

MMCA

Malaysia Malayalee Catholic Association

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Bulletin

(FOR MEMBERS ONLY)

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AUGUST 2013

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From The President's Desk




Yet another milestone has gone by in the history of the Malaysia Malayalee Catholic Association, with the election of the new Executive Council to lead the organisation for the next two years. While I congratulate and welcome the new team, let me express my gratitude and appreciation to the outgoing ex-co members for their support, co-operation and positive outlook despite the numerous challenges we had to face.

The first major project the new committee will have to undertake is our 55th Anniversary Dinner which will be held at the Klang Executive Club in Bandar Baru, Klang on Saturday, 28th September 2013. We look forward to hosting as many of you as possible to make this a memorable night, to renew acquaintances and make new friends.

Apart from this, MMCA organises activities, tours and visits to get the members to join in and participate as a community to play our role in making life more meaningful for all. We are seriously looking forward to organising a Pilgrimage Tour to the Holy Land in the near future. I hope that we can have a good response from you so that the organisers will be able to plan an itinerary based on our needs and interests.

Malaysians will soon celebrate Merdeka and Malaysia Day. The MMCA wishes to thank God Almighty for His mercies and blessings showered on our beloved nation. It is our fervent hope and humble prayer that all Malaysians will continue to live in peace and harmony, with mutual respect and understanding, to make this country a paradise for all despite our differences in political views, social status, ethnicity, culture and religion. May God bless and protect this beloved nation of ours.

Thank you and God bless.



Dato' A. R. Peter
President

UP-COMING EVENTS

MMCA 54th ANNUAL DINNER 2013

The MMCA annual dinner will be held on Saturday, 28th September, 2013. The venue for the dinner will be at the Klang Executive Club (KEC), Bukit Raja, Klang. It will be a 8-course dinner with entertainment (music, songs, dances, lucky draw, table draw etc). Dinner tickets can be purchased from any of the MMCA members. Tan Sri Dato' Tony Fernandes has been invited as our Guest of Honour for the MMCA Dinner.

Type of tickets priced are as follows:-
Ruby RM1,000 (10 pax per table at RM100 each)
Pearl RM600 (10 pax per table at RM60 each)

Those who are interested to advertise in the MMCA Souvenir Programme, please call any of the committee members. Also, any form of donation is welcome.

Kindly block this date in your calendar to come together and support to build a stronger MMCA Community, to keep it alive through promoting its unique culture and traditions of the Malayalee Catholics and to have our very own MMCA Building. Please encourage our children and young professionals to become members of the organization.

MMCA ACTIVITIES / OUTING 2013

Activities for this year 2013 :-

- Visit to underprivileged homes
- Pilgrimage to the Holy Land
- Migrant fellowship
- MMCA Cultural Show

MIGRANT MALAYALEES

MMCA would like to organize a fellowship for all migrant Malayalees. Kindly pass the word around to all the migrant Malayalees to participate for better progress and development and please liase with the Committee Members.

PILGRIMAGE TOUR TO THE HOLY LAND

Pilgrimage Tour (12 days 11 nights) to the Holy Land via Cochin, Kerala. Pilgrimage visit includes Jordan, Egypt, Jerusalem and Churches. Travel cost may vary (estimated cost RM8,000.00). Those interested to travel, kindly submit the photocopy of passport and passport size photographs with a deposit of RM3,000.00. Respond

early so that, if we have sufficient confirmed members we will proceed and be able to plan and organize the itinerary.

Enquiries are welcome, please contact Mr. A.R. Fernandez (Mobile No. 013-3500013) or the committee members.

ARCHIVES OF FORE-FATHERS PICTURES/PHOTOGRAPHS

MMCA is beginning to collect pictures, photographs of our fore-fathers who came from India – Kerala.

