



SABCA

SOUTH AUSTRALIAN BANGLADESHI COMMUNITY ASSOCIATION

BANGLA NEW YEAR 1424

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WE ARE A PIECE OF BANGLADESH IN SOUTH AUSTRALIA

WE LEAD THE WAY

WE REACHED BEYOND THE HORIZON

Greater together is having your home and investment loans under one roof.



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Adelaide Central

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Unley
121 Unley
Road



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Editor's Desk

MD SAROAR JAHAN
CHIEF EDITOR

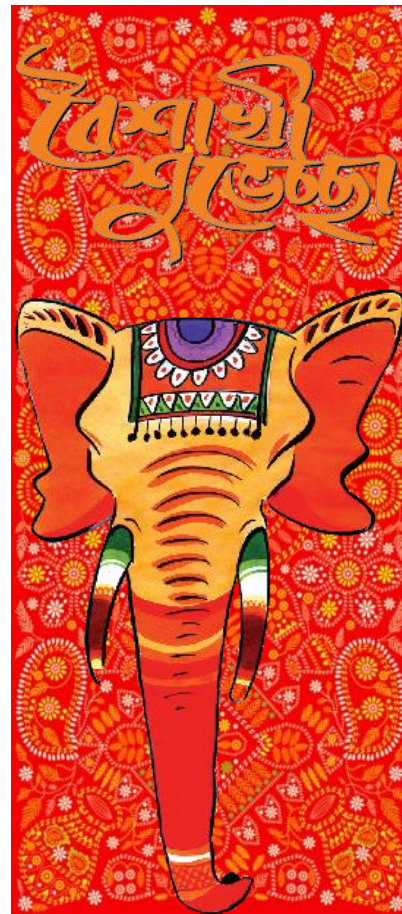


“Every successful individual knows that his or her achievement depends on a community of persons working together. - Paul Ryan

sparing their valuable time to send their best wishes for the magazine in the form of 'Messages'. Special gratitude to those well-wisher sponsors who gave us generous donation as a form of advertisement. Above all, I like to thank the SABCA EC members who provided us all the necessary supports and reassurances.

In this magazine, we tried to present the excellent achievements of SABCA through number of programs carried out. It also shows the positive attitude, hard work, sustained efforts and innovative ideas exhibited by SABCA working committee along with the community. We also engaged our community members in this magazine by their wonderful articles and literatures. Bangladeshi Community School, the heart of SABCA, has also been presented here with it's outstanding achievements. We have published community awareness articles on health, education and finance.

I heartily wish all the readers my best wishes and hope this magazine will enjoy your critical acclaim and inspire the community to work together to build a harmonious and multicultural Australian society.



would like to wish all the community members a happy Bangla New Year. As a continuation of the tradition of South Australian Bangladeshi Community Association (SABCA), we are proudly presenting this magazine on the eve of the celebration of Bangla New Year.

Publishing a magazine is a mammoth task. This herculean task of editing this magazine would not have been possible without the sincere support of the members of the Editorial Board who restlessly worked day and night. I take this opportunity to thank all the dignitaries for



Prayers and fond memories are what we have to remember our dearly departed. May the love of family and friends comfort you during these difficult days, our most heartfelt condolences.

Editorial Board



Md Tarik

Shareyar Alam Russell
Cover Designer



Md Asaduzzaman



A K M Tazammol Hossain

Rifat Bin Saroar Arnab
Graphics Designer



Inspiring Message

From SABCA

ABDUL MANNAN
CHAIRPERSON, SOUTH AUSTRALIAN
BANGLADESHI COMMUNITY ASSOCIATION



Another year of success and happiness has passed. With every new year comes greater challenges and obstacles in life. I wish you courage, hope and faith to overcome all the hurdles you may face. May you have a great year and a wonderful time ahead,

Having experienced nearly 8 years with SABCA, I thoroughly enjoyed the progress of SABCA and its various activities towards the community. I am very happy and delighted to know that SABCA is publishing its annual magazine on the eve of Bangla New Year 1424.

The magazine is a symbol of pride and a miniature representation of SABCA towards the community. The benefits of a magazine are immense. The magazine promotes creativity and nurtures the

latent skills of our respected community members. Any article, poem or artwork published in the magazine serves as a source of encouragement for the budding author or artist.

