



# SILVERSCENE

Founded 1970      Newsletter of the Silver Fawn Club Inc.      May/June 2007

Website: [silverfawn.com](http://silverfawn.com)

Email: [silfawn1@bigpond.net.au](mailto:silfawn1@bigpond.net.au)

## President

Davenal Flanderka  
44 Newcomen Street, Indooroopilly 4068  
Ph: 3878 1667

## Vice President

Neville Shedden  
5 Lynanda Court, Rothwell 4022  
Ph: 3204 8075

## Vice President

Sidney Shedden  
20 Ferris Street, Caboolture 4510  
Ph: 5495 2072

## Honv. Secretary

Susan Fahir  
40 Merlin Terrace, Kenmore 4069  
Ph: 3878 4782

## Asst. Secretary

Neela Matthews  
39 Greenwood Crescent,  
Samford Valley 4520  
Ph: 3289 7324

## Hony. Treasurer

David Tambyah  
4 Littler Street, Sunnybank 4109  
Ph: 3344 4216

## Asst. Treasurer

Andy Weerasinghe  
1 Jorgie Close, Eight Mile Plains 4113  
Ph: 3841 5757

## Club Captain

Colin Kellar  
7 MacFarlane Street, Kippa Ring 4021  
Ph: 3885 2377

## General Committee

Ruvan Dharmaratne  
41 Anise Street, Wishart 4122  
Ph: 3349 2105

Marie Kronenberg  
48 Laysan Street, Taigum 4018  
Ph: 3216 2347

Claude Gonsalves  
57 Parklands Circuit, Boondall 4034  
Ph: 3265 4791

Ben Simmons  
148 Alison Road, Geebung 4034  
Ph: 3633 0098

## Honv. Solicitor

Trilby Misso  
1 Redcliffe Parade, Redcliffe 4020  
Ph: 3883 8888

## Thoughts from the President

### Past Thoughts:

**The CAMP:** Margot and I attended the Camp after a lapse of two years and it was a wonderful weekend that we enjoyed with the members and guests. The meals were as usual of a high standard thanks to the excellent chefs, while the entertainment and sports programme enabled everyone from the young to the not so young to have an enjoyable and rewarding stay. A big thank you to Gerard Fernando and his team who left no stone unturned to provide a great weekend.

**Curry night-** Another successful evening, Colin Kellar the Chairman of the event, commented before the night, that we could expect about 60 members and guests, but the evening was a resounding success with a gathering of about 120. The dinner of Stringhoppers was excellent and the music by Ty Fox set the mood for a wonderful evening.

### Present Thoughts:

**37<sup>th</sup> Anniversary Dance** – This is a big day in the Club's history as it was in this month the Club was founded in a founder member's home with a very small membership and now 37 years later it has grown to a membership of 350, having premier events and functions in Hotels and Halls, and a Clubhouse (Ithaca Bowls Club), where members can meet. To the founder members and all past members who helped to build our Club A VERY BIG THANK YOU.

I would be pleased to see all of you at the Dance on the 30<sup>th</sup> of June, at our Clubhouse - Ithaca Bowls Club. Two bands "Cool Daddies" and your favourite "Stardust", will be in attendance and a delightful meal served by our famous chef Roseanna, should make it an enchanting evening.

### Future Thoughts:

The Newsletter gives you the proposed programme of events, but I would like to seek your attention especially to the North side/Southside Cricket Match and Food Fair, a date to be finalised, which will be like days of old, with food stalls serving delicious food and bring and buy stalls. A day you should not miss.

The other night of interest is the Fancy Dress Nite, which last year catered to 190 members and guests. After witnessing the interesting costumes at the Camp's Hawaiian nite, the Club is looking forward to having a larger gathering, with everyone wearing a costume and making the fun filled evening the best in the Club's history.

Finally I would like to request members to bring at least one guest with them, for the forthcoming dance, so that they can enjoy the friendship and Comradeship of YOUR Club, with the hope of joining as members in the future.

Yours sincerely,

Davenal

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## RENEWAL OF MEMBERSHIP

Membership fees expired on 31st January 2007.

Please send your renewals for 2007/08 without delay.

A form is available on page 19.

### NEW MEMBERS

Please note that new members will only be entitled to enjoy member benefits upon acceptance of their Application Form at an ensuing Committee Meeting.

Membership fees are from 1 February 2007 to 31 January 2008 and not for 12 months from date of payment.

## SILVER SCENE

Please note that this will be the last issue of the Newsletter which will be mailed to members who have not renewed their membership for this financial year.

To continue enjoying members rates at Club functions and receive the Club's Newsletter, please renew your Membership.  
A Membership Subscription Form can be found on page 19.

