



VIGEAT VERITAS

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coba news

May 2016

Issue 48

From the President

This being the first issue of the year, I would like wish all our members and their families good health and prosperity for the rest of 2016. For me the year has been packed with activity with visits to India, Dubai and Japan as well as participating in large events locally.

The highlight of my travels was the visit to the Corbett National Park in Rampur, in the state of Uttarakhand in North India. Since my time at Campion I have always been intrigued by Jim Corbett's books. My favourites being the "Man Eaters of Kumaon" and the "Man Eating Leopard of Rudraprayag". My lifelong dream was to actually visit the areas where he stalked and shot the man eaters. I have now achieved that dream and am able to tick another item off my bucket list.

During my visit to India I visited my old school and met the new principal Brother Soosairaj. Details of my visit to Campion are in this Newsletter. I visited Dubai for the first time with my sister, who has two of her daughters residing there. Finally I went to Japan for the first time to visit my grandson in Osaka, who is married to a Japanese girl.

In June 2015 I received an invitation from the Anglo Indian Association in Melbourne to attend a meeting. The purpose of the meeting was to host a three day function in Melbourne following the World Anglo-Indian Re-Union in Sydney in January 2016. The Rangers Club and the Dandenong Warriors Hockey club were also invited. This was a joint effort involving the four organisations. The three day event was held from the 29th to the 31st January 2016, commencing with a Meet & Greet, Grand Ball and Mass and Jamboree on the final day. The event was a grand success with a record number of people attending all days.

The profits from the event were shared by the four supporting clubs of which COBA was one. I would like to thank Joe Lopez for assisting me in this venture and all our members who supported us.



Loftus Callanan

What's inside

Visit to Campion	3
A Call to Serve.	4
Letter from Sydney Ellis.....	5
Men's Health.....	6


Party Equipment

If you are planning a party, we have generous sized Bain-Maries for hire. Revenue generated from this contributes towards our scholarship fund. A big "Thank you" to those who have hired our equipment and donated generously towards our mission. Please contact us if you are interested.

Contact: Gerard Fernandez Mobile: 0439 197 627

Editor's Note

Social media can be an awesome environment to encourage each other, communicate with people and share our stories. Social media gives us a chance to reconnect and keep up with old friends and friends that live far away. It gives us the opportunity to share our stories and get our opinions out there. In case you are not aware, COBA Australia has been active on Facebook since 2010. Our online presence gives us instant communications to all our members while supplementing our networking capability.

So, remember to  us on Facebook the next time you're online. Search for Champion Old Boys Association Australia. Feel free to post any old photographs from your school days that you would like to share. If you need any assistance, contact and of us and we're glad to help. Our contact numbers are below.



Christine Fernandez

Dates to Remember

COBA Annual General Meeting	07-Aug-2016	Springers Leisure Centre, Keysborough
Blue & White Ball	03-Sep-2016	Gaelic Park, Keysborough

Advertise in this Newsletter: We appeal to all of you to help us out by finding businesses that would like to place an ad in our Newsletter.

The advertising rates are as follows:

\$400 for a full page colour ad valid for three issues in the calendar year.

\$200 for a half page colour ad.

\$300 for a full page Black & White ad for three issues in the calendar year.

\$150 for half a page Black & White ad.

Please contact Loftus Callanan on +61 3 9369 7735 or by email at lcallanan@optusnet.com.au if you're interested.



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coba news

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School Assembly and presentation of certificates

I visited Campion on Tuesday 22nd November accompanied by Sukumaran and Ramakrishnan, of the 1968 batch. We were cordially invited by the Principal Brother Soosairaj s.g. and accompanied to the assembly area. We were greeted by a standing ovation by approximately 1500 students. I was welcomed by the students followed by a short drama play acted by the students.

I was also given the honour of raising the school flag and then presented certificates of merit to some of the students. In my speech I spoke about my seven years at Campion as a boarder. I mentioned some of my highest achievements during that term. I thanked all the Jesuit Priests who helped me academically and spiritually. I also thanked the Montfort Brothers of St.Gabriel who took over the school in 1975 and have since transformed it to the modern and successful school that it is today.

We were then given a guided tour of the school and its surroundings by Brother Soosairaj.

