

Hartley College

Past Pupils Association
New South Wales



12ம் ஆண்டு சிறப்பு இடம்

ஆடல் கல்லூரி
பழைய மானவர் சங்கம்
நியூ சவுத் வேல்ஸ் கிளை
அவுஸ்த்ரேலியா



Point Pedro



12th Annual Dinner
Saturday, 5th July 2003
Grantham Church Hall,
SEVEN HILLS



COLLEGE SONG

**Hartley, thy sons are we,
To thine honour, always wed,
Nurtured, taught by thee,
E'er thy way of life we tread.
Lit at thy hearth our flames burn bright
Always this light we shed,
Service to our nation true and right,
Thy portals ever lend.**

**Hartley for ever, that's our cry,
Our motto never let it die,
Hartley for ever, our motto ever let there be
light,**

**Rise up all Hartleyites
Our motto she doth call.
Scholars and sportsmen vie,
Schooled in her noble halls
Follow our mentors, Proved and tried,
They who our ideals guide.
Hold fast your inner light of faith,
That, over storms shall tide.**



HARTLEY COLLEGE PAST PUPILS ASSOCIATION

NEW SOUTH WALES BRANCH, AUSTRALIA

ANNUAL DINNER 2003

Saturday, 5 July 2003

நிகழ்ச்சி நிரல் - Program

06.45 Arrival of Members, Families and Guests

07.00 மங்கள வாத்தியம்

07.15 விளக்கேற்றல் (அனைவரும் எழுந்து நிற்கவும்)

07.20 தமிழ் வாழ்த்து (அனைவரும் எழுந்து நிற்கவும்)

07.25 The College Song - Ms Kalyani Kaneshalingam (Please remain standing)

07.30 Kids Activities- Speeches, singing and instrumentals

07.55 Presentation of Awards and Certificates

08.00 நடனம்- 'குச்சுப்புடி நோக்கெதுக்கு' செல்வி ஞா.சந்திரிகா தயாரிப்பு

08.05 An Italian Aria and African American Spiritual - Ms Kalyani Kaneshalingam

08.15 தலைவர் உரை - திரு வ சுகுமார்

08.20 College recollections Mr S. Subenthiran

08.30 பிரதம விருந்தினர் உரை- கலாநிதி பொன் சத்தியநாதன்

08.55 நடனம்- 'ஆழ்தோட்ட பூபதி' - பூபதி பையன்கள் (Bhoopathy Boys)

09.00 Kids and ladies dine with video music

09.00 Annual General Meeting for the Membership

09.30 Members join the party

10.00 Light Music on Karaoke

10.15 நன்றியுரை திரு க பாஸ்கரஜோதி

10.20 Light Music on Karaoke

10.35 Raffle Draw and Distribution of Prizes

10.45 Good Night - வணக்கம்

Venue:

Grantham Church Hall, Seven Hills



வந்தவர்கள் வாழ்க மற்றவர்கள் வருக





HARTLEY COLLEGE PAST PUPILS ASSOCIATION NEW SOUTH WALES BRANCH, AUSTRALIA

President for year 2003: Vadivelu Sugumar
7, Vermont Court, Seven Hills NSW 2147, AUSTRALIA
Voice: (02) 9679 7854

2 July 2003

PRESIDENT'S MESSAGE

ஏல்லோருக்கும் எனது அன்பான வணக்கங்கள். இன்று இங்கு வருகை தந்துள்ள அனைவரையும் வருக வருக என வரவேற்கின்றேன்.

I am delighted to see you all in this cold winter evening. We are honoured to have Dr Ponn Sathianathan and Dr Mrs N Sathianathan amongst us. We would like to express our appreciation for taking time to attend to our Annual Dinner.

As in prior years we have worked hard to help Hartley College in many ways. We collected and forwarded a sum of \$2,500 for the land acquisition. The membership responded very well to our fundraising initiatives. Your charitable consideration was excellent.

I am extremely happy with the committee members who worked tirelessly on all our projects. Once again the spouses and the family have supported the committee members in many ways and I say a big thank you to every one of them.

The membership is gradually growing and I am glad to say that our Newsletters reach more over 150 members. However, we have to address the issue of non-participation of Hartleyites living in Sydney.

As a new initiative we started to share the good and bad times of members. We also provided assistance in job search to Hartleyites migrating to Australia.

I will fail in my duties if I do not extend special thanks to our editor who did an excellent job with the Souvenir and the Newsletters.

Please enjoy the evening and catch up with your friends. We have a variety of tasty home cooked food. On behalf of all I thank the families who prepared these items.

Finally I would like to thank the members, spouses and children who are present here for your time and participation.

Thanking you,

Yours truly,
Vadivelu Sugumar



HARTLEY COLLEGE PAST PUPILS ASSOCIATION NEW SOUTH WALES BRANCH, AUSTRALIA

Secretary for year 2003: K Paskarajothy (Paskey)
551, Victoria Road, Ermington NSW 2115, AUSTRALIA
Voice: (02) 9638 1380(H), Mobile: 0419261375 (B); After Hours: 0421184817

SECRETARYS REPORT FOR 2003

Vanakkam

Dear Friends and Colleagues

It gives me great pleasure to present my second report as the secretary of the Association. I am proud to be part of the committee that achieved a lot during the year.

There was increased member participation in the Association's affairs and events during this period. We welcome comments from members on ways to further improve their participation.

The committee actively sought, participated and supported the members during their time of bereavement. Few members lost their loved ones and the committee paid its respect and published obituaries on your behalf. The feedback indicates how touched the affected members were by this gesture. To build on this, the committee wishes to incorporate more news about members and their families, like births, marriages new arrivals etc, in the newsletter. Please contact the committee members with news.