It's my great pleasure to express my whole hearted thanks to the EC, members, patrons and volunteers for the enormous efforts to execute the great job.

My sincere thanks goes to the editorial team for their hard work, dedication and efficiency made possible to publish the colourful 'SABCA magazine 2017' in time.

Again wishing you good health, happiness and success in the coming year and always.

“The magazine is a symbol of pride and a miniature representation of SABCA towards the community.”



Governor's Message



His Excellency the Honourable
Hieu Van Le AC

I'd like to extend my warmest wishes to all members of the South Australian Bangladeshi Community for Bangla New Year 2017.

I acknowledge the valuable work of the South Australian Bangladeshi Community Association (SABCA) in fostering Bangladeshi culture and language in our State, for participating in various multicultural programs and for celebrating

significant traditional events, such as the New Year.

The association's efforts in supporting migrants, helping job seekers and participating in charitable activities are deeply appreciated.

Congratulation to SABCA on reaching its thirteenth anniversary in 2017, and I wish its members all the best for the future.

“Diversity is about all of us, and about us having to figure out how to walk through this world together”

- Jacqueline Woodson

Art by - Warlimpirringa Tjapaltjarri

A Message From The Premier

Jay Weatherill MP



“I welcome the fact you maintain your traditions and values, including through the Community School at Goodwood.

I extend my warmest regards and best wishes to all members of the State’s Bangladeshi community for the celebration of the Bangla New Year.

Community School at Goodwood.

I also applaud your continuing efforts to share your customs and culture with fellow South Australians – a practice that serves to foster understanding, harmony and the ethos of multiculturalism.

On the occasion of Pohela Boishakh, I commend the community for its accomplishments, its dedication, and its broad and invaluable contribution to South Australia.

On behalf of the State Government, I trust that the year ahead brings peace, prosperity and progress to you and your families.

I welcome the fact you maintain your traditions and values, including through the



Best wishes from the Assistant Minister for Multicultural Affairs, Senator Zed Seselja, on behalf of the Prime Minister and the Government.



Senator the Hon Zed Seselja
Assistant Minister for Social Services and Multicultural Affairs

I congratulate the South Australian Bangladeshi Community Association for organising the Bengali New Year celebration.

Bangladeshis are among the fastest growing communities in Australia and we value the contribution Bangladeshi Australians are making to our diversity and social cohesion.

Occasions such as Bengali New Year give members of the community the opportunity to share in an important milestone and celebrate the richness and vibrancy of your culture.

I extend my best wishes to everyone attending the Bengali New Year celebration and to all those involved in making it possible. I hope you enjoy the festivities and entertainment.

Australia is one of the most harmonious multicultural societies in the world, because we value cultural traditions, our rights and our responsibilities.

I wish you all Shuvo Nabo Barsho and happiness and best wishes for the New Year

“Bangladeshis are among the fastest growing communities in Australia and we value the contribution Bangladeshi Australians are making to our diversity and social cohesion.

MESSAGE OF CELEBRATION

KAZI IMTIAZ HOSSAIN—HON HIGH COMMISSIONER

I am delighted to learn that South Australian Bangladeshi Community Association (SABCA) is organising an elaborate program to celebrate Bangla New Year 1424 on 23 April 2017 in Adelaide. I would like to convey my sincere appreciation and felicitation to SABCA for organising the event.

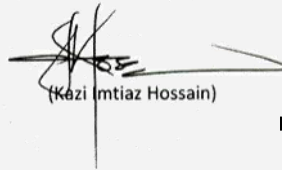
“Nobo Borsho” celebrations mark the day of Bengali cultural unity. It is really about celebrating the simpler, rural roots of the Bengal and is an integral part of the cultural heritage of Bangladesh. The event, I am sure, will provide an excellent opportunity to build mutual understanding and friendship and act as a platform to project our rich culture, tradition and heritage.

I hope South Australian Bangladeshi Community Association will continue its

efforts to promote our cultural values and contribute towards creating greater goodwill for Bangladesh and Bangladeshis in Australia. Your work significantly complements our own efforts in further strengthening and deepening bilateral relations between Australia and Bangladesh.

I take the opportunity to convey my best wishes to the members of Bangladeshi community in Adelaide a very happy Nobo Borsho and continued peace, progress and prosperity in the New Year.