Tea Party and dinner at the Breeze Hotel

In the evening a Tea Party was organised By Beverley Wright and other Committee members at the Breeze Hotel. All the current Scholarship Recipients and their parents were invited to the party. I had the privilege and honour of meeting all the students with their parents. They expressed their sincere gratitude and appreciation to COBA and our members for the scholarships. I thanked all our Committee members based in India namely, Agnes Lobow, Avis Wright, Althea Sherwood, Beverley Wright, George Evers and the late Winston Clements. After short speeches and presentations all were invited to snacks with coffee and tea.

Later that evening a dinner was organised for the Principal, Vice Principal, COBA Secretary and all our Committee members with their partners. After presentation of scarves all the guests were invited to a dinner at the Breeze hotel.

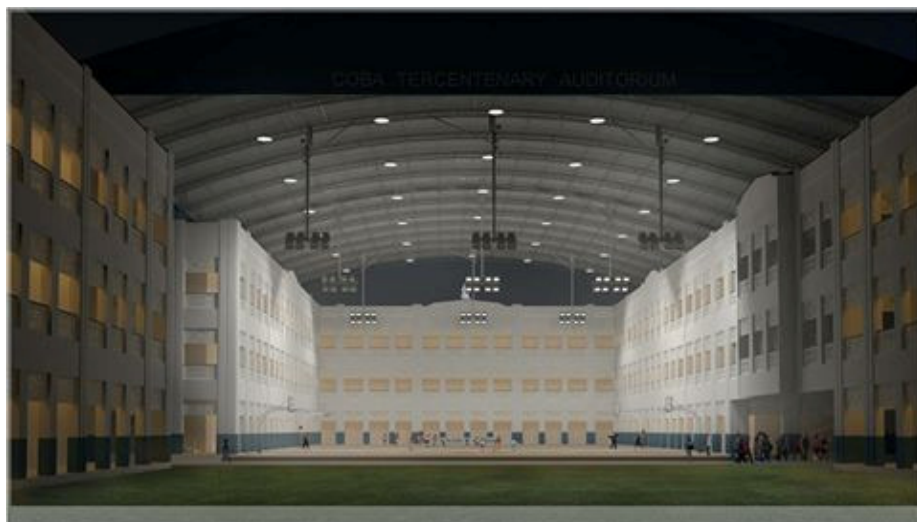
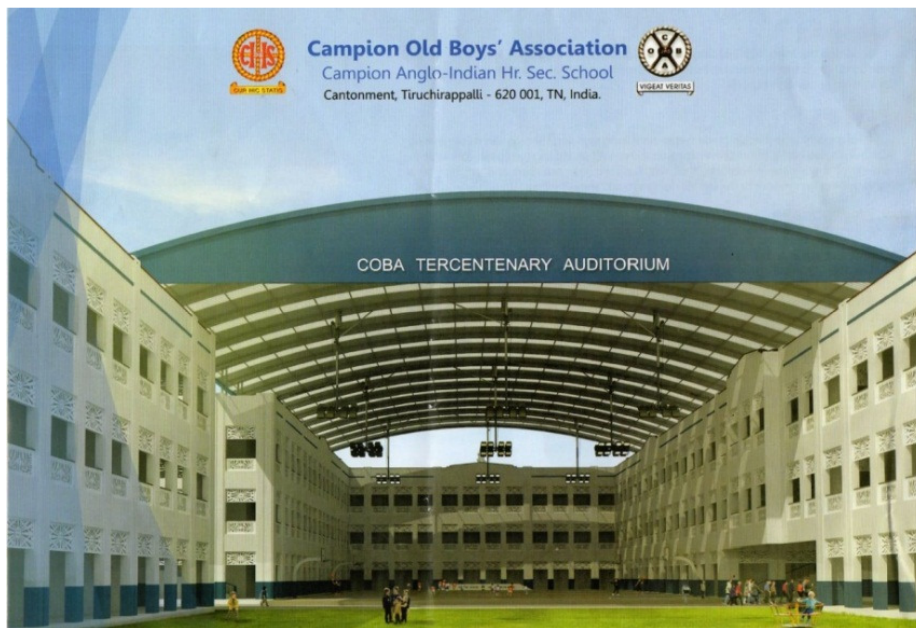
I thanked Brother Soosairaj for his hospitality and making me feel most welcome as president of COBA Australia. I will always cherish and remember the reception I received at the Alma Mater in 2015.

A Call to Serve the Alma Mater in Her Hour of Need

Introduction: When the Mendonça Building and the Golden Jubilee Building were completed, the quadrangle was born and ever since has been used for all school activities academic, sport and cultural.