The summer get-together / barbeque was not well attended, perhaps because it inadvertently coincided with Saraswathy Pooja. The cricket match between Jaffna Hindu and Hartley was well attended. The committee wishes to make this an annual event may be combining with the summer get-together.

Our life membership stands at forty four (44). I urge more members to become life-members. We used the Hartley Website effectively to reach wider audience.

Large number of our members contributed towards the purchase of land to build an Auditorium for Hartley. Big thank you to all of you. Thanks for those members who facilitated this collection.

Finally I am proud to be part of Hartley Family and NANDRI to all those who assisted with the activities of the branch.

I hope the committee continues to receive the same support in the years to come.

Yours Truly,

K. Paskrajothy (Paskey)



**HARTLEY COLLEGE PAST PUPILS ASSOCIATION
NEW SOUTH WALES BRANCH, AUSTRALIA**

m

From the Treasurer's desk.....

Fellow Hartleyites,

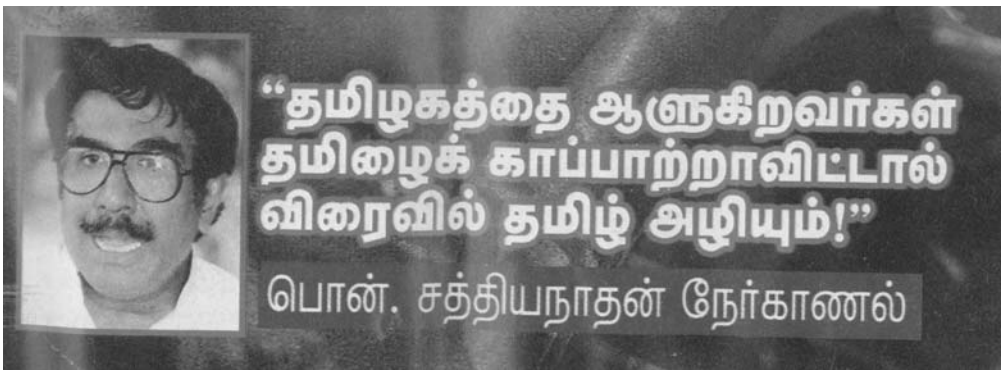
The accumulated fund balance at 30 June 2003 was \$8,499. Once again reflecting a healthy growth of \$3,465 during the year.

You as members played a major part in that growth by generously contributing towards the Land Acquisition Fund. A total sum of \$5,840 was raised to date. I firmly believe this will continue to grow in the following year.

I am very pleased to report that six more members joined the Life Member Club during the year pushing the total in the register to 44. While this is good a trend to report the story is not the same with the collection of annual membership dues. Only four members paid their annual fees. Your best chance to meet the treasurer in person is at the Annual Dinner. Why not take this opportunity to shake hands with me and hand in the 2003/04 membership fee on this occasion.

Other financial highlights included a profit from last Annual Dinner of \$343, a turnaround of \$696 from the loss we made previously. We remitted our share of \$2,500 to the Trust Committee in Colombo for the acquisition of land to build the assembly hall for our college. It is emotionally satisfying in many ways for having contributed to this cause.

Charles S Somasundram
Treasurer, Hartley College Past Pupils Association
New South Wales, Australia





Palmyra

Dear friends,

We come to the end of another year and this Souvenir issued at the Annual Dinner is the fourth prepared by the outgoing Committee. With more stable situation in Sri Lanka and at the school, many hartleyites were able to visit our alma mater, talked to the Principal, teachers and students and able to give us first hand information.

We managed to convey a few of these via our Newsletters during the year and this souvenir carries some more. The Committee decided that our Newsletters is about not only providing information about our alma mater but also about Hartleyites and their families. I wish to thank Mr. N. Karunakaran in assisting me during the year to compile most of those news items.

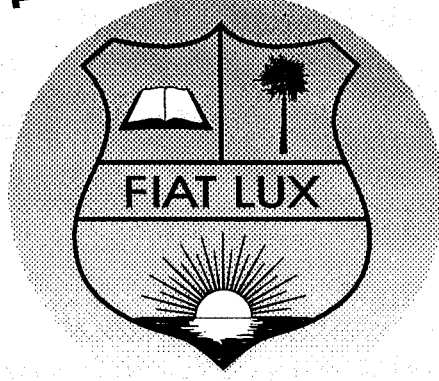
Most pleasing for the Committee and for me personally during the year is our very successful fund raising for the land acquisition. Most of you made your contribution for the worthy cause without much arms twisting and we thank you for that.

We have published articles from the members reminiscence of our lives as students at Hartley, and I am sure others can relate to those stories. I thank them for their contribution.

Enjoy the evening and the publication. I wish to thank all the other Committee members and other members for the support during the year and my employer, Standards Australia for allowing me to use their printing facilities to produce this publication.

K.Kaneshalingam
Editor

ஹாட்ஸ்



வாங்கக் கடல் இதன்
வாசலில் மோதும்

வாடைக் காற்று வகுப்பறையில்
பாடம் கேட்கும்

கட்டிட சுவர்கள் எல்லாம்
கணிதம் செய்யும்

வளர்ந்து நிற்கும் மரங்கள் எல்லாம்
விஞ்ஞானம் போதிக்கும்

துரும்புகள் கூட துடுப்பாடிக்கும்
புல்லுகள் கூட 'புட்போல்' அடிக்கும்

சித்திரம் என்ன சிறுகதை என்ன
அத்தனையும் இங்கு அத்துப்பாடி

ஹாட்ஸியே உன் புகழை
வானமே அண்ணாந்து பார்க்கிறது.