I wish the Bangla New Year celebrations a huge success.



(Kazi Imtiaz Hossain)



HIGH COMMISSIONER



Kazi Imtiaz Hossain
High Commissioner of People's
Republic of Bangladesh

56 Culgoa Circuit, O'Malley
ACT 2606, Australia

“Your work significantly complements our own efforts in further strengthening and deepening bilateral relations between Australia and Bangladesh”

Respect & Inclusion



The Honourable Zoe Bettison MP
Minister of Multicultural Affairs



“Organizations' like South Australian Bangladeshi Community Association do so much to contribute to the understanding.”

It gives me great pleasure to wish all members of the South Australian Bangladeshi community a very happy new year, as you celebrate Pohela Boishakh.

The success of South Australia's vibrant multiculturalism is underpinned by respect, inclusion and understanding of the many benefits and riches of our diversity.

Organizations' like South Australian Bangladeshi Community Association do so much to contribute to the understanding.

I extend my warmest thanks to Chairperson Khandaker Khayrul Hoque, and the rest of SABCA's staff and volunteers for your tireless work devoting time, energy and resources to develop awareness of Bangladeshi language, culture, tradition, and lifestyle in the broader community.

I look forward to SABCA continuing its fine work for many years to come. Once again, I offer my best wishes to all members of South Australia's Bangla community for healthy, happiness, and prosperity in the new year.

BEST WISHES FOR SABCA



JOHN GARDNER MP
SHADOW MINISTER FOR
MULTICULTURAL AFFAIRS

As the Shadow Minister for Multicultural Affairs, I am delighted to offer my best wishes to the South Australian Bangladeshi Community Association – and indeed to all members of the community – as the Bengali New Year is celebrated at the Boishakhi Utshab festival.

The Bengali community is strong in South Australia and makes a very positive contribution to our state and our nation. From twenty five families in South Australia in the early 1990s, we are so proud that now more than six thousand people have chosen to make South Australia their home or place of study.

To all in the community I offer you my thanks for choosing South Australia, and for making such a terrific impact in our educational institutions and in our broader community. By maintaining your traditions – ensuring that your children have an understanding of the culture and the heritage that is their birthright – you do us all a great service. We are all enriched by your festivals being so vibrant in our community.

On behalf of the Liberal Party, I hope that the New Year festivities are most enjoyable, and herald a year filled with joy.



“The Bengali community is strong in South Australia and makes a very positive contribution to our state and our nation.”



Martin Haese, Lord Mayor - City of Adelaide

Adelaide A Multicultural City

“The Bangladeshi community plays an important role in our community”

On behalf of the City of Adelaide, I send my best wishes for the Bangla New Year to the South Australian Bangladeshi community.

The City of Adelaide is a proud, multicultural city, and our many migrant communities are a vital part of our rich cultural tapestry.

The Bangladeshi community plays an important role in our community operating many successful small businesses and enhancing international relations between South Australia and Bangladesh.

I wish you all great prosperity, health and happiness for the Bangla New Year.

2016-2017 SABCA REPORT

MOHAMMAD TARIK
GENERAL SECRETARY



SABCA Focus 2016-2017

- Community Development
- Increase Community Participation
- Integration of Bangladeshi Community with the Wider Australian Society
- Improvisation of Bangladeshi Community School
- Organising Traditional Cultural Events

Boishak (first month of the Bangla calendar) is the most exciting time of the year for the Bangla speaking people throughout the world. Pohela Boishak (first day of the Bangla New Year) is an integral part of our Bangla culture and a symbol of unity and festivity, irrespective of religious, political and regional differences.

Bangladesh was born by a blood-spattered liberation war in 1971. She has nurtured some of the most ancient civilizations of this continent. Pohela Boishak is one of the many spiritual and colourful celebrations. It has been practiced since the period of Mughal Emperor Akbar from 1584 AD. The celebration is now widely celebrated throughout the world where Bangla speaking people live.

As a proud Bangladeshi community association, South Australian Bangladeshi Community Association (SABCA), once again, is going to organise Pohela Boishak on the 23rd April, 2017. SABCA is also publishing annual magazine as a souvenir on that day.