Photographs / pictures for example:

- Arrival by ship to Malaya
- Career professionals in Malaya
- Any organization in Malaya
- Personal experiences
- Achievements
- Any other valuable information or article

MALAYSIA DAY ON SEPTEMBER 16 AND INDEPENDENCE DAY (HARI MERDEKA), ON 31 AUGUST

Our forefathers who had migrated to Malaya, at the beginning of the 20th Century, played a major role in the development of the country. They faced numerous challenges such as diseases and the Japanese Occupation and we are proud of their achievements. Let's join together to celebrate our independence from British rule regardless of our ethnicity, culture, religion, social standing, or any other many differences..



First Malaysian Prime Minister (1957-1970) -
Tunku Abdul Rahman



Sixth Malaysian Prime Minister (2009 – Present) -
Datuk Seri Najib Tun Razak

**MMCA 28th BGM 2013 (BIENNIAL GENERAL MEETING)
ELECTION OF EXECUTIVE COMMITTEE MEMBERS
2013/2014**

The following were elected as the office bearers for 2013/2014

- President ; Dato’ A.R .Peter, DSIS, AMN, PJK
- Vice-Presidents: Mr. Mathew Alexander
Mr. George Jacob
- Hon.Gen. Secretary: Ms. Anne Mathews
- Hon. Asst. Secretary: Ms. Celine Fernandez
- Hon. Treasurer: Mr. Gerald Edward
- Committee Members: Datin T.J. Peter
Ms. Felicia Fernandez
Ms. Agnes Christina Fernandez
Mr. Johnson Navis
Mr. Gerard Fernandez
- Advisor : Mr. A.R. Fernandez
- Internal Auditors: Mr. Marques C Silva
Mr. Anthony F. Lopez

**TWO DEACONS ORDAINED AS PRIESTS ON MAY 24, 2013
AT ST. LOUIS CATHOLIC CHURCH, KLUANG**



Two young men were ordained as priests on May 24, 2013 at the Church of St Louis by His Lordship Bishop Paul Tan Chee Ing, SJ, the Bishop of Melaka-Johor Diocese, at a special Mass at 10.00am. They are Rev Deacon Sebastian Koh Siong Yong, SJ and Rev Deacon Damian Charles Pereira. The Mass was presided by Bishop Tan and concelebrated by some 50 priests from the Melaka- Johor Diocese including a few from the Archdiocese of Kuala Lumpur, Penang and Singapore.

**“REV BRO DATO LAWRENCE SPITZIG AWARD” TO
VETERAN EDUCATIONIST DATO’ ANTHONY REYNOLDS
PETER**

We, MMCA members would like to congratulate Dato’ A. R. Peter for his continuous contribution and achievement on his most recent award by the Catholic Teachers’ Association Malaysia (CTAM), which celebrated Teachers’ Day 2013 with a Gala Dinner at the Kelab Golf Negara Subang on May 19.

The highlight of the event was the presentation of the Rev Bro Dato Lawrence Spitzig Award to veteran educationist Dato’ Anthony Reynolds Peter. The award is given to individuals who have contributed immensely to education. Dato’ A.R. Peter was President of CTAM from 1996 to 2006. In 1983, he received the Anugerah Pingat Jasa Kebaktian from the Sultan of Selangor. In 1990 he received the Anugerah Ahli Mangku Negara from DYMM Yang Dipertuan Agong.

In 1994, he was awarded the Tokoh Guru Selangor. In 1995 he was honoured again with the Tokoh Guru Kebangsaan. In 2003 he received the Old La Sallians Association of Klang “Golden Award” for outstanding and dedicated service to the school and the community. After heading several schools in various capacities while in government service, he served as the Principal of the Methodist College from 1993 to 2002. He was also the Principal of Wesley Methodist School from 1993 to 2006. From 2001 to 2003, he was CEO of the Methodist College Kuala Lumpur. Since 2009, he serves as Principal of the Stella Maris Secondary School in Kuala Lumpur. In his speech Dato AR Peter thanked CTAM for the recognition. He also thanked God for the 50 years of married life with his wife Datin Theresa Peter - **Herald Malaysia**

Dato’ Anthony Reynolds Peter and Datin Theresa Jane celebrated their 50th Wedding Anniversary on the 3rd of Aug 2013 at the Klang Executive Club. The event was organized by their children, family, friends and guests. They took their marriage vows on 27th of April 1963 at St Anthony’s Church Kuala Lumpur and 50 years later they renewed their marriage vows at the same church. They are blessed with three children and four grandchildren.