கருணாநிதி கனகராஜா

Message from Chella Padmanathan, the Honorary Secretary, HCPPA Trust.

I am indeed happy and elated in sending this message about Hartley's Global Trust on the occasion of your annual event – 12th A.G.M/Dinner.

Consequent to the recognition of the long felt need to establish a central coordinating body to initiate, plan, implement, monitor and report on Projects funded by the Hartley College Past Pupils' Associations in Point Pedro, Colombo, U.K, Canada/U.S.A., New South Wales (Australia) and Victoria (Australia) while ensuring accountability and transparency as well as for preventing duplication of efforts and resources, a joint meeting of world wide Hartleyites was held in Colombo on Sunday 28th July,2002 at which it was unanimously resolved to set up a Global Trust for Hartley College called "Hartley College Past Pupils' Associations' Trust", pending legal registration of an appropriate Deed of Trust.

At this land mark gathering at Hotel Galadari in Colombo, the following past pupils of Hartley College were unanimously nominated and elected to constitute a seven member Board of Trustees with the incumbent Principal as an Ex-officio member.

1. Mr.Shan Shanmuganathan, Chairman
2. Mr.Chella Padmanathan, Hony.Secretary
3. Mr.V.Rajanayagam, Member
4. Mr.D.R.Arumaynayagam, Member
5. Mr.V.Sriskanadarajah, Member
6. Mr.V.Jeyarajah, President, Colombo Branch, Member
7. Mr.V.Nadarajasundaram, President, Point Pedro Branch, Member

The inaugural meeting of the Trust was held in Colombo on 22nd July, 2002 and the second meeting was held on 24th October, 2002.It was decided to have the third meeting when a meaningful Corporate Plan for the College was formulated with the assistance of the Point Pedro Branch and the new Principal who assumed duties a few months ago. The primary objectives /responsibilities of the Trust are as follows:

1. To assess the existing situation and the needs of the Institution, and record the starting point.
2. To obtain input from all the Branches of the PPA's, well wishers of the Institution, and the teaching faculty to develop the perfect arrival point. Once the blue print is prepared, distribute it to interested parties, obtain feed back and finalise the model.
3. To be in constant dialogue with the partners of development, in identifying their respective roles to avoid duplication and also to optimize resources available.
4. To monitor the progress and if need be send progress report to interested parties.

5. To receive, take and hold all descriptions of property (both moveable and immovable) now or hereafter belonging, or passing in any manner whatsoever, to the Branches of PPA's.
6. To hold moneys representing endowments, prize money, moneys raised from time to time by PPAs, past pupils or by any other person or body paid over to the Trust.
7. To perform the role of post box or message centre for the partners of development on a best efforts basis.

At the inaugural meeting, it was decided to adopt the following Vision statement for Hartley College and Mission statement for the Hartley College PPA's Trust

Vision Statement for College

Leading educational Institution, unparalleled by any in the Region, in every sphere of her activities, maintaining the tradition of Quality and Discipline being the hallmarks of excellence.

Mission statement for the Trust

To be a catalyst in achieving the vision set for Hartley College, by developing a blue print for arrival point, coordinating with the partners of development (Past Pupils' Associations, the Government and NGOs) and identifying their respective roles in this journey and by monitoring the progress.

For this purpose to also perform the role of Custodian for moneys and other assets entrusted to the Trust.

Progress So far

A. Purchase of Fixed Assets- Land & Buildings:

HCPPA in U.K has already financed the purchase of a house & property adjoining the College play ground valued at Rs 350,000/= and five lachchams of vacant land adjoining the Point Pedro Methodist Church valued at Rs.500,000/=. HCPPA Branches in New South Wales, Victoria and Colombo have also jointly and equitably contributed to purchase three lachchams of vacant land adjoining the previously mentioned five lachchams valued at Rs 300,000/=.

B. Legal registration of the Trust Deed:

The final version of the Deed of Covenant for the Trust was received from HCPPA, U.K recently and it has been handed over to a lawyer for formulating an appropriate Deed of Trust for eventual legal registration. Further significant

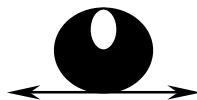
activities of the Trust can commence when the Deed of Trust is registered and notified by the lawyer concerned who has been requested to expedite the process. As mentioned in the Deed of Covenant, the Trust shall provide a quarterly newsletter to the Executive Committee of all concerned Branches incorporating progress report on all active Projects, proposal for Projects, review of completed Projects, achievements and other matters of interest to past pupils of all six Branches.

Let us dedicate ourselves to make our Alma -mater continue to remain resplendent in the academic field true to her motto " FIAT LUX " while her distinguished Alumni adorning the top echelons of scholarly disciplines and professions both at home and abroad keep her Gold and Blue Flag flying as high as ever.

Chella Padmanathan, J.P

Honorary Secretary
HCPPAA Trust

Proud to be an off spring of Hartley



Think Lateral

SPAD PTY LTD

ACN 090 039 571

CONSULTING STRUCTURAL AND CIVIL ENGINEERS

Contact: Paheer

233 JOHNSTON STREET, ANNANDALE. NSW 2038

Phone: 9660 4200 Fax: 9660 4900 Mobile: 0413 585 824

E-Mail: spadeng@bigpond.com

Message from Dr E A Selvanathan, Griffith University, QLD

இன்று எம்மை இந்நிலைக்கு உயர்த்தி வைத்த ஹாட்லிக்கல்லூரி தொடர்பான சில விடயங்களை உங்களுடன் பகிர்ந்து கொள்ள விரும்புகிறேன். முதலில் நினைவில் நிறைந்தவை.