Increase community participation

Annual Ifftar

As a tradition, like previous years, SABCA organised the grand Annual Ifftar on the 26 June 2016 at the Goodwood Primary School where more than 500 people from different community members participated. The kid's Islamic presentation was one of the highlights of that night.

Annual Picnic – 22 October 2016

As like Mrs Jasmin, more than three hundreds

"This summer, we have had the opportunity to attend a community picnic hosted by SABCA and enjoy the time and delicious food together on beautiful Horseshoe Bay this year. The picnic was fun activities for everyone such as bouncing castle and sport activities for children, cricket match for men and pillow passing game for women and throwing darts for couples. We thank SABCA picnic organizing committee for bringing people together in a beautiful space and promoting relationships between people that may not have otherwise met."

- **Jesmin Ara Rupa**

participants thoroughly enjoyed that picnic day and most importantly, as Jasmin stated, the event gave us the opportunity to meet with other Bangladeshi community members who are also living here and strengthen the bonding.

Community Development and Awareness Programs

Cervical Cancer Awareness Among the Bangladeshi Community

On the 7th August, 2016, SABCA and SA Cervix Screening Program, Women's and Children's Health Network, SA Health jointly organised this seminar for Bangladeshi females, with the aim to increase awareness among the participants about the prevention of Cervical Cancer and the importance of regular Cervix screening. The presentation was specially developed for Bangladeshi community and presented by Bengali speaking speaker Dr. Khadiza Tul Kubra (GP), along with Jacqueline Riviere, Project Officer, SA Cervix Screening. Around 50 females actively participated the seminar which was highly appreciated by the community members and by the SA Health.

Mock Interviews and Interview Skills

The comment of one of the participants out of several, reflected the importance and worth of that exceptional event "Mock Interviews" organised by SABCA on the 25th September, 2016. For most of the participants, this Mock interview mimicked first formal job interview in Australian job market. It gave them the opportunity to face the real interviewers and to build up a network with them. Five of the participants were able to manage jobs in their preferred sectors within few weeks.

The Mock interview sessions were conducted by Jesse Doherty (Senior Developmental Educator, Minda Inc.), Michael Somers (Accommodation Manager, Minda Inc.), Sonia Amri (General Manager, Residential Services,

Bijoy Mela 2016

This year's Bijoy Mela (Victory Day Celebration 2016) will be remembered for a long time among the Bangladeshi community members, especially among the kids for its colourful and vibrating atmosphere. This year's Bejoy Mela was celebrated with a true multicultural environment. Not only Bangladeshi community members but also members from different communities such as, Indian, Nepalese, Bhutanese and Arabic community also presented

"The mock interview was an absolute confidence booster. Found an awesome mentor, Rahul. Learnt enormous amount on the Adelaide's IT market and trends. Well done SABCSA for taking the initiative and executing it exquisitely"

- **Tanzim Samad Choudhury, Mock interview participant**

Southern Cross Care) and Rahul Anand (Network & Security Engineer, Host Works)

Around seventy participants attended a seminar following the mock interview. The topics were presented in the seminar—

- "Where is the Gap?" CALD Community and their preparation for Job market, by Mohammad Tarik, Acting Accommodation Manager, Minda Inc.
- Interview Skills and Strategies by Michael Somers, Accommodation Manager, Minda Inc.
- Hidden job market. How to explore them by Mahbub Seraz Tuhin JP, HR Consultant

Home Buyers Seminar

Second year in a row, SABCA organised home buyers Seminar on the 12 February 2017 with a bigger arrangement. RAMS Home Loans and HomeStart SA presented information regarding policies and procedures for the first home buyers, investors and refinance along with their products. More than hundred participants attended the seminar and gathered valuable information, which is echoed by one of the many participant's voice.

"The homebuyer's seminar of SABCA provided an excellent opportunity for the new buyers like myself to learn the process. I got a clear concept of home buying process from it. And, the experiences shared by other participants helped me to think in different ways"

- **Umme Habiba, Seminar participant**

their culture and history in front of more than five hundred people.

An Evening with Volunteers

SABCA started this year with a thank giving evening with its volunteers and performers on the 1st January 2017. Around more than one hundred volunteers and performers attended the evening and enjoyed the live music with delicious food.



