

# St Patrick's College Jaffna Old Boys Association

Melbourne, Australia

Established 1992



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

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Newsletter 46

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

September 2024



## Our Objectives

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

**Fide et Labore**  
**Faith and Labour**

**“A saint is not someone who never sins, but one who sins less and less frequently and gets up more and more quickly.” — St. Bernard**



## President's Message

Dear Patricians

I am delighted to reach you again via this newsletter. Melbourne OBA has been on an exciting journey for the past 18 months. We have been building on the amazing work the previous committees have accomplished. We continue to grow our OBA as a strong, cohesive organisation with a relatively strong financial position. We celebrated Patrician Nite 2023 in style and came together and shared our Patrician spirit at St Patrick's Day 2024 celebrations. We celebrated our friendship over some casual dinners and challenged our physical and mental agility over a friendly cricket game at our Family Fun Day. I am very proud to say that the current committee, with your support and assistance, has accomplished two of the 3 aspirational goals that we set for ourselves at the start of our tenure. We will now be focusing on our third goal of creating a scholarship fund.

As we prepare to celebrate Patrician Nite 2024, I am thrilled to inform you that our former rector Rev Fr Bernard will be attending as the chief guest. It is our honour and privilege to welcome him to Australia and the Patrician Nite. I invite all the members to once again support your OBA by purchasing your tickets, sponsoring the event, or making a donation. I promise this will be an event to remember for many years.

I would also like to urge you all to attend the following associated events, if possible.

1. Casual catch-up Dinner with Fr Bernard on Friday the 4th of October. See separate page for details. Please let us know if you would like to attend by contacting our committee, as numbers

are limited and we will need to pre-book.

2. Sunday mass at 5.00 pm on the 6th of October at St Damian's church, Bundoora, concelebrated by Fr Bernard and Fr Yogarajah. This will be followed by a meet & greet with Fr Bernard over some refreshments. Please come and say hello.

Thank you all for your continued commitment and support. It is very much appreciated. Hope to see you all at the above events.

May the blessings of St Patrick be with you and your families.

**Jenith Jesuthasan**

President

## Office Bearers and Committee Members 2024-25

**President - Jenith Jesuthasan**

**Vice President - Fredy James**

**Secretary - Parthiban Vivekanandan**

**Assist. Secretary - Berchmans Tennakone**

**Treasurer - Anton Sivapragasam**

**Assistant Treasurer - Richman Mangalanayagam**

### **Committee Members:**

Angelo Fernando, Clero Theonis, Dr Hutchinson

Thurairajah, Jeyandra Antonipillai, Noel Rajiv,

Raj Niruban Vimalathan, Dr Sanjeev Alfred and

William Nimalraj.

### **Support Group:**

Anandarajan James, Antony Gratian (Editor), Chrysostom

Gunanayagam, Dr Florentine Singarayar, James Joseph,

Jeevaranjan Fernando, Patrick Rajaratnam and Philip

Ravindraraj.

**Patrician Nite 2024 will be held on Saturday, 5th October.  
See Page 2 for details.**

# Patrician Nite 2024

Dear Fellow Patricians!

This year we will hold our annual get-together on **Saturday, 5 October, at the Palmyra Hall, Dandenong**. As you are aware we are fortunate to host the **former Rector of our College (1992 - 2002) - Rev Fr Bernard** - at this function.

Fr Bernard will also say **Holy Mass** for Patricians and families on **Sunday, 6 October, at St Damian's Church, Bundoora**, after which you can join him for an afternoon tea.