இன்னும் என் மனக்கண் முன் நான் 1965 ம் ஆண்டு ஹாட்லிக் கல்லூரியில் 6ம் வகுப்பில் சேர்வதற்கு புகுமுடிபரீட்சை எழுதிய நாட்கள், முழங்காலிற்கு மேல் இத்தனை அங்குலத்தில் காற்சட்டை தைத்தமை, செவ்வாய்க் கிழமை தோறும் வெள்ளை சேட் அணிந்தமை, ஆலடிப்பிள்ளையார் கோவிலில் மதிய உணவு உண்டமை, பின் கேட் அருகில் ஜஸ் பழம் குடித்த நாட்கள், துறைமுகத்தில் மீன்பிடித்த நாட்கள்.. இப்படியாக எத்தனையோ நினைவுகள்.

பாடசாலை வளவில் அதிபர், உப அதிபர்களின் அலுவலகம் Staff room, Library, Assembly Hall, Cycle park, Physics lab, Chemistry lab என்பனவும் இன்னும் நினைவில் நிற்கின்றன. எல்லாவற்றிற்கும் மேலாக எம்மேலொர் வாழ்விலும் ஒழுங்கு முறைகளைக் கடைப்பிடிக்க வழிகாட்டிய அதிபர் மறைந்த திரு பூரணம்பிள்ளை அவர்களின் முகமும் உப அதிபர் சு.ஆ குணரட்ணம் அவர்களின் முகமும் இன்னும் மனக்கண் முன் நிற்கின்றன. இவர்களை விட ஆரம்ப காலத்தில் எமக்கு கல்வி புகட்டிய பல ஆசிரியர்களும் இன்னம் நினைவில் நீங்காது இருக்கிறார்கள். குறிப்பாக எனக்குத் தமிழில் ஆர்வத்தை ஏற்படுத்திய மகாலிங்கம் மாஸ்டர், எனது கைஎழுத்து உருப்படியாக உதவிய சேனாதிராஜா மாஸ்டர், கணிதத்தில் மேன்மை விளங்கிய சிவப்பிரகாசம் மாஸ்டர், நகைச்சுவை ததும்ப ஆங்கிலம் புகட்டிய மனுவேற்பிள்ளை மாஸ்டர், சங்கீதத்தில் ஆர்வத்தை ஏற்படுத்திய திருமதி செல்வத்துரை, செல்வி நவட்ணசிங்கம் ஆசிரிகளும் இன்னம் நினைவில் நீங்காது நிற்கிறார்கள்.

உயர்தர வகுப்ப நாட்களில் என்மனதைத் தொட்ட ஆசிரியர்கள் இருவர். எனக்கு உயர்தர கணிதத்தை ஊட்டிய திரு ரட்ணசபாபதி அவர்களும் திரு ரட்ணவேல் மாஸ்டரும் ஆவர். பின்னைய நாட்களில் ரட்ணவேல் மாஸ்டருடன் சக ஆசிரியராக படிப்பிக்கும் சந்தர்ப்பம் கிடைத்ததையும் என்வாழ்வில் மறக்க முடியாதவை.

இரண்டாவதாக இன்றைய நிலைமை பற்றிய என் கருத்துக்கள்..

அன்று எனக்கும் உங்கள் எல்லோருக்கும் ஹாட்லிக்கல்லூரி வடிவமைத்துக்கொடுத்த அடித்தளமே இன்று எங்கள் எல்லோரையும் வேற்று நாட்டிலும் கூடத் தலைநிமிர்ந்து நிற்க வைத்துள்ளது. இந்த வகையில் நாமெல்லோரும் என்றென்றும் ஹாட்லிக்கல்லூரிக்கும் அதைத் தாங்கி நிற்கும் தமிழ் மண்ணிற்கும் நன்றிக்கடன்பட்டவர்கள். ஹாட்லிக்கல்லூரி எம்மை உலகில் உயர்ந்தவர்களாகத் தலை நிமிர்ந்து வாழ வழி காட்டியாக இருந்தது மாத்திரமன்றி எம்மை சமூகத் தொண்டுகளிலும் ஈடுபட வைத்துள்ளமைக்கு உங்கள் ஹாட்லிக்கல்லூரி பழைய மாணவர் அமைப்பு

ஒரு எடுத்துக்காட்டாகும். நான் இரண்டு வருடங்களுக்கு முன்னர் ஹாட்லிக்கல்லூரிக்குச் சென்றிருந்த போது உங்கள் அமைப்பு ஹாட்லிக்கல்லூரிக்கு செய்து வரும் உதவிகளை அதிபர் திரு சிறீபதி முலம் அறிந்து கொண்டேன். உங்களைப்போல வெளிநாடுகளிலுள்ள சில அமைப்புகளே மேலும் உதவிகளைச் செய்து வருவதாகக் கேள்விப்பட்டேன். அங்குள்ள மாணவர்களுக்கு இன்னும் பல வசதிகள் இட புத்தகங்கள் போன்ற வசதிகள் போதாத நிலைமையிலேயே உள்ளனர் . இந்நிலையில் முன்னேற்றப்பட்ட மற்றைய வெளி நாடுகளிலுள்ள பழைய மாணவர்களுடன் தொடர்பு கொண்டு மேலும் ஆவன செய்யமாறு கேட்டுக்கொள்கிறேன்.