The Need: But every time the sun made felt its scorching rays, and the rain had its say during the events, we had a silent prayer for a roof that would shield us from both. We were in search of a permanent solution that will facilitate our activities and yet not be a hindrance or an eyesore to the wonderful space and activities.

The Propagators: Sensing the need, COBA (India) during its 2015 AGM brought the idea, to take upon itself this enormous task of working together to provide the much needed roof. COBA called for design options for a roofing solution. The steps to raise the funds required and execute the project for this massive venture as a gift to the alma mater have begun.



Your contribution is extremely important. All of us are counting on your generous support. Help improve the quality of life at our Alma Mater and make a difference. Thank you so much for your help. God bless you.

United in prayer,
Yours sincerely,
(Mr. G. Ranson Thomas)
PROJECT CHAIRMAN

(Bro. Soosairaj S)
PRINCIPAL & COBA PRESIDENT

An appeal from Sydney Ellis

Dear Fellow Campionites,

All of you must be aware of the appeal from Brother Soosairaj, Principal of our Campion, to finance the construction of a roof between the main buildings. Yes, “our” Campion. I believe Campion will always be our treasured school and we will never forget memories of our school days; the simple, happy times of life in the boarding, the friendships, the sports and competitions, the serious and hard times, and the fun and games.

I still remember in the mid 1940’s, Campion had a swimming pool. It was converted to two rows of showers – about 10 on each side. These showers provided the daily bathing for team by team after evening hockey or football games. The time allowed was limited, because all the boys had to be ready for the evening study hour, followed by dinner.

In the early 1940’s, all the boarding students had to dig a mammoth trench and have it ready for a war emergency. Thankfully, we did not have to use it and when WW2 ended, it was covered up.

In those days, we were given toilet paper to be used in our ‘Bogs’. Paper was scarce and costly, so we were given old examination papers instead – each page cut into two pieces. I recall times when we were in the ‘Bog’ and someone would yell out “Gosh, Jack got 95 in Trig!” or “That idiot Mack got just 25 in Alge”, and so on. If we had used this paper in the trenches, the Germans would have been scared, thinking the numbers referred to their soldiers!

Seriously though, we were taught to appreciate everything – not to waste food, to get along with every one, to study hard and to work hard (cleaning dormitories, class rooms, etc.). These principles instilled in us the values that we hold today.

The simple buildings of our school, with aluminium roofs, except for the main buildings, are no more. Over the past four or so decades, the school has been modernised and extended, with the main buildings now a sight to behold. The roof planned to be built between these buildings is so very essential, as about half an acre will be transformed into an enclosure, with the comfort of an auditorium and indoor stadium.

The miracle that Brother Soosairaj and the Project Chairman, Mr Ranson Thomas, refer to in their call for this project to be fulfilled with God’s help and support from the Alumni of Campion, will become a reality this year. We, who have been blessed, should help with donations. I firmly believe this building will serve as a monument for years to come and generations of Campionites will treasure it.

So, I ask all ex-Campion boys to please open their hearts and wallets, and give whatever you can afford for our old ‘Chapel of Learning’ – our CAMPION.

Sydney Ellis (class of 1950)
Melbourne, Australia

A must read for men approaching middle to old age.

In 2000 I was diagnosed with Prostate Cancer at the age of 62. I elected to have surgery (Radical Prostatectomy) to remove the gland. Fortunately I treated it on time and am free of the disease now. For the past 14 years I have been a Cancer Connect Volunteer with the Cancer Council of Victoria. In this role, I am referred by the Cancer Council to speak to men on the phone about Prostate Cancer. Most of the calls I receive are from men who have been diagnosed with PC and are unsure of which treatment is best for them. Some calls are from those who have had surgery but suffering from side effects.

I have read several articles written by professionals about the diagnosis and treatment of Prostate Cancer. I received the following item via email from a friend recently. This article is written in simple language and outlines in detail the role of the Prostate and problems associated with it. Most of our members are over 50 years and come under the high risk area of contracting Prostate Cancer. In view of this I think this article is worthy of publication in our Newsletter.

If any of our members require further information or are having any symptoms of the disease please do not hesitate to contact me.

Loftus Callanan

Let me start with a background on prostate health.

Everyone has a pair of kidneys. The job of the kidney is to remove waste. It is the waste management department of your body. Everyday your blood passes through the kidney several times to be filtered. As the blood is filtered, urine is formed and stored in a temporary storage tank called the urinary bladder.