**'Patrician Nite' has always been a joyful event for reviving comradeship. We hope all Patricians will support this once-a-year event.**



St. Patrick's College Jaffna,  
Melbourne OBA

## Patrician Nite 2024

Guest of Honour:  
Rev. Fr. A.I. Bernard. (Rector 1992 - 2002)

VTCC - Palmyra Hall  
44, Lonsdale St, Dandenong VIC 3175

**Saturday, 05th October 2024**  
6.30 p.m. till late

Musical Entertainment: EETees band (Elmo), DJ (Damian)

Children's Entertainment

Dress: Smart Casual	Anandan - +61 431 571 066
Food: Sri Lankan	Thenna - +61 430 657 736
Catering: Mangotree	Jenith - +61 400 565 216



## Fr Bernard's Visit - Details of 3-day events

Fr Bernard is visiting Melbourne from Oct 4 – 6 and will be attending events the OBA has organised during these days. Fr Bernard studied at the College from 1956 to 1963, was Prefect of Studies in 1973 and again from 1989 to 1992, and Rector from 1992 to 2002. Many of our members would know him personally and this is an opportunity to meet with him and reminisce about the good old days.

Details of the events are as follows:

**Friday Oct 4** - Buffet Dinner at **Watergardens Hotel**, 431 Kings Road, Taylors Lakes 3038.

**Time: 6.00 - 8.00 pm.** Numbers need to be confirmed in advance and so, please call or text me on 0449 826 776 if wishing to attend.

**Expected Cost - \$55 approx** (depending on numbers).

**Saturday Oct 5** - Patrician Nite 2024 - **Palmyra Hall**, 44 Lonsdale St, Dandenong 3175

**Time: 6.30 pm till late.** Tickets are with the Committee members. **Children under 12 attend free of charge.** If you have not been contacted as yet, please text or call me.

**Sunday Oct 6** - Holy Mass concelebrated with Fr Yogarajah - **St Damian's Church**, 5, Settlement Road, Bundoora 3083 (followed by a light meal at the Parish Hall - Dunlop Hall)

**Time: 5.00 pm**

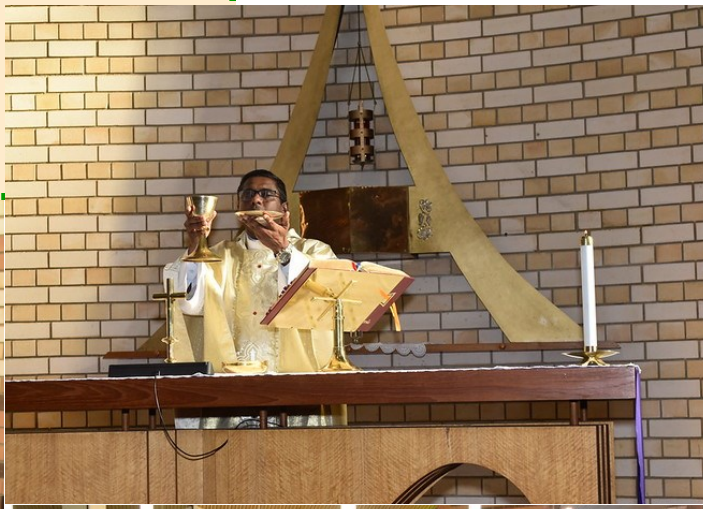
**Thank you and hope to see you at all or one of these events.**

Parthiban Vivekanandan, Secretary, SPCOBA Melbourne

# St Patrick's Day celebrations

16 March 2024

St Clare Church  
Box Hill North



## Reflections – மனித நேயம்

அன்பும் பண்பும் கொண்ட சமூகத்தை உருவாக்குவதற்கு அடிப்படை நியதியாக இருப்பது மனித நேயம். மனிதநேயம் எவ்வாறு தொழிற்படுகிறது என்பதற்கு இதோ ஒரு கற்பனைக் கதை.