இவற்றிற்கும் மேலாக நாம் பிறந்த மண்ணிற்கும் எம் தாய் மொழிக்கும் நாம் உதவி செய்ய வேண்டியதும் எமது கடமைகளில் ஒன்றாகும். எம் மக்களின் துயர் நீங்கவும் உங்கள் பங்களிப்பை நீங்கள் செய்ய வேண்டுமெனவும் அத்துடன் மண்ணை மீட்கப் போராடுபவர்களின் கரங்களுக்கும் வலுக்கொடுக்க உதவும் படியும் தாழ்மையுடன் கேட்டுக்கொள்கிறேன்.

எம் மண்ணின் விடுதலையும் மக்களின் சுதந்திரமும் தான் சிறப்பான ஒரு எதிர்கால மாணவ சமுதாயத்தை உருவாக்கும். நல்லதொரு மாணவ சமுதாயம் இருந்தால் தான் ஹாட்லிக்கல்லூரி போன்ற கல்லூரிகளின் மகிமை தொடர்ந்தும் பேண வழி ஏற்படும்.

இவ்விடயங்களை உங்கள் சிந்தனைக்கு விட்டு இதனை முடித்துக்கொள்கிறேன்.
நன்றி வணக்கம்.

இ. ஆ. செல்வநாதன்.

Digital Audio Video Solutions

- Get Ready for **July 2003** High Definition Television Free to Air Broadcast
- **Cinema** Quality Viewing at Your Own Home
- **Dolby Digital 5.1 Surround Sound** (HD Broadcast)
- **Standard** and **High Definition** Wide Screen Televisions (CRT, LCD, Plasma and LCOS)
- **Complete Home Theatre** Systems (DVD Player- Recorder/VCR/Cable TV/Digital TV/Digital Camcorder)
- Best Prices sourced in Sydney
- Supply and Fully installed
- Enjoy the new Exciting Digital Audio Video Technology has to offer

Contact Kugan on 0403 281 693 after 6PM or weekends for

Free consultation and Best Advice

16th June 2003

Fond Memories of Hartley Days and their Reflections in Life

Dear Hartleyites,

School days are supposed to be the best days in our life. Looking back on them as adults what we tend to remember is not how many subjects we studied or how many exams we passed but the fond memories of those days of boyhood. I believe each and every Hartleyite have fond memories of their school days. We have the pleasure of enjoying carefree boyhood life during our school days before the harsh reality of responsible adulthood fell on our shoulders. Today, we as old boys of Hartley College have assembled in Sydney with our family members to have a pleasant evening with a variety of cultural activities and a dinner served with our traditional hot spicy meals. On this occasion, I would like to recall and share with you a glimpse of my fond memories at Hartley College and their reflections in the day-to-day life.

As you all know Hartley has a tradition of selecting the best, intelligent, and hard working pupils through an open competitive examination held annually in the early part of December. It is still fresh in my mind the day as a 13 year's old boy I went to Hartley with my Nada Anna, the current Principal of the Uduppiddy American Mission College, to sit this admission examination. Out of 828 candidates who sat this examination only 116 got admitted to study in Grade 8. I thought it was the beginning of a long but the most enjoyable period in my life. In fact, it was the case for me until I entered the University of Peradeniya.

The first day at Hartley was an interesting one. In fact, I was late to join the group and I had to rush and interrupt Mr. W N S. Samuel who was giving instructions to some teachers about us at that time to find out what class I was enrolled. Once we went to the allocated classroom, all of us who enrolled in 8B class were asked to stand outside the classroom according to their heights by the class teacher. As a tall boy at that young age, I had to sit in the last desk row. I realised the bad taste of being a taller boy in life! After we all took our seats in the class, then Deputy Principal late Mr. W N S. Samuel gave an hour lecture on the tradition of the school, the uniform that needed to be worn particularly on the general assembly day, discipline in attending classes including doing home works, and the glory and reputation maintained by Hartley over the years. I was really excited after his lecture being a Hartleyite. The two repeat-class students who joined with the newly enrolled students were asked to become the monitor and the deputy monitor of our class. The monitor was a short fellow while the deputy monitor was a taller boy.

I was not lucky to have any classmates from my previous school. Due to this, the first couple of weeks were a bit tough for me in adjusting to such a new classroom environment in a prestigious school. It seemed that everyone had their own little group to hang on with except me and another boy from Atchuvvely. We became friends quickly as we used to travel to school and return home together on many days in the bus route 751, which runs between Point Pedro and Jaffna via my village. Occasionally I had to commute alone on this bus route from my village until I got friendly with a few other Hartleyites who used to join me at the VVT junction for the same bus journey.

During my Hartley days, I had to get up early in the morning to get to the school in time. It is still fresh in my heart that Amma used to get up around 4.30 a.m. before me for cooking my breakfast and also preparing some lunch to take with me to the school

Many teachers took a lot of personal interest in my education and to a certain extent personally helped me in developing my intellectual capacity. I can name some of these teachers with love and affection. They were Jothi Ravi (General Science and Geography), Sivapathasundaram (Biology), Thilaiampalam (Applied and Pure Mathematics), Vallipuram (Physics), Veerakathy (Tamil Language and Hinduism), Rajadurai (Principal) and Ahamparam (Principal). Although these teachers took continuous personal interest in enhancing my learning capacity while they kept informed my Annan and Nada Anna. I found these teachers were always very humble in their dealings with students and maintained impartiality towards them. Although I saw many teachers use caning to punish the truant pupils whenever it was necessary; but generally these teachers used love and affection to rectify the bad behaviour of pupils.