### MEMBERSHIP CARDS - 2007

**Please find your Membership Card on page 3.**  
**A number of financial members who attended functions this year may have already received their Membership Cards.**

**If you are a current financial member and have not received your Membership Card, please contact Susan Fahir on 3878 4782 (a/h).**

Silver Scene is the official Newsletter of the Silver Fawn Club Inc. and is published at least six times a year. Members are invited to submit any item of interest to be included in the Newsletter. Any items submitted will be published at the discretion of the Management Committee. Articles may be edited for length and clarity.

The President and Committee of the Silver Fawn Club Inc., do not necessarily share or endorse the views of writers of articles published in this or future Newsletters.

**Please address all correspondence to:**  
**Silver Scene, P.O. Box 1425, Carindale Qld 4152**

**DEADLINE Friday, 20th July 2007**

**(Items for inclusion in the next edition of Silver Scene should be submitted by this date)**



## Dates For Your Diary

June 30th	37th Anniversary Dance
August 18th	Fancy Dress Night & Dance Competition
August (TBA)	Northside/Southside Cricket Match & Food Fair
August 26th	Inter Club Cricket Tournament
September 8th	Have-A-Chat Party
September 9th	Tennis
September 29th	Karaoke Night
October 6th	Sri Lanka Association Dance
November 3rd	Club Night
December 1st	Golden Years Christmas Party
December 15th	Childrens Christmas Party & Carols
December 31st	New Year's Eve Dinner Dance

### 2008

January 18th	Have-A-Chat Party
February 16th	Valentines Night



## Letters to the Editor

Thank you to all who worked so hard to give us such an enjoyable "Have A Chat" Party on Friday. What a wonderful party it was, the best I have ever attended. We paid so little, and yet you gave us such a lovely time - meeting old friends and making new ones.

We had a beautiful morning tea, a sandwich followed by a huge piece of cake. You all had taken so much trouble, and then to give us lunch followed by fruit salad.

With kind regards  
Jean Pereira

MEMBERSHIP CARDS 2007

## ADVERTISING RATES

	Members			Non- Members		
	Newsletter	Website	Both	Newsletter	Website	Both
	\$	\$	\$	\$	\$	\$
Full Page	50.00	100.00	125.00	60.00	125.00	150.00
Half Page	30.00	60.00	75.00	35.00	75.00	90.00
Quarter Page	15.00	30.00	40.00	20.00	40.00	50.00
***Pay up front for 5 consecutive advertisements and receive the 6 <sup>th</sup> one free***						

## NEW MEMBERS

The Management Committee wish to extend a warm welcome to the following new members. We look forward to your support and patronage at our functions and hope you will have a long association with the Club and that you receive the same enjoyment and pleasure it has been able to provide to many of our members these past 37 years.



- ♦ Kim Bartholomeusz
- ♦ Damian Bartholomeusz & Sharon Simmons
- ♦ Jasmine Bartholomeusz & Joshua Nelson
- ♦ Andrew & Monica Buultjens
- ♦ Clement & Mavis Croner
- ♦ Lionel & Prasanthi Hettiarachchi
- ♦ Tony & Bridget Martenstyn
- ♦ Nimal & Nyanthi Perera
- ♦ Shane & Rachel Simmons
- ♦ Shannon Simmons



## *Club Chatter...*

Ramona Deutrom wishes to thank Susan, Neville, Sid, Davenal, Marie, the Committee of the Silver Fawn Club and all friends and relations for all their care, concern and prayers, phone calls, cards and expression of condolences in my grief and sorrow in losing my dear father, Lawrence Pereira, who I loved very much.

Dion Herft wishes to inform members that his mother, Margie Herft, wife of Noel and mother-in-law of Barbara passed away with dignity, on Friday 4th May, after a long battle with Cancer.





# SILVER FAWN CLUB



## Anniversary Dance

Saturday 30th June, 7.30 p.m.