ஒரு புனிதர் நரகத்தில் என்ன நடக்கிறது என்பதைப் பார்வையிடச் சென்றார். அங்குள்ள காட்சி அவரைத் திகைக்க வைத்தது. அது உணவு நேரம். உணவு இருந்தும் உண்ண முடியாத நிலை. ஏனெனில் இறைவன் அவர்களது கரங்களை நீட்டி இருந்தார். கைகளை மடக்கி உணவை வாய்க்குள் திணிக்க முடியாதிருந்தது. பலரும் உணவைத் தாங்களே தங்கள் வாய்க்குள் எறிந்து கொண்டிருந்தனர். முகம் தலை எங்கும் உணவு அப்பிக்கொண்டிருந்தது. சிலர் உணவைக் கொட்டிவிட்டு நாவினால் நக்கிக் கொண்டிருந்தனர். பசி அதிகரிக்க சண்டைகளும் வாக்குவாதங்களும் அதிகரித்து ஒரே கபளீகரமாக இருந்தது. பின்பு அந்த மனிதர் சொர்க்கத்திற்குச் சென்று பார்வையிட்டார். அங்கே உள்ளவர்களுக்கும் கரங்கள் நீண்டுதான் இருந்தன ஆயினும் அங்கு அமைதி நிலவியது. காரணம் உணவை ஒவ்வொருவரும் மற்றவருக்கு ஊட்டிக் கொண்டிருந்தனர்.

கதை அருமையாக இருக்கிறது. இது சாத்தியமா? எமது இனம், மொழி, மதம், சாதி சார்ந்தவர்களைத் தாண்டி மனித வர்க்கத்தை நேசிக்க முடியுமா? மனிதவர்க்கத்தை விடுங்கள், முன்பின் அறிந்திராத ஓர் அந்நியனை நேசித்து உதவிக்கரம் நீட்டமுடியுமா? உண்மையான கடவுளையும் அவருக்கும் மனிதனுக்குமான உறவையும் அறிந்து கொண்டால் இவை எல்லாம் சாத்தியம் என்பதே இயேசுவின் போதனையின் சாராம்சம்.

மறைநூல் சட்ட வல்லுநர்களுள் ஒருவர் இயேசு நன்கு பதில் கூறிக் கொண்டிருந்ததைக் கண்டு, அவரை அணுகி அனைத்துக் கட்டளைகளிலும் முதன்மையானது எது என்று கேட்டார். அதற்கு இயேசு, மிக முக்கியமான கட்டளை எது என்றால், "நம் ஆண்டவராகிய கடவுள் ஒருவரே ஆண்டவர். உன் முழு உள்ளத்தோடும் முழு மனதோடும் முழு ஆன்மாவோடும் முழு வலிமையுடனும் உன் ஆண்டவராகிய கடவுளிடம் அன்பு கூர்வாயாக என்பதே. இதற்கு அடுத்த கட்டளை என்னவெனில், உன்மீது நீ அன்பு கூர்வது போல் உனக்கு அடுத்திருப்பவர் மீதும் அன்பு கூர்வாயாக. இவற்றைவிட மேலான கட்டளை வேறு எதுவும் இல்லை" என்றார். (மாற்கு 12:28-31)