Naturally, I am fond of Maths, Tamil, and Physics and later in the advanced level Pure and Applied Mathematics and Physics. I used to participate in essay and poem writing in Tamil and never missed to write an article to our College Magazine MICELLANY. Mr Veerakathy used to call me as “Tamil Pandithar. I was a bit weak in my English Language during Hartley days and hammered by many English teachers

During my time at Hartley a unique and perhaps an innovative class arrangement had been put into practice by the then Principal Ahamparam. The arrangement was to combine both the bio and maths stream students in Grade 12 based on the Grade 11 exam results. 15 students from each stream were selected to form the 12C class. I believe the best teachers were assigned to teach this class. While Physics and Chemistry were taught as a combined class, Pure and Applied Maths/Biology and Zoology were taught separately. I was lucky and fortunate to be in this class. An American who was under international teaching program was our English teacher. We had to use sign languages sometimes to converse with this foreign teacher. I believe except for 2 students all 28 entered the University, mostly to read for B.Sc Eng/MBBS Degrees.

Dear Hartleyites, I believe many of my classmates would be in the middle of their professional career and they would have seen ups and downs since they left Hartley College. We have gone through changes in our behaviours, attitudes and approach towards life. I would like to remind all of you one thing. Our knowledge and skills are desperately needed to uplift and strengthen our motherland. Let us all Hartleyites be united in this noble task.

Yours sincerely,

Selva (Kidnapillai Selvarajah)
100, Fitzwilliam Rd
Toongabbie, NSW2146
KrishnaSelva673@hotmail.com

Indebtedness

“Dad it is for you” cried my son from his room “Who is it?” I inquired reluctantly not willing to take that telephone call which interrupted my favourite TV show “24” on Channel 7. “ It is that uncle from **your** Hartley College” came the answer. I dragged myself out of the couch to answer the phone with the determination to end the conversation as quickly as possible.

Annoyed at the interruption, I left the phone on the hook and hurriedly threw myself in to the couch to resume watching the television. To irritate me further I realised I have missed the important twist in the show and Channel 7 was running a commercial break.

My mind was drifting without my knowledge dragging me in to memories of my Hartley College days I used to recall every now and then.

Have I spoken abruptly to that Committee Member? My mind wondered. Where were the protocols I normally use in greeting my fellow Hartleyites. I felt guilty that I didn't take adequate time to listen to the member taking all the care to explain about the proposal to acquire land for the assembly hall. Although I said I would respond to the fund raising appeal I let my personal standards slip momentarily in preference to watching a weekly TV show. I failed to engage in to a normal dialogue with someone who has sacrificed his time and taken the effort to ring me.

I recall the gifts of “pirappam palam” given to me by my class teacher for continuously not attending to my homework and the turn of events in my life after that episode. I rub my back that received the “palam” fondly with the bittersweet feelings and mixed emotions. That episode changed my life once and for all. From a half hearted participant in the class I went from strength to strength excelled in my schoolwork that I carried in to the university and became a successful professional.

I know my dreams of becoming a successful person started in my school days. I developed zest and enthusiasm for my studies and there was no looking back. Who created that passion of mine for success? Who ignited that fire in my belly? I was puzzled. The virtues and the good values were sewn in to my young evolving mind from my Hartley days. Of course I took them to new heights as I grew up. But does all the credit belong to me. Do I have to acknowledge someone, who in my life at an appropriate stage, created an environment that spontaneously helped me to develop these wonderful qualities?

I excelled in sports, played cricket for my school. How can I forget those cricket lessons I received at school at the tender age of eleven that inspired me to develop a love for the game. My wife thinks I am such a gentleman, a refined personality, with high ideals. Where did I get them? Is it my old school and its environment that shaped my core values and thinking ability? I was bewildered. To date I firmly believed I and I alone achieved all the success because I grew up with the thirst for it and learnt to emulate the success of many other successful senior Hartleyites.

I suddenly recollect a casual conversation on a weekend party where a friend of mine was vehemently supporting a thought that core qualities of a person is formed in mid to late teenage years? He also spoke about the switching of inner-discipline in the young minds of successful people aided by external discipline regimes. A conversation I chose not to take seriously is whipping my mind time and time again. Why now? Why is this casual weekend conversation invading my mind like a wild fire?

I am shaking my head in disbelief. Have I been selfish and arrogant beyond belief in denying the pivotal role Hartley played in my life? I feel the rush of blood in to my veins and a feeling of relief as it subsides after a while. My heart is light now on some new realisation of fact that clouded my thinking for a long time.

Whistling gently I am walking up to the computer room. "Aren't you coming to have your dinner, Appa? It is getting cold." my wife is inquiring in a concerned voice. I am hurriedly searching through the unattended mail looking for the last Quarterly Bulletin from the NSW Hartley College Past Pupils Association. "Let me complete this bank transfer to Hartley College Land Acquisition Fund and I will be straight back with you" I yelled attempting to dial the Internet connection.

By C S Somasundram

This is fiction and does not in any way reflect the experience of any Hartleyites known to the writer.

Down the Memory Lane

The mention of our young days and the life then, I am sure, will bring back mixed memories to all of you.

By today's standard, anyone over 35, who lived the way we did, should be dead. Those of us who were kids in the 40's, 50's, 60's, or even maybe the early 70's probably shouldn't have survived. Everything that we did, by today's standard, should have killed us. Here's a trip down memory lane.

Riding in the back of tractors, trucks or bullock carts was always a special treat; just like running behind cars. We drank water direct from the streams or wells or from garden hose (if one was lucky) and not from bottles. We drank black tea from rusty enamel mugs or mud pots, not to mention the coconut shell (Chirad-dai), while ceramic mugs and cups and saucers (if we had them) were reserved for visitors, as were the flower designed glasses and the less chipped china plates.

We had no childproof lids on medicine bottles. Heck we did not have medicine at all. Mothers used herbs and local leaves to treat cuts that stung like hell when the juice penetrated into the wound. The same juice, along with warm oil, was used to cure earaches.