Ithaca Bowls Club

22 Fulcher Road, Red Hill



Non-stop music  
with  
Cool Daddies &  
Star Dust  
Guest Artist  
Shane Simmons



Tickets:  
Members: \$ 27.50  
Guests: \$ 35.00  
Students: \$20.00

*Includes Buffet  
Dinner*

**Dress: Smart Casual**

**Drinks at Bowls Club Prices**

For Tickets contact:

Davenal Flanderka	3878 1667
David Tambyah	3344 4216
Susan Fahir	3878 4782
Neville Shedden	3204 8075

**Bookings close Tuesday 26 June. Book early to avoid disappointment.**

## 37th Anniversary Dance



**Non stop music will be provided by Cool Daddies and Star Dust.**

**Cool Daddies entertained the young and not so young at the New Year's Eve function. Music was enjoyed by all who attended.**

**Star Dust, Neville and Romany Shedden, who need no further introduction will also be providing music for dancing.**

**A buffet dinner will be provided by Roseanna Gerreyn.**

**Tickets have been reasonably priced as we would like to see as many of our members and their guests at this special function.**



### **FEAST OF OUR LADY OF MADHU ON 7<sup>TH</sup> JULY 2007** **MARIAN VALLEY, BEECHMONT ROAD, CANUNGRA**

#### **Sri Lankan Day at Marian Valley**

The Sri Lankan Community will celebrate the Feast of Our Lady of Madhu on Saturday, 7 July at the Marian Valley Church in Canungra - Gold Coast Map ref: 45J11. The celebrations will commence with recitation of the Rosary at 10:30am followed by the holy mass at 11:00am. After the mass, the statue of Our Lady of Madhu will be taken in procession to the Shrine. The festivities will conclude with a picnic lunch in the grounds. All are welcome to participate.

Enquiries: Marie Kronenberg on 3216 2347 (H) or 0403 085 738 (M).  
Marcella on 3279 1930 (H)  
Sunil 3376 6498 (H) or 0422 221 323 (M).

Those who would like transport to Marian Valley for the feast are requested to contact Marie on the above phone numbers as early as possible. She may be able to charter a bus if the numbers are sufficient.



#### **NORTHSIDE/SOUTHSIDE CRICKET MATCH & FOOD FAIR**

More details in the next Newsletter

(If you are interested in having a Food Stall  
please contact Susan Fahir on 3878 4782)

# The History Of The Silver Fawn Club

The need for organised Social Functions catering for the Ceylonese community in Brisbane was felt in many quarters and in Eric Ferdinands, we have a pioneer who organised a New Year's Eve Dance in Redcliffe in 1960. Following Eric's footsteps was Fred Foenander who organised Socials and New Year's Eve Dances on the Southside.

In 1969, a Committee consisting of Eric Ferdinands, Fred Foenander, Eustace Fernando, Frank Vander Straaten, Denis Noble, Ivor Ephraims, Stanley Anthonisz and Leslie Ephraims, was responsible for organising several socials and a very successful New Year's Eve Dance.

Early in 1970, at the request of many interested people and at the realisation of the above named Committee itself, it was decided that the Committee go ahead with plans for the formation of a Club. This Committee could be referred to as the founder members of the Club.

At a meeting of the founder members on the 30<sup>th</sup> May 1970, at the residence of Eustace Fernando, after much deliberation, it was decided to name the organisation "THE SILVER FAWN CLUB".

At the first meeting of the founder members of the Club held on the 10<sup>th</sup> June 1970, at the residence of Stanley Anthonisz, the following Office Bearers were elected for the charter year of the Club:

President	-	Eustace Fernando
Vice-Presidents	-	Eric Ferdinands Fred Foenander
Secretary	-	Leslie Ephraims
Treasurer	-	Denis Noble
Management Committee	-	Frank Vander Straaten Stanley Anthonisz Ivor Ephraims

The Office Bearers of the Club were presented to many prospective members at a dance held on the 13<sup>th</sup> June 1970, at the residence of Frank Vander Straaten and those interested were invited to join the Club.

At the end of the first year of the Club's existence, 108 members had been enrolled and this figure was doubled in the next year and the membership at present stands at over 350, the majority of which are family members. Apart from the three main dances held during the year several other forms of social entertainment is organised by the Club each year. Our main feature dance has traditionally been our New Year's Eve Dance, however through the years the Club has organised many functions such as Club Nights, Bus Trips, Car Rallies and Picnics, Sporting Tournaments, Christmas Carols, Concerts and Curry Nights to name just a few.

A Senior Citizen's Party to entertain senior members of the Club was introduced in 1981, with a name change to the Golden Years Party in 1984. Our popular Have a Chat Parties (Meet and Greet) commenced in 1987, with our Annual Children's Christmas Party commencing in 1970. These functions are still part of our social calendar each year.

In 1972, the Club extended its activities to Sports and a Table Tennis Tournament was conducted for members, which has proved to be a popular annual event. It also marked the entry of the Club in the Netball Tournament conducted by the Brisbane Netball Association. Our girls performed very creditably, winning the Premiership in 1973, being Runners Up in 1974, winning the Knock Out Tournament in the A Seniors in 1974 and finishing as Runners Up once again in 1975. However regretfully due to a lack of players we had to withdraw from the competition from 1976.