If there were to be no urinary bladder, as a man walks on the road, urine would be dripping. Now think of the plumbing work in your house. Think of the urinary bladder as the overhead storage tank. From the storage tank, a good plumber will run pipes to other parts of the house, including the kitchen. God in His wisdom ran pipes from our urinary bladder to the tip of the penis. The pipe is called the urethra.

Just below the bladder and surrounding the urethra is a little organ called the prostate gland. The prostate gland is the size of a walnut and weighs about 20 grams. Its job is to make the seminal fluid which is stored in the seminal vesicle.

During sexual intercourse, seminal fluid comes down the urethra and mixes with the sperms produced in the testicles to form the semen. So semen technically is not sperm. It is sperm + seminal fluid.

The seminal fluid lubricates the sperm.

After age 40, for reasons that may be hormonal, the prostate gland begins to enlarge. From 20 grams it may grow to almost 100 grams.

As it enlarges, it squeezes the urethra and the man begins to notice changes in the way he urinates.

If you have a son under 10, when he comes out to urinate in the morning, he can target the ceiling and the jet will hit target. Can his father do same? His urine stream is weak, cannot travel a long distance and sometimes may come straight down on his legs. So he may need to

stand in awkward position to urinate.

Not many men will be worried their urine stream cannot hit the ceiling. Toilets are on the floor and not on the ceiling. But other symptoms begin to show.

TERMINAL DRIPPLING: The man begins to notice that after urinating and repacking, urine still drops on his pants. This is the reason why after an older man urinates he has to ring the bell. A younger man simply delivers to the last drop and walks away.

HESITANCY: At this point you wait longer for the urine flow to start. There are 2 valves that must open for you to urinate – the internal and external sphincters. Both open but because of obstructions in the urethra, you wait a long time for the flow to start.

INCOMPLETE EMPTYING: You have this feeling immediately after urinating that there is still some left.

As all these things happen, the bladder begins to work harder to compensate for the obstruction in the urethra. The frequency of urination goes up. Urgency sets in. Sometimes you have to practically run into the toilet. Nocturia also becomes common. You wake up more than 2 times at night to urinate. Your wife begins to complain.

Men being men may not talk to anyone even at this point. Then the more serious complications start.

Stored urine gets infected and there may be burning sensation when urinating. Stored urine forms crystals. Crystals come together to form stone either in the bladder or in the kidney. Stones may block the urethra.

Chronic urinary retention sets in. The bladder stores more and more urine. The size of the bladder is 40- 60 cl. A bottle of coke is 50 cl. As the bladder stores more urine it can enlarge up to 300 cl.

An over-filled bladder may leak and this leads to wetting / urinary incontinence. Also the volume may put pressure on the kidney and may lead to kidney damage. What may likely bring the man to hospital is acute urinary retention. He wakes up one day and he is not able to pass urine.

Everything I have described above is associated with prostate enlargement, technically called benign prostate hyperplasia.

There are other diseases of the prostate like

1. Prostatitis – inflammation of the prostate
2. Prostate cancer – cancer of the prostate.

This discussion is on prostate enlargement.

I have bad news and good news.

The bad news is that every man will have prostate enlargement if he lives long enough.

The good news is that there are life style changes that can help the man after 40 to maintain optimum prostate health.

Nutrition: Look at what you eat. 33% of all cancers, according to the US National Cancer Institute is related to what we eat.

Red meat everyday triples your chances of prostate disease. Milk everyday doubles your risk.

Not taking fruits / vegetables daily quadruples your risk.

Tomatoes are very good for men. If that is the only thing your wife can present in the evening, eat it with joy. It has loads of lycopene. Lycopene is the most potent natural antioxidant.

Foods that are rich in zinc are also good for men. We recommend pumpkin seeds (ugbogulu). Zinc is about the most essential element for male sexuality and fertility.

Men need more zinc than women. Every time a man ejaculates he loses 15mg of zinc. Zinc is also important for alcohol metabolism. Your liver needs zinc to metabolize alcohol.

ALCOHOL CONSUMPTION: As men begin to have urinary symptoms associated with prostate enlargement, it is important they look at alcohol consumption. More fluid in means more fluid out Drink less. Drink slowly.

EXERCISE: Exercise helps build the muscle tone. Every man should exercise. Men over 40 should avoid high impact exercise like jogging. It puts pressure on the knees. Cycling is bad news for the prostate. We recommend brisk walking.