We ate whatever available on that day (boiling them or frying them in coconut oil to our heart's content), drank plenty of milk (only full cream was available) and drank orange and lemon juice with lot of sugar in it, but we were never overweight because we were always outside playing. If ever we had one, we shared one soft drink with four friends, drinking from the same bottle, and no one actually died from this.

We would spend hours swimming in the flooded streams, from sun up to sun down, until our eyes went red and the vision got blurred, and no one ever got drowned - except it really hurt when you came home and got whipped for being out so long.

We climbed trees in fences with barbed wires or sharp edges or trees around the rocks and sometimes missed a branch in half flight and dropped onto hard surface or sand dunes if we were lucky. Two minutes later we were back at it again.

We fell down, got cut, broke bones and teeth, but sued no one. They were accidents. No one to blame but ourselves.

We would leave home in the morning; play all day and returned at sun down. Our parents could not reach us when we were out - no cell-phones - but no one was abducted.

We did not have Play-stations, Nintendo 64, X-Boxes, no video games at all, video tape movies, surround sound, personal cell phones, personal computers, or Internet chat rooms. We made toys from empty boxes, dolls out of rags, vases from tins with crepe paper wrapped around them.

We walked into playground and formed impromptu teams and played cricket or volleyball or soccer or "Kilith-thaddu or Chadu-Kudu". We were good at using available resources, time and places to play games. We didn't wait for weekends to plan something.

We walked to friends' homes and knocked on their doors, just walked in and talked to them, ate with them. No appointments required. We had friends! We went outside and found them.

We played round race and cricket with balls made of rags tied together and we ran barefooted on gravel roads for miles. We had fights, punched each other, got black and blue and got over it by the end of the day.

We played games with sticks (Kiddyum pullum) and tennis balls and Panai Maddai bats and some times the tennis ball really hurt when the other team "connected" to get you "out"

Some students weren't as smart as others, so they were failed and held back to repeat the grade. Horror! Marks were not standardized for any reason. Our actions were our own. Consequences were accepted.

Teachers smacked you for every wrong answer you gave and if you complained at home, you got more of it. It was always your fault. Teachers and schools were never wrong.

We walked to school, mostly barefooted (lucky ones with flip-flops), sometimes for miles or rode the buses on dusty roads, white shirts turning brown by the time we reached school and the well-oiled hair thick with dust and sand.

The idea of parents bailing us out if we broke a law was unheard of. They actually sided with the law. Imagine!

We had freedom and responsibility, successes and failures, and we learned how to deal with it all. And you're one of them!

Congratulations!

K.Manamohan
Sydney.

Park View Medical Centre

Bulk Billing

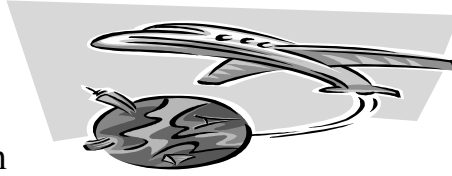
- | | |
|---------------------------------|----------------------------|
| - Emergency | - X-Ray Services |
| - Women's Health | (open 7 days next door) |
| - Antenatal Care | - ECG |
| - Minor Surgery | - Child Health |
| - Pathology blood test | - Immunisation |
| - Worker's Compensation | - Stress Management |
| - In-house Physiotherapy | - Allergy Tests |

Dr Jeya Chandran
Dr S T Seelan; Dr Shanthini Seelan
Dr David Goh

For Appointments:

Tel: (02)96367757
26/12-16 Toongabbie Road
TOONGABBIE

OPEN 7 DAYS



Air-travel and your health

There has been an increasing trend for people to travel internationally since WWII. The ease of travel through modern commercial jet, globalization of economy, family re-union, affordability and leisure activities are the factors that influence the steady increase of international air travellers. More than two million Australians travel abroad every year and many of them fly on transmeridian routes crossing many time zones (1 time zone = 1 hour time difference).

Travellers may suffer from health problems as a result of the air travel itself or at the destination from existing diseases or problems acquired at the destination. In this article I would like to discuss some common health problems, which are encountered due to the air travel itself.

The factors that adversely affect one's health during travel are, cruising altitude, turbulence of the aircraft, duration of the journey, descending speed, infective diseases of the co-passengers, pre-existing medical conditions of the passenger and direction of the travel. The higher the altitude, lower the partial pressure of oxygen (Reduced available oxygen levels in the environment) and lower the humidity. However in modern aircrafts the cabin is pressurized so as at an average cruising altitude of 11000 feet the actual cabin pressure would be around 2000 feet above sea level, which provide adequate levels of oxygen for healthy individuals. However patients with certain medical conditions, exposure to this cabin altitude can result in severe breathing difficulty. Patients with chronic airways disease (e.g. chronic asthma or bronchitis), anaemia, who have had recent heart attack, or stroke, patients with poorly controlled epilepsy and frail elderly people need to be medically assessed before travel for fitness to travel. Some of them require oxygen in the flight and this can be arranged with the airlines in advance. Emergency oxygen is also available on passenger aircraft in addition to the drop-down oxygen masks used in emergency for cabin decompression. Autopilot (an air-carrier flies without a pilot) is a term used when the pilot goes into coma due to sudden cabin decompression, but this is extremely uncommon in large passenger aircrafts. Patients with severe asthma have to arrange with the airlines for the use of a nebuliser.