The Silver Fawn Cricket team entered the Q.C.A. Warehouse Division Cricket Tournament in 1973 and has acquitted themselves very well, becoming Premiers in 1974 and Runners up in 1976. Squash and Snooker Tournaments were introduced to the Club Activities in 1973 and Tennis and Carrom were added in 1975,

A feature of the Club is that it caters for members of all ages, creed or races and people of all walks of life, and it could be described as a family Club.

The Club has progressed from strength to strength through the years and was incorporated on 11 June 1987 giving endless hours of entertainment fellowship and enjoyment to all members. The Club is most fortunate that through the years the Committee has consisted of office bearers who have been very devoted, freely giving their time and best efforts.

A Club's existence depends not on the abundance of the things it possesses – a ground, a clubhouse, furniture and equipment, money in the bank, etc – but on the individual efforts of its members, living human beings. Give then, my fellow members, of your time, your energy, your specialised knowledge, your sporting talents to enable the Club to go on from strength to strength.



# Fancy Dress & Dance Competition

Saturday 18 August

Keep the date free

More details in the next Newsletter



## ***How'd you like to be a 'Rock Star' ?***

I am on the look-out to unearth all the hidden musical talent amongst our community and Club members to help me with a very special musical project.

### **IF YOU and/or YOUR KIDS:**

- play an instrument but have never played in a band before,
- sometimes 'dreamed' about the possibility of playing in one
- used to play in a band sometime in your past, be it a few years or many years ago, and you like to, once again
- always thought you were a pretty good singer/Guitarist/pianist etc but never really had the chance to test this theory
- like to sing, have sung before, in your church, school, etc and would like to 'have a go' once again,

I am interested in having a chat with you.

Remember, you're never too young or too old to be a 'Rock Star'. So, no matter what your instrument or playing or singing level is, this could be an opportunity to have some fun, improve your playing/singing, gain some great experience playing with other musicians and most importantly provide a lot of enjoyment to others.

***INTERESTED?*** If so please contact me on:

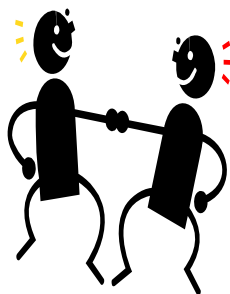
Mobile: 0408 414 973 (all hours) or

E-mail to [laurensz.manricks@team.telstra.com](mailto:laurensz.manricks@team.telstra.com)

Thanks and all the best  
Laurensz Manricks



## Have A Chat Party



The first Have A Chat Party for the year was held on Friday, 27th April at the Ithaca Bowls Club.

Approximately 50 members and guests attended this function and from previous numbers, this may be looked upon as a total success.

The morning began with a cooking demonstration, where the skills and ingredients necessary for the preparation of a seven layered savoury dip was shown in detail. In between sampling of the finished product, members enjoyed a lovely morning tea and some of our diligent members were busy selling Raffle and Bingo tickets.

The first game of Bingo was called by Gwen De Silva who was ably assisted by Ty Fox, and the first line winnings went to Lois Wijetunge and the house went to her husband Ivan. This routine was repeated in the very next game, which attracted some friendly jostling from the floor. In the next game however, their luck ran out and the pot was won by Gwen Wijetunge, and they kept it all in the family.

Lunch was next and all were treated to a sumptuous meal prepared by Pauline Shedden, Marie Kellar and Doreen Fernando, followed by dessert. After lunch, our traditional sing along, was launched first with Romany Shedden at the Piano, followed by the experienced Gwen Wijetunge. The singers were certainly in fine tune and refused to leave the floor for a very long time. Finally however, the function came to an end around 2.00 p.m. A good time was had by all.

## CLUB NIGHT

The first Club Night organized by the new Committee was held on Saturday 19th May. 119 members and guests attended the night. A Stringhopper dinner had many coming for "seconds". Dessert was something to be remembered - warm "Sticky Date Pudding" with ice cream was enjoyed by many and fruit salad and ice cream for those who were looking for something light. Music for dancing was provided by Foxy Music (Ty Fox). The ticket sellers, Claudia and Jessica Thambydorai should be applauded for the raffle ticket sales - a record collection. Congratulations.



Raffle prizes included a Bottle of Johnny Walker Black Label, a dinner for two donated by Hathi Indian Restaurant, Maroochydore and a Sri Lankan Food Hamper donated by Chrisaus Foods, Lawnton.

A good time was had by all.