இயேசு நாம் இரண்டுவிதமான அன்புத் தொடர்பை பேணி வளர்க்க வேண்டும் என்று அறிவுறுத்துகிறார். ஒன்று இறைவனுடனான மேல் நோக்கிய அன்புத் தொடர்பு. மற்றது மனிதனுடனான கிடை நோக்கிய அன்புத் தொடர்பு. அதுதான் அயலவர்களை நோக்கிய அன்பு! நான் இராணுவ முகாமிலிருந்து ஞாயிறு பூசைக்காக தலைநகர் மஸ்கட் (ஓமான்) நோக்கி பஸ்ஸில் செல்கையில் அருகிலிருந்தவருடனான உரையாடலின்போது "நீ உன்னை நேசிப்பது போல் உன் அயலானையும் நேசி" என்று இயேசு கூறியிருக்கிறார். இது எப்படி சாத்தியமாகும், இது முடாஸ்தனமாக உங்களுக்குத் தெரியவில்லையா? என்று கேட்டார். இல்லை, கடவுள் எமது தந்தை என்பதை முழுமையாக விசுவாசிக்கும் போது மானிடவர்க்கம் அனைத்துமே அவரது பிள்ளைகள் என்றாகிவிடுகிறது. இதன் காரணமாகத்தான் இலங்கையில் அகோரமான எறிகணைச் சண்டையின்போது சுவிஸ் நாட்டு செஞ்சிலுவைச் சங்கத்தினர் மக்களோடு மக்களாக இடம் பெயர்ந்து சேவை செய்கிறார்கள். இவர்களால் அந்நியரை நேசித்து சேவை செய்ய முடியுமென்றால் எம்மால் முடியாதா என்ன? சக மனிதர்கள் மீதான அக்கறையும் சமூக விழிப்புணர்வும் இல்லாமல் ஒரு மேன்மையான சமூகத்தை உருவாக்க முடியுமா? என்றேன். அவர் பதில் கூறவில்லை. யோசனையில் ஆழ்ந்தார்.

"அயலானை நேசி" என இயேசு கூறும் அயலான் யார்? எமது அடுத்த வீட்டுக்காரரா? இல்லை! எமது உதவியை நாடி நிற்கும் எவரும் எமது அயலான் என்றே இயேசு எமக்குப் புகட்டுகிறார். அந்த அயலான் வேறு இனம்-மதம்-சாதி சார்ந்தவராக இருக்கலாம் என்பதை ஓர் உவமை மூலம் அற்புதமான முறையில் விளக்கமளிக்கிறார். அதுதான் 'நல்ல சமாரித்தன்' உவமை. (லூக்கா 10:30-35)

**Editor: முகாமைத்துவமும் மனித மாண்பும் (இயேசுவின் வழியில்) எனும் நூலிலிருந்து எடுக்கப்பட்டது. நூலாசிரியர்: ஜேம்ஸ் அகஸ்தி**

*We are the hands of Christ, reaching out to those in need  
The face of God for all to see  
We are the spirit of hope, we are the voice of peace  
So, go make a difference in the world*

<https://www.youtube.com/watch?v=WDjQEoItGzQ>

Songwriters: Steve Angrisano / Thomas N. Tomaszek

# You can (and should) stop charging your phone when it hits 80 percent

How to make sure your Android smartphone battery stays in good shape.

By [David Nield](#)

Popular Science

Posted on Jul 31, 2024

[EXTRACT](#)



You don't necessarily want your phone charging up all the way. *Image: [De an Sun/Unsplash](#)*

Plugging in your phone before bed and letting it charge up overnight is a nightly ritual for many of us. But it's actually better for [long-term battery health](#) if you're not hitting 100 percent every recharge.

With that in mind, phone makers have started to add tech that manages battery charging more carefully. In the case of Android handsets, that means being able to get custom alerts at certain charging points, such as 80 percent.

You've got a few different options, depending on the make and model of your phone. We'll concentrate on [Google Pixel](#) and Samsung Galaxy phones, but if you have another type of handset, there might well be something similar you can do. You can also [set up 80 percent charging on your iPhone](#).

## The science of not charging your phone fully

It's perfectly safe to keep your phone charged up to 100 percent every time you connect the charger, and you're not going to break it or cause an explosion. But because of the way lithium-ion batteries work, in terms of their long-term health, something around 80-85 percent is the sweet spot when it comes to getting the most out of them.

Essentially, it's just a process of [chemical aging](#), and it's something [Samsung](#), [Apple](#), and others all talk about when it comes to their gadgets. If you're still charging a phone when its battery is already at capacity, it's a little bit like pouring more water [on an already saturated sponge](#), and it means the battery is going to wear out faster.

As the years have gone by, lithium-ion batteries and the phones they're attached to have become better at managing this stress themselves, and limiting its impact. However, there are still steps you can take to keep your phone battery in a healthier state for a longer period of time—and limiting full charges is one of those steps.