During ascent gas in the middle ear cavities vents via eustachian tubes (tubes that connect middle ears to throat) and gas in the middle ears expand. During descent, gas in the middle ears goes into compression. If the Eustachian tubes are blocked due to cold or respiratory tract infection the building pressure in the middle ear affect the eardrums causing pain and sometimes rupture of the eardrum and this is called decompression injury. A similar situation arises during SCUBA (Self Contained Underwater Breathing Apparatus) diving and therefore SCUBA diving should be avoided 12 hours before flight. Adults who are likely to get decompression injury during descent of the aircraft may benefit from chewing something in the mouth and infants may be encouraged to suck a pacifier.

Jet lag results from the inability of our bodily systems to readjust rapidly to abrupt changes of time in the environment. During the adjustment period, the individual is in a transitory state of desynchronization that persists until the internal bodily systems resynchronize to the new external environment. During this adaptation period, there's an increase in fatigue, lack of concentration, decreased vigour and energy, difficulty in sleeping, feeling of sleepiness during the day, irritability, dry throat and dry nose, hunger at unusual times, abdominal discomfort, feeling of light headedness and headache. The severity of symptoms is influenced by the number of time zones crossed and the direction of travel. Westerly flights are easier to adapt to than easterly flights. This is because it is easier to extend the length of our day than shorten it. The jet lag symptoms are also influenced by external factors. Passengers tend to experience more symptoms after returning home than when in new overseas destination. The more sleep loss experienced before and during travel, the greater the likelihood of the traveller of the traveller having fatigue. The age of the traveller, psychological factors, and state of the health also influence the severity and duration of the symptoms. In general it takes one day for recovery for 4 to 6 time zones crossed. The jet lag symptoms may be minimized by reducing sleep deprivation, minimizing dehydration and stress. Dehydration is prevented by consuming plenty of water and restricting alcohol and caffeine containing beverages (particularly coffee) on board. Sometimes a mild sedative medication may help preventing sleep deprivation. Consuming healthy meals on board may help adapting to new time zone on arrival quicker and with less discomfort. During travel, meals may be served too frequently (particularly flights from west to east) resulting discomfort of the stomach and bloating. Low fat and low calorie meals will help reducing these

symptoms. Patients with diabetes need not only follow their meals pattern but to adjust the timing of their medication carefully.

Motion (travel) sickness can occur when travelling by sea, air or road and one may experience nausea, vomiting, paleness, and cold sweating. It's occurrence relates to discordant motion cues. Some individuals are more prone to get these symptoms than others. Most scheduled air services have airsickness bags, since unexpected turbulence may bring on airsickness in those that do not normally get the problem. Prophylaxis with medications should be considered for anyone who regularly gets motion sickness. Pre-booking a seat towards the middle of the aircraft, around the wings may help, as movement tends to be greatest at either end of the plane. Body restraints and recumbent posture can also be useful.

A phobia is a morbid fear that is disproportionate to the causative stimulus and is out of proportion to the stimulation or trigger. It's involuntary and can lead to an incapacitating avoidance. Many travellers admit to disabling fears and panic responses to travel situation viz. fear of flying, height, crowd and confined space. Behavioural therapy, hypnotherapy and sometimes medications are used to treat this condition. It's important that the patients recognize their condition early and seek appropriate advice.

Restricted mobility in the aircraft especially in a cramped seating position may predispose blood clot formation in the leg veins (deep vein thrombosis) which may lead to blood clot obstructing main vein in the lungs (pulmonary embolism) as a result of a piece of the clot travelling to the lung vein after dislodgement. This can be fatal if not treated promptly. This condition is called "Economy class syndrome" because it's common amongst the economy class passengers. Blood clot formation is greater in certain situations where patient has undergone a major surgery recently, if the mobility of the patient's leg is otherwise restricted and also in pregnant women. People who smoke cigarettes, and those who take certain medications (e.g. oral contraceptive pill) are also at risk of developing this condition. Avoiding dehydration and in-flight exercise can reduce the incidence of deep vein thrombosis.

Travelling with children can be an exponential learning experience. Generally in international flights children under the age of 2 years fly for free and they are given a safety carrier or capsule and seats are allocated for the parent(s) at the front row. Children should always be restrained in an appropriate seat.

As for pregnant women, in international carriers up until 36 weeks and in domestic carriers up until term (40 weeks) travelling is allowed and safe as long as the pregnancy is single and uncomplicated and the mother and the baby are not allowed to travel for the first 7 days after delivery.

One may possibly contract any air-borne infectious diseases such as cold, respiratory tract infections from only passengers who sit in close proximity. However it's uncommon to contract diseases easily from passengers a row of seats away as the re-circulation and filtering mechanism of the cabin air are very effective.

Another important issue whilst people travel is that they have higher incidence of being exposed to cosmic ray field, high energy ionizing radiation and neutrons. In normal circumstances ozone (Tritomic oxygen, O₃) in the atmosphere protects us from these radiation, but at aviation altitude the ozone is converted to oxygen in the presence of heat and catalytic fumes of the aircraft.

One area that should not be overlooked is the psychological state of the traveler. A number of factors that influence the mind of a traveler. The purpose of the travel, the expectation of the mission, and consequences of the travel can affect the mental health and any compounded stress can adversely affect the travel related illnesses and the experience of the whole journey and perhaps thereafter. It's therefore preferable for the passenger and the co-travelers to minimize their stresses as much as possible in order to experience a pleasant journey. A well-planned travel and itinerary and well-organized baggage and belongings, a good pre-travel rest and avoidance of last-minute rush will certainly reduce the stress.

In 1903 brothers Wilbur and Orville Wright flew their engine-powered Flyer and made aviation history. Over the past century the innovation of technologically advancing air carriers have attracted more passengers away from railroad and ocean blue.

Travel broadens the mind and raises the spirit.

Dr Sithamparapillai Thava Seelan