SITTING: When we sit, two-thirds of our weight rests on the pelvic bones. Men who sit longer are more prone to prostate symptoms. Do not sit for long hours. Walk around as often as you can. Sit on comfortable chairs. We recommend a divided saddle chair if you must sit long hours.

DRESSING: Men should avoid tight underwear. It impacts circulation around the groin and heats it up a bit. While the physiological temperature is 37 degrees, the groin has an optimal temperature of about 33 degrees. Wear breathable clothing.

SMOKING: Avoid smoking. It affects blood vessels and impacts circulation around the groin.

SEX: Regular sex is good for the prostate. Celibates are more prone to prostate illness. While celibacy is a moral decision, it is not a biological adaptation. Your prostate gland is designed to empty its contents regularly. Now I have given you a reason to cheer up.

A few photographs from our May Dance 2016



Obituaries:

LESTER BATES, class of 1964, passed away in Melbourne on the 10th Feb 2016.
We convey our condolences to all his family.

NOBEL FULLER, class of 1955, passed away in Sydney on the 25th Mar 2016.
Our condolences go out to his wife Clare and his loved ones.

WINSTON CLEMENTS, class of 1958, passed away in Trichy on the 25th Feb 2016.
Our heartfelt condolences to his brother Duncan in Melbourne, sister Doreen in Trichy and all his family.

KELVIN KEMISH, son in law of Sydney Ellis, passed away in Melbourne in April 2016. Our condolences go out to his wife Lydia and all his loved ones.

Special Events:

CONGRATULATIONS to Alfred (class of 1945) and Doris Jacobs who celebrated their 60th wedding anniversary in April 2016.

Our Australian Life Members

ELLIS	Sydney	Skye	VIC	CONYERS	Jennifer	Clarinda	VIC
D'ROZARIO	Jude	Mulgrave	VIC	HICKMAN	Lucien	Hampton Park	VIC
FERNANDEZ	Ronald	Noble Park	VIC	D'ROZARIO	Alister	Dingley Village	VIC
RODRIGUES	Roland	Oakleigh East	VIC	FERNANDEZ	Derek	Keysborough	VIC
FULLER	Tyrone	Hawker	ACT	RODRIGUES	Brenda	Templestowe	VIC
RODRIGUES	Ouida	Oakleigh East	VIC	CORREA	Jude	Thomastown	VIC
COTTER	Cecilia	Auburn	NSW	FERNANDEZ	Laura	Noble Park	VIC
COTTER	Gwendoline	Sefton	NSW	GONSALVEZ	Austin	Dandenong	VIC
COTTER	Leslie	Sefton	NSW	ROUSE	Norma	Noble Park	VIC
COTTER	Milton	Auburn	NSW	COLOMB	Noel	Glen Waverley	VIC
RODRIGUES	Robert	Chester Hill	NSW	ELLIS	Philo	Skye	VIC
VAN HALTREN	Derrick	Glen Waverley	VIC	LOBOW	Marius	Cranbourne North	VIC
GONSALVEZ	Bernadette	Narre Warren Sth	VIC	ROUSE	Alester	Berwick	VIC
GONSALVEZ	Cyril	Narre Warren Sth	VIC	ROUSE	Melford	Noble Park	VIC
D'ROZARIO	Dawn	Mulgrave	VIC	D'VAZ	Don	Dandenong North	VIC
LOPEZ	Joseph	Bentleigh	VIC	CARVALHO	Raymond	Narre Warren	VIC
KEIN	Royce	Oakleigh South	VIC	D'ROZARIO	Priscilla	Keysborough	VIC
WRIGHT	Neville	Springvale	VIC	D'ROZARIO	Cedric	East Brighton	VIC
PAUL	Gary	Springvale	VIC	QUENTAL	Christopher	Cranbourne North	VIC
COTTER	Evelyn	Greystanes	NSW	HENDRICKS	Rory	Shelley	WA
PATTERSON	Terrence	Canning Vale	WA	FERNANDEZ	Gerard	Cranbourne	VIC
LOPEZ	Sheila	Bundoora	VIC	D'CRUZ	Cleaton	Bentleigh	VIC
MICHEL	Lester	Collie	WA	BROOK	Neville	Narre Warren Sth	VIC
HICKMAN	Desiderius	Hampton Park	VIC	HICKMAN	Daniel	Clarinda	VIC
STARR	Robert	South Oakleigh	VIC	RODRIGUES	Astrid	Keysborough	VIC
FERNANDEZ	Patrick	Beaconsfield	VIC	RING	Malcolm	Kellyville Ridge	NSW
RODRIGUES	Adrian	Templestowe	VIC	LOBOW	Godfrey	Hampton Park	VIC
HICKMAN	Joseph	South Clayton	VIC	GONSALVEZ	Dalton	St. Clair	NSW
ROZARIO	Duncan	Rowville	VIC	McCUTCHEON	Tanya	Southbank	VIC
DEVISSER	Walwin	Clayton	VIC	McCUTCHEON	Bruce	Southbank	VIC
KEIN	Campion	Mulgrave	VIC	MICHEL	Gavin	Lynbrook	VIC
HICKMAN	Dymphna	Hampton Park	VIC	GOMES	Patricia	Berwick	VIC
LOPEZ	Audrey	Bentleigh	VIC	GONSALVEZ	Llewelyn	Keysborough	VIC