## The setup

If you're on a Pixel phone, open Settings then tap **Battery** and **Adaptive Charging**. Enabling this feature means your phone will learn from your routine, and only fully charge the battery when you really need it (on days when you typically go the whole day or longer without a recharge, for example).

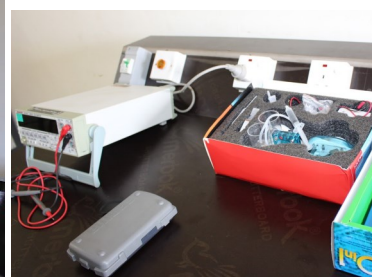
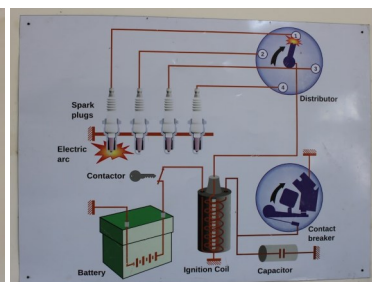
On Galaxy phones, if you select **Battery** and then **Battery protection** from Settings, you'll see there's the same **Adaptive** option. You can also pick **Maximum**, which means your phone will never charge above the 80 percent limit—so bear that in mind when deciding when to switch to this mode.

Another option on Galaxy phones is to keep your phone charging as normal, then get an alert to tell you when it's reached 80 percent – so you can decide whether or not to continue charging. To get started, open Settings, then tap **Modes and Routines**. Tap on the + (plus) button in the top-right corner to create a new routine.

Pick **Battery level** as the trigger, and set the routine to activate when the level reaches 80 percent or above.

**For full article visit:** [You can \(and should\) stop charging your phone when it hits 80 percent | Popular Science \(popsci.com\)](#)

**Engineering Lab photos taken by Jenith Jesuthasan, OBA President, during a recent visit to the College.**



# Narcissism and Self-Esteem Are Very Different

**Narcissism and self-esteem have very different developmental pathways and outcomes.**

*Scientific American*

Scott Barry Kaufman

Published October 29, 2017 (Abridged version)



As the mythology goes, Narcissus fell in love so much with his own reflection in a pool of water that he was unable to do anything else but admire himself. Eventually, he withered away and died staring at his reflection. Did Narcissus have excessively high self-esteem? Was that his main issue? Or was it something else?

For many years, psychologists and the media alike have treated narcissism as representing "inflated self-esteem", or "self-esteem on steroids". In the past few years, however, there have been some serious challenges to this view. The latest research suggests that narcissism differs significantly from self-esteem in its [development, origins, consequences, and outcomes](#). This has important implications for our understanding of narcissism, and for interventions to increase healthy self-esteem.

## Origins

Both narcissism and self-esteem start to develop around the age of 7. At this age, children draw heavily on social comparisons with others and start to evaluate themselves along the lines of "I am a loser", "I am worthy", or "I am special". [Children come to view themselves as they perceive they are seen by others](#).

Whereas self-esteem tends to be at its lowest in adolescence, and slowly increases throughout life, [narcissism peaks in adolescence and gradually declines throughout the lifespan](#). Therefore, the development of narcissism and high self-esteem show the *mirror image* of each other throughout the course of human development.

The development of self-esteem and narcissism are also influenced by [different parenting styles](#). Narcissism tends to develop in tandem with *parental overvaluation*. Parents who raise children who exhibit high levels of narcissism tend to overclaim their child's knowledge (e.g., "My child knows everything there is to know about math"), overestimate their child's IQ, overpraise their child's performances, and even tend to give their children a unique name to stand out from the crowd. Eventually, the child internalizes these self-views, and they unconsciously drive the child's interactions with others.

