consists of Tryptophan, a chemical substance which encourages sleepiness as well as relaxation. The iron that is present in this prickly green fruit helps in the prevention of a common blood disorder known as anemia, which is where the blood lacks sufficient healthy red blood cells.

A study published in the Journal of Natural Products following a recent study conducted at Catholic University of South Korea stated that one chemical in Graviola was found to selectively kill colon cancer cells at "10,000 times the potency of the commonly used chemotherapy drug, Adriamycin. The most significant part of the University report is that Graviola was shown to selectively target the cancer cells, leaving healthy cells untouched, unlike chemotherapy, which indiscriminately targets all actively reproducing cells (such as stomach and hair cells), causing the often devastating side effects of nausea and hair loss in cancer patients. A study at Purdue University recently found that leaves from the Graviola tree killed cancer cells among six human cell lines and were especially effective against prostate, pancreatic and lung cancers.

Although soursop has been commonly made into a juice in Sri Lanka, many local companies have devised creative ways of utilising the fruit. Some of the local products that are made using sour sap include ice-creams, Black Tea, Green Tea, cordial and puree. Soursop has been used since ancient times as also a cure for various health conditions.

*Sources for article: An article by Shari Jayawardhana in the Sunday Observer – 3 November 2013 and by C R Swaminathan in Shantham Educational Service, a Tamil English bilingual web service publication.*

### First turf wicket in the North

The first ever turf wicket built in the North by Sri Lanka Cricket was opened on October 29, 2014 at **St. Patrick's College, Jaffna**. Sri Lanka Cricket had unanimously approved the expenditure of Rs. 3 million on the turf wicket and Rs. 5 million for the ground construction. Jaffna Bishop Thomas Savundranayagam ceremonially commissioned the region's first turf cricket pitch. Then past national cricketers including Sanath Jayasuriya & Muralitharan - who helped facilitate the funding and construction - played a T20 match to mark the occasion. Photographs have been published in the Association's website.

## TRIBUTE TO THE LATE MR. ANTON SANTHIAPILLAI



I got to know Late Mr. Anton Santhiapillai through his priest brother Late Fr. Kingsley Santhiapillai. When we left Sri Lanka, he told us that his brother is also in Melbourne. In 1992 when we started the association under the patronage of Late Dr E Patrick an eminent Longstanding Medical Practitioner in Carnegie, Mr Anton Santhiapillai was one of our members when Dr Anton Mariampillai was the first President of the association from 1992-1994. In 1994 Mr Anton Santhiapillai was elected as President from 1994-1996.

He was a tower of strength to the association. He helped the association in many ways. Mr Anton Santhiapillai attended nearly all the functions till he fell ill.

This information I gathered from one of his friends in Canada. He excelled in studies when he was at St Patrick's College and joined Government service in 1951 at an early age and was attached to Auditor general Department. While in Service Mr Santhiapillai, attended classes at The Ceylon Technical College and followed a course in accountancy.

He sat for London Cost & works accountancy examination and succeeded in passing parts 1, 2 and 3 and was then offered a post as accountant at Ceylon Cement Corporation head office in Colombo.

Later Mr Santhiapillai secured a job in Zambia as accountant. He worked there for many years and decided to move to Australia and worked in Sydney and Melbourne. Finally he settled down in Melbourne after his retirement. After a short illness, he passed away on 13<sup>th</sup> August 2014.

He leaves behind his wife Inparani and two daughters Anusha and Tanuja and son-in-law Campbell Wenlock. Our thoughts and prayers are with his family and his extended family including Fr Florentine Rajaratnam who celebrated the St Patrick's Day mass for the Melbourne OBA in 2009.

“May his soul rest in peace “

Miss Patricia Patrick

(Past Secretary St Patrick's College Jaffna Melbourne OBA and Teacher at the College)

## **St Patrick's College Jaffna OBA Melbourne**

### **Nomination Form**

#### **Nomination for the election of Office Bearers, Committee & Panel Members for the Patrician year 2015/2016**

Full Name of Nominee : .....

Position Nominated for: .....

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

#### **To be completed at the AGM**

Full Name of Proposer: .....