Colin Kellar

# 2007 Camp Report

This year's Camp was held at Lake Perseverance from Friday 4th to Monday 7th May. It was a quiet start to the Camp on Friday night with a steady stream of campers arriving from time to time, which made the registration process fairly easy. Some of the well organised campers were warming up their home made dinners sending the aromas wafting through the main hall. Snags on the barbie were available for anyone who needed some dinner. There was no shortage of volunteers to operate the BBQ. After dinner disco music provided by Ruvan entertained the crowd. There was dancing, some singing and Karaoke and the die-hards went on till all hours.

English style breakfast was served on Saturday with plenty to go around, so that the campers could build up their energy reserves for the Sports Meet.

The Sports Carnival was dominated by the Blue team, but they got lucky, all the more athletic types got allocated to their team. As usual amidst the cheering and the booing and general organised chaos, the young crowd and the not so young crowd, all had a ball.

We would like to thank the Sports Committee and the participants for their enthusiasm in taking part in the day's events. The day was like our mini Olympics with events like 200 metre races, relays, lime and spoon, pole balancing, three legged races and tug of war.

Saturday lunch was Rice, Chicken Curry, Vegies and more. In the afternoon some played bingo, cards and indoor games, while others rehearsed for their concert items.

For dinner, Stringhoppers was on the Menu, which was enjoyed by all.

The Fancy Dress parade was outstanding as there were a lot of excellent costumes (the theme for the night being "Hawaiian), some very professional, some funny and others quite authentic. The winners were Sid Shedden and Niranjalie Silva.

Sid Shedden won a dinner for two donated by Sanjeeva Abeywardena, from Gandhi Curry House, Southbank and Niranjalie Silva won a dinner for two donated by Arjuna Rupasinghe from Pig 'N' Whistle, Riverside Centre. Our grateful thanks to Sanjeeva and Arjuna.

Music that night was provided by Star Dust, Neville & Romany Shedden with disco music provided by Ruvan for the young ones. As usual the 'stayers' went on till the early hours of the morning.

Breakfast on Sunday morning included Rottis, Kiribath, Stringhoppers, Curry and Katta Sambol with the children enjoying pikelets too. A Sunday Service was conducted by Rev. Karol Misso.

Sunday Lunch was Rice & Curry and Stringhopper Pillau.

The cricket match on Sunday was well organized by Herbie Tucker and his team, the umpires and the scorer also did a great job. Well done to all the players and supporters for making the match an enjoyable event.



## Camp 2007 (Cont'd) .....

After an Italian dinner it was time for the Concert which was enjoyed by all. Music for dancing was provided that night by Gerard & Aruni Cabala and Ruvan.

Our thanks go to:

- \* Gerard Fernando, for being the Camp Leader and bringing it all home to a very successful conclusion.
- \* The judges and the Start Master, Chris Bulner for making the day a fun filled one for those involved.

One of the most pleasing aspects of the Camp was that all Committee members worked together to make it all happen whether they were on the Camp Sub-Committee or not. There was no buck passing or finger pointing, if it needed doing someone was always there to make it happen. While we have tried to avoid giving individual accolades to Committee members it would be remiss of the rest of us not to acknowledge the efforts of Andy Weerasinghe. His Camp started at 4.00 am at the veggie markets and he was instrumental in preparing the rosters and registers.

Monday, was time to clean up and say good bye. Bags packed, Cabins cleaned and the hall and kitchen scrubbed, it was time to be on our way.



More pictures available on the Club's website ....[silverfawn.com](http://silverfawn.com)

## **CRICKET** (An article sent in by a Member)

Never Prouder of this Sri Lankan Team or to be a Sri Lankan Australian -(Harry Solomons)-

Sri Lanka lost the World Cup Final but won the hearts of cricket supporters from around the world.

Imagine this. A small, strife torn nation the size of a tear drop in a World Cup Final. Try to imagine further, Australia making a Football (what we call Soccer) World Cup Final. It has never happened and possibly never will. But little old Sri Lanka has been in two Cricket World Cup Finals. This small country, stricken by a cruel and unnecessary ethnic war, stricken by an endless array of corrupt and selfish Governments and politicians, stricken by eternal divisions within its own administration and cricket boards and with an economy and budget smaller than that of our own State of Tasmania makes two finals, wins one and is very worthy runner up in the next. Speaks volumes for the love of this game . . . speaks volumes for the talent . . . and speaks volumes for the resilient nature of this extraordinary cricket loving people.

Did you know that Cricket Australia is so wonderfully organised that there are programmes, administrators, coaches and development officers installed throughout Australia to administer cricket and keep Australia on top for the next 25 years?

It was no shame losing to this powerhouse cricket nation with a Powerhouse cricket team and then accepting defeat, as the Sri Lankan captain did, with dignity, with praise for the opposition, a smile still on his face and his head held high. After all at the end of the day, it was only but a game. Mahela Jayawardene made me so proud to be a SriLankan Australian. No, it was no shame to be a Sri Lankan in any part of the world!