In contrast, high self-esteem develops in tandem with *parental warmth*. Parents who raise children who exhibit high levels of self-esteem tend to treat their children with affection, appreciation, and fondness. They treat their children as though they matter. Eventually, this parenting practice leads to the child internalizing the message that they are worthy individuals, a core aspect of healthy self-esteem.

## Outcomes

The prototypical grandiose narcissist is characterized by arrogance, superiority, vanity, entitlement, exploitativeness, exhibitionism, and the incessant need for acclaim from others. Those scoring high on measures of self-esteem, however, tend to feel satisfied with themselves but do not necessarily see themselves as superior to others.

For instance, the most widely administered test of self-esteem – the Rosenberg Self-Esteem Scale – has items such as, "On the whole, I am satisfied with myself", "I feel that I have a number of good qualities", and "I am able to do things as well as most other people." These items are not about being superior to others, but about having a healthy level of self-worth and self-competence.

(Continued from page 7)

As Rosenberg put it, "When we deal with self-esteem, we are asking whether the individual considers [themselves] adequate-- a person of worth-- not whether [they] consider [themselves] superior to others."

While narcissism is positively correlated with self-esteem, the association is actually small. This suggests it's possible to think you are superior to others, but still not view yourself as a worthy human being. On the contrary, it's possible to think you are worthy and competent without thinking you are better than others.

A very interesting research paper (Narcissism and self-esteem: A nomological network analysis) clearly shows, among other things, that narcissists are much more driven to get ahead than to get along. Narcissism is associated with the need to dominate others and the need to achieve superior resources. In contrast, high self-esteem is much more associated with the desire to establish deep, intimate relationships with others.

### Should We Be Trying to Raise Self-Esteem?

I view self-esteem boosts like taking a vitamin. If you are very deficient in self-esteem, there are really important consequences for health outcomes. For instance, low self-esteem is a significant risk factor for depression, regardless of whether or not one is narcissistic. However, once a person has a basic level of healthy self-esteem, the constant pursuit of self-esteem can be very costly. When our goals are to validate our self, or to constantly feel good about ourselves, rather than to learn and grow, we actually undermine our learning, relationships, authenticity, ability to self-regulate our behavior, and mental and physical health.

It seems that a better alternative, once you have a sufficient belief in your self-worth, is to focus on accomplishing challenging, valued activities and fostering your relationships. Let authentic pride and strong positive feelings about oneself be the *natural outcome*, instead of driving force. To get you through the difficult times and self-doubt, work on increasing your self-compassion, not self-esteem.

Hopefully through our understanding of the different pathways of narcissism and self-esteem, we can have a more realistic understanding of the impact of raising self-esteem, and can target practices to help people make sure they are increasing their self-esteem in the most healthy, productive, genuine, and authentic fashion.

*This is an abridged version of the post originally appeared in Scientific American and was published on October 29, 2017.*

**For full article visit:** [https://getpocket.com/explore/item/narcissism-and-self-esteem-are-very-different?utm\\_medium=](https://getpocket.com/explore/item/narcissism-and-self-esteem-are-very-different?utm_medium=)

தற்புகழ்ச்சி பற்றிய குறள்கள்: (978), (979):

பணியுமாம் என்றும் பெருமை சிறுமை  
அணியுமாம் தன்னை வியந்து



பெருமையுடையவர்கள் எக்காலத்திலும் பணிவுடன் நடந்துகொள்வார்கள். ஆனால் சிறியோர் தம்மைத் தாமே புகழ்ந்து கொள்வார்கள். எனவே தற்புகழ்ச்சி என்பது சிறியோரின் குணம்.

பெருமை பெருமிதம் இன்மை சிறுமை  
பெருமிதம் ஊர்ந்து விடல்

தற்பெருமை பேசாதது பெருமை. தற்பெருமையின் எல்லைக்கே போய்விடுவது சிறுமை.