Signature: ..... Date: .....

Address: .....

Full Name of Secunder: .....

Signature: ..... Date: .....

Address: .....

### Rector's X'mas message to Patricians worldwide

It is my great joy to greet all Patricians on the occasion of the X'mas The real meaning of Christmas is Emmanuel, God with us. God coming down to us, seeking us out, bringing forgiveness, healing, comfort, moral strength, guidance. Each one of us has deep down in our souls, an incredible longing for purpose and meaning in life, to feel and to celebrate the redeeming, forgiving, sustaining love of God, and to be in the presence of God. This is why Christmas is so special to us, because it reminds us that God is indeed with us. He cares for us at all times and we are also called to be a sign of God's presence to others around us. By our good deeds of charity, we can be worthy witness to his abiding presence to those around us.

#### **Here in Jaffna, we were able to progress to a certain extent in 2014**

At the Grade 5 Scholarship Examination, 35 students out of 103 obtained above 150 marks out of 200 and become eligible for Government Bursary as they proceed to Grade 6 and up to Grade 13. This is the biggest number in the last 25 Years. 97 students passed the exam and obtained the Ministry certificates. At the Ordinary Level exam held in December 2013, 81% of students qualified for Advanced Level. In Bilingual Stream 95% passed, 3 students obtained 9A (Distinctions) and 11 students obtained 5 or more Distinctions. At the Advanced Level Examination, August 2013, 50% of candidates qualified for University Admission.

❖ A new Turf Pitch was opened in October 2014 at St. Patrick's College grounds. The Under 19 Cricket Team became the Runner up Team in the Northern Province. The Under 14 Football Team got third Place at Divisional Level. The Under 15 Football Team went up to the quarter final of the All Island School Football Tournament. The Under 16 Football Team became Divisional Champions. The Under 18 Football Team is qualified for Zonal Level Tournament. The Under 19 Football team became 2<sup>nd</sup> Runner up at the JSSA Tournament. The Under 10 Mini Tennis Group went up to the quarter finals at the All Island Mini Tennis Competition. In Athletics, Patricians secured 2 First places, 2 second places and 3 Third places at Provincial Level Sports competition. Three New ground records were established at Inter-House Athletic Meet in High Jump (2) and 400 metres Race (1) at School Level.

The Primary Building Project is nearing completion. We are deeply grateful to those Patricians who are contributing to this great need. In January 2015 we will start using the ground floor for Grade One Classes. I wish you all the Compliments of the Season. May the New Year 2015 be an year of Many Blessings to you all. *Rev. Fr. M. Jero Selvanayagam*

## *Notice Board*

### *Cricket & Family Day*

#### **Cricket, Rounders, Tennis & Hopper Lunch**

Australia Day cricket match, preceded by a 'Hopper Lunch' will be held on **Sunday, 25 January 2015** at **Wattle Park**, 1012 Riversdale Road, Burwood (Melway ref: 60 J2)

- **Time: 11.00 am** - Hopper Lunch to be followed by cricket and rounders matches and the proposed tennis tournament.

It is a fun day for all members of the family. Cricket match, Tennis tournament and rounders for the ladies, and "Noodles the Clown" for the kids. Trophies to be presented to all winners and teams at the proposed St Patrick's Day celebration lunch. Please come prepared!

Members and families wishing to participate in the cricket match (T20 format) , please contact Jeyandra on 0404 108 659 or Noel on 0421 839 197. Those interested in participating in the tennis tournament, please contact Dilip on 0419 883 271.

**Cost: Hopper Feed - \$10 for adults & \$5 for children**

#### **SPC Jaffna OBA—Melbourne**

**Current paid members:.....26**

**No. of Patricians in Vic : .....144**

**Annual Membership : ..... \$20.00**

**WEBSITE: [www.spcaustralia.com](http://www.spcaustralia.com)**

**EMAIL: [secretary@spcaustralia.com](mailto:secretary@spcaustralia.com)**

*Merry Christmas*

*and*

*Happy New Year*

*To all Patricians, your families and loved ones.  
May the Prince of Peace dwell amongst us and  
bring happiness to all. May we rejoice in His  
love and walk in His light.*