AMMA DELEGATES CONFERENCE (ADC)

AMMA 38th Annual Delegates Conference 2013 was held 20th – 21st July 2013 at Seremban 2, Negeri Sembilan.

APPROVAL OF NEW MEMBERSHIP

MMCA wishes to welcome the following new members:-

1. Dr. Mary Patricia Ambrose – Kuala Lumpur
2. Dr. Halton Ambrose – Kuala Lumpur
3. Mr. Jude Gomez – Kuala Lumpur
4. Mrs. Rofin Paul - Klang

MEMBERSHIP DRIVE

We invite all Malayalee Catholics to become Life members of MMCA. It is just a 1-off payment of RM100.00 per person. Kindly support the MMCA for the future of our children in this country, Malaysia.

Application Form is enclosed and also available from any of the MMCA Office bearers. The contact details can be found as stated in the letterhead.

Payment can be made by cash or Cheque. Bank details are as follows:

- (i) **M.M.C.A. Bank a/c No: 1426-0006513-00-9** for those who wish to bank in cash/cheque (Fax or email bank-in slip for verification)
- (ii) Cheque should be made payable to "**M.M.C.A**" or "**Malaysia Malayalee Catholic Association**".

M.M.C.A. bank address : CIMB Bank, WISMA KOPONAS J.TUN SAMBANTHAN, 70 Wisma Koponas, Jalan Tun Sambanthan, 50470 Kuala Lumpur.

SUPPORT FOR MMCA SHOULD GROW

Malaysia Malayalee Catholic Association replaced the former 'Malaysia Malayalee Catholic Welfare Society', which was in existence from 1958 to 2002; to be more relevant and reflective to the present community, and more importantly to preserve and maintain the Malayalee Catholic culture, which is on the wane.

We look forward to your valuable support which would definitely contribute greatly to the success of the MMCA. Kindly help us to circulate this information to your colleagues and contacts.

SOCIAL NETWORKING CORNER

MMCA is in the process of forming "Social Networking Corner". This is to enable our members to reach out in getting to know one another and trace our roots, by networking and exchanging ideas & sharing knowledge, etc. for all age groups according to their areas of interest.

Those of you who are interested, kindly fill-in the attached form and e-mail to:

- Ms Anne Mathews e-mail: motianne@yahoo.com or
- Ms Agnes Christina e-mail: acf_08@yahoo.co.uk

OBITUARY

The executive committee expresses its heartfelt condolences to the members of the bereaved families who have lost their loved ones in the recent months, May the souls of our sisters and brothers rest in peace.

Those who are interested in publishing the obituary of their loved ones, kindly email your details to:

acf_08@yahoo.co.uk.

The Executive Committee has been informed of the passing on of the following members of our community:-

- Jessy Mirandah, 23 Feb 2013, Age 84, Johor
 - Loretta Francisca Pereira, 15 March 2013, Age 77, PJ
 - Josephine Maria Antoinette, 2 Apr 13, Age 57, Kulim Kedah
 - Ursula Ferns Lawrence, 2 April 2013 Age 72, P.J
 - Fr Ferreolus D'Cruz, 3 April 2013, Age 82, K.L.
 - Mary Sebastian, 7 April 2013, Age 90, K.L.
 - Charlotte Louis, 12 April 2013, Age 68 yrs, Ipoh, Perak
 - Eddy Pererira, 7 May 2013, Age 52 yrs, Klang
 - Dorothy Jacobs nee Gomez 21 May 2013, Johor Bahru
 - Victoria Pereira, 7 June 2013, Age 74, Subang Jaya
 - Violet Patricia D'Cruz, 10 June 13, Age 79, P.J.
 - Helen Visalakshi D'Cruz, 11 July 2013, Seremban
 - Barbara Elsie Polycarp, 16 July 2013, Age 57 yrs, Kepong
 - Dato' Dr. George Martin Lawrence, 21 July 13, 57 yrs, K.L.
 - John Norbert, 29 July 2013, Age 88 yrs, K.L.
 - Paul Gregory Fernandez, 4 Aug 2013, Age 83 yrs, Klang
 - Jude Fernandez, 8 Aug 2013, Age 57 yrs, K.L.
 - Gerard Errol DeCruz, 10 Aug 2013, Age 59 yrs, P.J.
 - Joseph Koshy, 15 Aug 2013, Age 64 yrs, Klang
 - Lionel G. Sam, 17 Aug 2013, Age 21, USJ, Subang Jaya
- The late Dr. Herbert Ambrose's next of kin has donated the RM100 membership fee paid to MMCA in his memory. The late Dr. Herbert Ambrose had been looking forward to be an active participant of MMCA.