On the cricket front when almost two and a half hours are lost at the start of the day, which was forecast to be threatening throughout, one did not need to be Einstein to work out that at least the last hour of cricket would be in darkness. Whether you are an Australia supporter or a Sri Lanka fan, the simple truth is that the Final should have been postponed until the next day for the sake of international cricket and a 'fair go' to either side.

For those of us who watched on television the images were good, but many spectators who had travelled from various parts of the world to be present at the ground and paid somewhere between \$12,000 and \$18,000 to do so, would be entitled to be very annoyed, because they would have witnessed the last hour of play and the Awards presentation in darkness.

By now, most of you will have read everything there is to know about the cricket and made your own assessments. Here is what I thought from the comfort of the hospitable Blue Elephant Restaurant enjoying my breakfast of Sri Lankan Kirribath, Stringhoppers, chicken and beef curry and an assortment of the islands best sambols, with a host of friends and cricket supporters.

A bad toss to lose for Mahela. The boot could have been easily have been on the other foot had he won this vital toss. Sri Lanka was never going to be in the hunt in a game reduced by 12 or 14-overs. Australia had the power hitters and Sri Lanka did not have the overs to use its wit and cunning. Batting second was never an advantage. Sri Lanka was never allowed in the prevailing conditions, to systematically go about accumulating the runs needed to win. The Duckworth Lewis system or the deteriorating wet wicket did not allow for it. Sri Lanka had the short end of the stick.

It was all about Gilchrist! And good luck to the Aussies... One can never knock a Champion, they come back to haunt you. Take Gilchrist out of the equation and it was certainly not an Australian Domination. Did I not warn you that Gilchrist was due a big one? . . . and "big" it certainly was!

Australia had the better of the conditions and again, good luck to them. One has to make ones own luck in situations like these and it was not be Sri Lanka 's day. Realistically, Australia was the best side in the World Cup and try as many Sri Lanka supporters might, one cannot argue against it.

Australia are now undefeated in 29 World Cup matches unbelievable statistics. They have four batsmen and four bowlers in the top 10 in this World Cup. Two very prominent members of this world beating team, Andrew Symonds and Michael Hussey, did not get an opportunity to show their wares to the world. Their substitute players, Brad Haddin (WK), Mitchell Johnstone, Brad Hodge and Stuart Clark would have made it into any other World Cup team bar Haddin, who would not displace Kumar Sangakkara in the Sri Lanka team, but yet would make it as a batsman.

Australia hardly. . . or possibly never, exposed its batting tail to the world in the Cup. Absolutely magnificent. But, Sri Lanka and Sri Lanka Cricket administrators have a lot to be very proud of: The team had a well planned preparation, a good Captain, Vice Captain, a worthy team selection, great Coach and back-up team. They are now a cricket power in the world. They left a mighty England, West Indies, South Africa, New Zealand, India and Pakistan in their wake - no mean feat.

Jayasuriya, Jayawardene, Sangakkara, Malinga and Muralitharan made World Teams (not always together), chosen by many of their peers including Sir Viv Richards, Mark Waugh and the great Glen McGrath. McGrath selected Jayasuriya, Muralitharan, Sangakkara and Aravinda de Silva in his all time great ODI team of opponents. No bigger or better credit can be afforded Sri Lanka Cricket than that.

Well said.... We in Sri Lanka have never been prouder of our Sri Lankan Team. WELL DONE BOYS!  
I do hope someone in the Team gets to read this.



### THE HUMBLE MURUNGA ..... Substitute for Viagra ???

I was given a couple of Murunga cuttings by a friend of ours some months ago. I propagated them and have now planted them in Roma Street Parkland. Our Sri Lankan terminology for this plant is of course ... 'Murunga' (Sinhalese), 'Murungkai' (Tamil) and 'Drumstick' (English). I was curious to find out what the botanical name was and checked this out on the internet ... *Moringa oleifera*.



The plant is said to be 'native' to India but is grown widely in Sri Lanka, Africa, Malaysia, Philippines, South America, Mexico and, of course, India itself. It grows well in Brisbane, and does best in a sandy, very well drained soil. It is very drought hardy, and would have to be ... for it is a very commonly grown tree in Tamilnadu in India.

Now I have always known that the Murunga is a very versatile component of Sri Lankan life, particular in cooking. I was amazed, however, when looking for the botanical name to find other uses for the plant as well that I had not known of.