D'MONTE	Eric	Wantirna	VIC	JACOB	Rex	Sunshine	VIC
MC CONVILLE	Audrey	Dandenong North	VIC	GONSALVEZ	Craig	Figtree	NSW
SMITH	Tommy	Clarinda	VIC	FERNANDEZ	Margaret	Beaconsfield	VIC
MICHEL	Kevin	Karratha	WA	FERNANDEZ	Christine	Cranbourne	VIC
D'MONTE	Vernon	Mulgrave	VIC	MICHEL	Juan	Hampton Park	VIC
D'MONTE	Mercy	Mulgrave	VIC	ATKINSON	Edgar	Roxburg Park	VIC
PATERSON	Vera	Park Orchards	VIC	RODRIGUES	Dudley	Braybrook	VIC
D'LASSELE	Bernard	Carnegie	VIC	DEMONTE	Stanley	McDowall	QLD
RING	Rudolph	Gosnells	WA	JACOB	Sylvester	Pemulwuy	NSW
GOMES	Christopher	Berwick	VIC	ALMEIDA	Melroy	South Oakleigh	VIC
FERNANDEZ	Douglas	Mulgrave	VIC	BROOK	Dagma	Narre Warren Sth	VIC
VAN HALTREN	Winston	Fairfield	VIC	MACEDO	Raulston	Bentleigh	VIC
KEIN	Callistus	Clayton South	VIC	MOREIRA	Ronald	Berwick	VIC
COTTER	Joseph	Chester Hill	NSW	VERNEM	Joyce	Doveton	VIC
WALKER	Canute	Clarinda	VIC	JAMES	Royston	Dandenong	VIC
CALLANAN	Loftus	Altona Meadows	VIC	DILLON	Joseph	St.Helen's Park	NSW
RODRIGUES	Denzil	Carina Heights	QLD	DILLON	Clifford	Glenfield	NSW
HONOUR	Charles	Pearcedale	VIC				
JACOBS	Alfred	West Pennant Hills	NSW				
RODRIGUES	Vilma	Oakleigh East	VIC				

Our Overseas Life Members

FERNANDEZ	Claude	London	UK	EVERS	George	Tiruchirappalli	IND
BAYER	Winston	Oxon	UK	LOBOW	Agnes	Golden Rock	IND
GREEN	Cyril	Surrey	UK	PAUL	Patricia	Tiruchirappalli	IND
PEARS	Sten	Galway	IRE	WRIGHT	Avis	Tiruchirappalli	IND
GREEN	Kevin	Wiltshire	UK	WRIGHT	Beverley	Tiruchirappalli	IND
RODRIGUES	Noel	Ontario	CAN	SHERWOOD	Althea	Tiruchirappalli	IND
D'CRUZ	Basil	Essex	UK	NETTO	Elwyn	Alwaye	IND
D'SILVA	Rex	Trivandrum	IND	ITTIANATH	Raman	Goa	IND
D'SILVA	Emmanuel	Kottayam	IND	HART s j	Fr. Rodney	San Juan	PH
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BAYER	Alroy	Coimbatore	IND	PEARS	Milton	Surrey	UK
PAUL	Maxwell	Isle of Wight	UK	RAMAKRISHNAN	Nair	Chennai	IND
PILARRD	Henry	Cumbum	IND	SUKUMARAN	Arumugam	Chennai	IND
				BASTIAN	Ashley	Hounslow	UK