QUOTES OF WISDOM:

- ❖ Even if you're on the right track, you'll get run over if you just sit there. -- Will Rogers
- ❖ Success does not come from having one's work recognized by others.
It is the fruit of a seed that you lovingly planted when harvest time arrives, you can say to yourself; 'I succeeded – Paulo Coelho
- ❖ The Sea is common for all...
Some take pearls,
Some take fishes,
Some come out just with wet legs!
The World is common to all- what we get, is what we try for!
- ❖ The real man smiles in trouble, gathers strength from distress, and grows brave by reflection.
-- Thomas Paine

FUN & LAUGHTER



HEALTH TIPS

Here are some healthy lifestyle habits to incorporate into your morning routine that can leave you better able to handle the stress you experience. Try one or several, and experiment until you find what suits you.

Put On Some Music

Music therapy has been shown to reduce stress and have a positive effect on health. But you don't need a therapist to enjoy some of the benefits music has to offer. Listening to music as you get ready and start your day will create positive energy and a soothing sense of peace (or a sense of fun, if you play party music). Music can compliment other healthy lifestyle habits, adding a sense of peace to a yoga workout, putting a spring in your step on a morning walk, or stimulating your mind as you write in your journal.

Stretch in the Shower

The hot water will loosen up your muscles, so it's easier to get a good stretch. The act of stretching will help to release stored tension and enable you to start the day feeling more relaxed, at peace, and ready to handle what comes your way.

Eat a Balanced Breakfast

Breakfast is known as 'the most important meal of the day' for a very good reason: a healthy meal in the morning can balance your blood sugar levels and give you the sustenance you need to handle physical and mental stress. Without it, you will be less resilient, both physically and mentally. Be sure to have plenty of protein and fruit, not just caffeine and empty calories!

Drink Green Tea

Sipping a warm cup of tea is a soothing activity that will help you prepare for the day ahead and feel nurtured. Green tea is loaded with antioxidants, so it's a delicious *and* healthy lifestyle choice.

Write in Your Journal

Journaling has many health and stress management benefits, and can also lead to increased self-awareness. Writing once a day can help you feel focused, process negative emotions, and solve problems.

Morning Walk

Walking has so many health benefits, the stress management benefits are practically just gravy! A morning walk can get you ready for your day, help you sleep better at night, lower your stress level, and reduce your risk of numerous health conditions. And if you bring a dog with you, you'll be lavished with attention as well!

Yoga

For a healthy body and peaceful mind, few activities give as much 'bang for your buck' as yoga. Combining all the goodness of several stress management techniques, such as diaphragmic breathing, meditation, stretching and more, yoga provides some of the best stress management and health benefits you can find in a single technique. A good way to start your morning is by doing a series of yoga poses-
- Sun Salutations

FINAL WORD

We hope you enjoyed this quarterly newsletter. As always, please contact us with any suggestions or comments to improve the newsletter.

The committee apologizes to those registered members who have not received the MMCA Bulletin.

Kindly contact us (any ex-co member) and notify us about your change of address etc. Keep us updated. Thank you and God Bless.