# St. Patrick's College, Jaffna

முத்தமிழ் விழா 2024 – 19 September 2024



Tamil Day  
2024 September 19



Tamil Day  
2024 September 19



Tamil Day  
2024 September 19



தனிநாயாகம் அடிகள் முத்தமிழ் மன்றத்தின் முத்தமிழ் விழா, கல்லூரி மத்தியூஸ் மண்டபத்தில் மன்றத் தலைவர் செல்வன் வி. டெபானோ தலைமையில் நடைபெற்றது. பிரதம விருந்தினராக திரு.தி.தர்மலிங்கம் (பிரதிக் கல்விப் பணிப்பாளர், தீவக கல்வி வலயம் ) அவர்கள் கலந்து சிறப்பித்தார். இந்நிகழ்வின் போது "மந்த மாருதம் இதழ் - 5" வெளியீடு செய்து வைக்கப்பட்டது. நூலின் முதற் பிரதியை திரு. ம. சுவரின் எட்மன் (பழைய மாணவன்,லண்டன்) அவர்கள் பெற்றுக்கொண்டார். வெளியீட்டு உரையை திரு. கீ. கியோமர் (பழைய மாணவர், பிரதி அதிபர் கிளி/தர்மபுரம் மத்திய கல்லூரி) வழங்கி சிறப்பித்தார்.

Source: St. Patrick's College, Jaffna, Facebook



Tamil Day  
2024 September 19



## இங்கிலீஸ் படிப்போமா?

### What does *wsg* mean?

*Wsg* is an acronym that stands for “What’s good?”

*Wsg* is used as a shorthand for the phrase “What’s good?” to ask other people how their life is going. You might also ask “What’s up?” or “How’s it going?” *Wsg* has the same meaning as “What’s good?” and is used in all of the same situations.

Like many other abbreviations, *wsg* is commonly used in informal writing, especially in texting and on social media. Example: *Chilling on the beach with my fam. wsg with yall? #springbreak*

The acronym *wsg* as a shortening for “What’s good?” seems to have emerged around 2019 or 2020. *Wsg* seems to have been popularized through social media platforms that were commonly used at the time, particularly TikTok, Snapchat, and Instagram. *Wsg* is most commonly used by younger people in texting or on social media. It is used to ask other people how they are feeling or how their life is going.

Courtesy: <https://www.dictionary.com/e/acronyms/wsg/>

### Why the National Security Agency (NSA) advises you to turn off your phone once a week?

Written by [Lance Whitney, Contributor](#)—ZDNET—Sept. 19, 2024

Powering off your phone regularly, disabling Bluetooth, and using only trusted accessories are just a few of the NSA’s security recommendations. Here’s what else to know.

Your pricey smartphone can be hit by a host of security threats, from [phishing](#) to [malware](#) to [spyware](#). All it takes is one successful attack to clobber your phone, compromise your data, and even steal your identity. So, how do you protect yourself?

In a [Mobile Device Best Practices report](#), the NSA serves up a variety of tips designed to thwart hackers and attackers from assaulting your mobile device. One method is as simple as turning your phone off and on.

[Spearphishing attacks](#) can target your phone to install malware, while [zero-click exploits](#) can infect your device without any interaction on your part. **The NSA’s advice?** Power your phone off and then back on at least once a week. This simple action can make it more difficult for hackers to steal information from your phone, though the agency cautions that this will not always prevent an attack.

<https://www.zdnet.com/article/the-nsa-advises-you-to-turn-off-your-phone-once-a-week-heres-why/>

### Words of Wisdom

“In matters of style, swim with the current. In matters of principle, stand like a rock.”

— Thomas Jefferson



Two things to remember for a happy family life.

Swimming with the current means being willing to compromise or acquiesce in matters of taste or opinion. Choosing to go along to get along in areas that aren’t really that important.

But standing like a rock means standing firmly upon the truth, even when it’s unpopular to do so. Doing what is right, no matter who may oppose you. Not budging an inch on the things that truly matter.

**The trick comes in discerning which is which.**