A crab curry is not a typical 'Sri Lankan' crab curry without Murunga leaves in it, is it! The leaves are of course also used for a 'thel thala' (Stir Fry) and 'mallung' (What is the English term, by the way, for mallung?). The leaves are sometimes used in a 'kiri hothi' for added flavour ... and again, I am stumped for an English term for 'kiri hothi'. Milk Gravy, White Gravy? Gravy is more of a 'thickish' liquid though, isn't it? The pods are cut up and used in a 'Murunga Curry'. Now, please pardon my ignorance if I am wrong, but I believe it is used only as a 'white curry' in Sinhalese culture ... whereas I have tasted a 'red curry' of Murunga in northern Sri Lanka. Both are delicious. In discussing the subject at home, my mother-in-law tells me that the flesh of the Murunga pod was also used to make a 'salad' in Sri Lanka. Apparently the pods are boiled and the flesh is scraped out. This is then mixed up with onions, chillies and whatever to produce a 'Murunga Salad'. My wife seems to think that the leaves were also used as a poultice for fomentation. The leaves are boiled up, wrapped in a cloth and used as a 'Hot Foment'.

In looking up the botanical name on the internet I then came across some other uses of Murunga. I am amazed. It truly is a very versatile plant, and for many reasons as mentioned below this tree is now being very actively grown in the poorer countries of Africa. What I have set out below are extracts from various articles that I came across, and are in no particular order. I do NOT know what is true and what is not ... but it is there, in black and white, in various articles.

- In the tropics it is used as foliage for livestock.
- The seeds are sometimes removed from more mature pods and eaten like peas or roasted like nuts.
- The flowers are edible when cooked, and are said to taste like mushrooms.
- The roots are shredded and used as a condiment in the same way as horseradish,
- Its leaves are commonly dried and crushed into a powder, and used in soups and sauces.
- In Siddha medicine (Tamil Nadu), the drumstick seeds are used as a sexual virility drug for treating erectile dysfunction in men and also in women for increasing sexual activity and for prolonging sexual activity. (Now ... why the hell are we spending money on Viagra, when we can grow Murunga in our gardens, eh? YOU have read so far purely because of the heading I have used for this article, haven't you??) Gotcha!!

## *Gardening with Bob ... (continued from previous page)*

- ♦ The Murunga seeds yield 38–40% edible oil (called Ben oil), that can be used in cooking, cosmetics, and lubrication. The refined oil is clear, odourless, and resists rancidity at least as well as any other botanical oil.
- ♦ The seed cake remaining after oil extraction may be used as a fertilizer or as a flocculent to purify water. (I saw a research paper where they are or were considering using this characteristic of the seed to clean up the waters of Wellawatte and Dehiwela canals! WHAT ??? They will require one 'helluva' lot of seed to do that, wouldn't they? Also refer to the penultimate paragraph of this article)
- ♦ The bark, sap, roots, leaves, seeds, oil and flowers are used in traditional medicine in several countries.
- In Jamaica, the sap is used for a blue dye.
- ♦ The wood too yields blue dye.
- ♦ In Africa it has become popular as a locally produced nutritional supplement for individuals infected with the HIV/AIDS virus.
- In Africa, nursing mothers have been shown to produce far more milk when Murunga leaves have been added to their diet.
- Severely malnourished children have made significant weight gains when the leaves have been added to their diets
- India is the largest producer of Murunga with an annual production of 1.1 to 1.3 million tonnes of tender fruits
- In South India, it is used to prepare a variety of sambar
- It is also preserved by canning and exported worldwide.
- In India it is used in curries, sambars, kormas, and dals, and is also used to add flavour to cutlets, etc.
- ♦ In the Philippines the leaves are most often added to a broth to make a simple and highly nutritious soup.
- Medicinally in India, it is used as an antiseptic and in treating rheumatism, venomous bites and other conditions.
- India's ancient tradition of ayurveda says the leaves of the Murunga tree prevent 300 diseases. Modern science confirms the basic idea. Scientific research has proven that these humble leaves are in fact a powerhouse of nutritional value.
- Murunga seeds contain a cationic polyelectrolyte that has proved efficient in water treatment, as a substitute for aluminium sulphate and other flocculants.
- Industries that use 'flocculation' derived from Murunga include wineries, paper manufacturers, and mines.
- In West Africa, *Moringa oleifera* leaves are commonly used to make sauces.
- Zija Drink is a *Moringa* beverage
- Moringa Zinga is a pure *Moringa* Leaf Capsule.
- There is no doubt that the pure Murunga tree leaf is the source of incredible health benefits. It is the ultimate, natural, organic, energy and endurance health supplement.

(to be continued in next issue)



# From the Kitchen.....

## WINTER RECIPES

On those cold winter nights, you sometimes want food that is comforting to soothe and warm you right through to your soul. Close the curtains, light the fire and snuggle up – here are some recipes to restore and comfort you.

### WINTRY LAMB & VEGETABLE SOUP

Serving size: Serves 4

Cooking time: More than 1 hour

#### **Ingredients:**

4 lamb shanks	2 medium carrots, chopped
2 medium onions, chopped	2 cloves garlic, crushed
2 medium potatoes, chopped	2 sticks celery, chopped
425g canned tomatoes	1.5 litres (6 cups) beef stock
125ml (½ cup) tomato paste	2 medium zucchini, chopped



#### **Method:**

Combine lamb, carrots, onions, garlic, potatoes, celery, undrained crushed tomatoes, stock and tomato paste in large pan.

Simmer, covered, 1 hour. Add zucchini, simmer, uncovered, further 30 minutes or until lamb is tender. Remove lamb from soup, remove meat from bones, discard bones. Return meat to soup, stir until heated through.

Serve with a Crusty French stick.

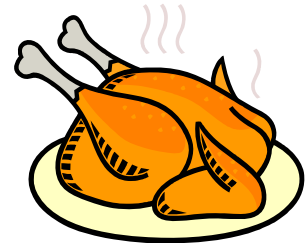
### ROAST CHICKEN WITH CLOVES OF GARLIC

Serving size: Serves 4

Cooking time: More than 1 hour

#### **Ingredients:**

1.5kg chicken	6cm piece celery
1 sprig fresh thyme	1 sprig fresh rosemary
1 sprig fresh sage	2 dried bay leaves
1 tablespoon olive oil	salt and freshly ground black pepper
2 bulbs of garlic, unpeeled	



#### **Method:**

Preheat oven to moderate (180°C).

Rinse chicken inside and out, and pat dry with absorbent paper. Tie together the celery, thyme, rosemary, sage and bay leaves using kitchen string, then place inside the cavity of the chicken. Tie chicken legs together. Brush the chicken with the oil. Sprinkle with salt and pepper.

Separate the garlic into cloves. Place the chicken and garlic in a small baking dish. Cover dish tightly with two layers of foil.

Bake in a moderate oven for 1 hour. Remove the foil and increase the oven temperature to hot (220°C). Bake chicken, uncovered, for a further 25 minutes or until browned and cooked through.

Serve with Roasted Root Vegetables- Potatoes, Pumpkin and Orange Sweet Potatoes. These can be baked with the chicken.



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## **Do You Remember The Clothesline?**

A clothesline was a news forecast  
To neighbours passing by  
There were no secrets you could keep  
When clothes were hung to dry.

It also was a friendly line for  
neighbours always knew  
If company had stopped on by  
To spend a night or two.

For then you'd see the fancy sheets  
And towels upon the line;  
You'd see the company table cloths  
With intricate design.  
The line announced a baby's birth  
To folks who lived inside  
As brand new infant clothes were hung  
So carefully with pride.

The ages of children could  
So readily be known  
By watching how the sizes changed  
You'd know how much they'd grown

It also told when illness struck,  
As extra sheets were hung;



Then nightclothes, and a bathrobe, too  
Haphazardly were strung.

It said,  
Gone on vacation now  
When lines hung limp and bare.  
It told,  
We're back!  
When full lines sagged  
With not an inch to spare.

New folks in town were scorned upon  
If wash was dingy grey,  
As neighbours raised their brows,  
And looked disgustedly away.

But clotheslines now are of the past  
For dryers make work less.  
Now what goes on inside a home  
Is anybody's guess.

I really miss that way of life.  
It was a friendly sign  
When neighbours knew each other best  
By what hung on the line!

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1..... 3.....

2..... 4.....

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.....POSTCODE: .....PHONE: .....

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I can access Newsletters on the Internet\*\* ☐ OR I wish to receive Newsletters by post ☐

**\*\* A notification will be sent to your e-mail address when the Newsletter has been placed on the internet.**

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I hereby wish to apply for/renew Membership of the Silver Fawn Club Inc., and agree to be bound by the rules and regulations of the Club.

PROPOSED BY (Name) ..... Signature.....

SECONDED BY (Name) ..... Signature .....

- **Cheques should be made payable to "Silver Fawn Club Inc."**
- **Membership fees are from 1 February 2007 to 31 January 2008, not for 12 months from date of payment.**
- **Membership commences from the date of the meeting at which application is approved.**
- **This form should be completed and sent to: The Secretary, Silver Fawn Club Inc., P.O. Box 1425, Carindale 4152.**

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