Integration of Bangladeshi community with the wider Australian community

Australia Day Celebration

SABCA participated Australia Day Parade 2017 with a greater involvement than previous year. A live portrait of Bangladeshi traditional village wedding with music rocked the pedestrians. More than one hundred Bangladeshi community members, including kids as young as three years old, participated this year's rally.

Pink Stumps Day

First time ever, SABCA organised Pink Stumps Day Cricket and BBQ in consort with the most respected McGrath Foundation on the 5th

March, 2017 to manage donations for the McGrath Foundation and to create awareness about breast cancer. Nazmus Sadat, one of the new SABCA members expressed his experience as:

"Thank you SABCA for arranging pink stumps day along with McGrath Foundation. It is a good community awareness and fund raising event. The program has removed the barriers and made aware of breast cancers for many community members. The cricket match and BBQ was also enjoyable. Hopefully it will also create better image for our community in the broad Australian community forum, thanks again"

- Nazmus Sadat, Participant

Number of cricket lovers attended and enjoyed the game and BBQ.

People Choice Credit union

SABCA also participated this year People Choice Credit Union lottery.

Improvisation of Bangladeshi Community School, the "Gateway" of SABCA

SABCA EC has been working closely with the Bangladeshi Community School (BCS) to maintain the high standard of the school and modernise the curriculum to meet the needs of our kids. SABCA EC reformed the school management committee and appointed Md Saroar Jahan as the principal. SABCA EC assisted BCS to improve the school operation and to recruit teachers for specialised areas - Art, Music and Dance. We have seen the result throughout the year and hope to see more in the future.

Bangla New Year - Pohela Boishak Celebration

As mentioned earlier, once again, this year SABCA is going to celebrate Bangla New Year in a bigger scale on 23 April, 2017 at the Dom Polski Centre. All performers, especially kids are very excited to perform on the mega event and they have been working very hard over the last few months.

SABCA and It's Working Partners

This year SABCA has established new working relationships with different corporate and community organisations, such as RAMS Home Loans, TAFE SA, Australian Liberal Party - South Australia, 4 Life College Adelaide, City of West Torrens, Unley City Council, McGrath Foundation, Beyond Blue, Adelaide Independent Taxi, Mexim Australia, Aus Stars Meat. SABCA also maintained and strengthened the existing relationship with Multicultural SA, Dept. for Communities and Social Inclusion, HomeStart Finance, Morphettville Chemplus, Australian Labour Party and Goodwood Primary School.

My Gratitude

At the end, I would like to thank all my EC colleagues, SABCA members, members of the BCS Management Committee members and BCS teachers, all senior members of our society, members of the Advisory Committee and most importantly sponsors for their continuous support. It would have been impossible

to carry out so many successful programs without their support and active participations. I would like to pay a special thanks to Mr. Khandaker Khayrul Hoque, Ex Chairperson (June 2016 - March 2017) for his extraordinary work for our community and for SABCA.

I would feel guilty if I do not mention all the kids who worked so hard throughout the year

to perform different cultural events. These lovely kids are the true inspiration for SABCA.

I would also like to thankfully acknowledge the sacrifice offered by my wife, Aysha Siddika. Special thanks to my kids, Kashfia Tarik and Tahmid Tarik, you two are always an extra motivation for the author.

Executive Committee 2016

Committee 2017

“Unity is strength... when there is teamwork and collaboration, wonderful things can be achieved
-Mattie Stepanek



CHAIRPERSON—CURRENT
MD ABDUL MANNAN



CHAIRPERSON (JUL '16-MAR '17)
KH. KHAYRUL HOQUE



VICE CHAIRPERSON*
MOKADDES ALI SIKDER



GENERAL SECRETARY
MOHAMMAD TARIK



FINANCE SECRETARY
DR. AL NAHIAN RIYADH



PUBLIC RELATIONS SECRETARY
MD ASAD-UZZAMAN



EXECUTIVE MEMBER
KAZI TANZEEB SHAHID



CULTURAL AFFAIRS SECRETARY
ABU TOUHID ALAM



STUDENT AFFAIRS SECRETARY
MUNIRA HUSAIN RAKHI



*Mokaddes Ali Sikder acted as the Assistant General Secretary from Jul '16 to Mar '17. As he co-opted to Vice Chairperson position, the position Assistant General Secretary is currently vacant.



ASST CULTURAL AFFAIRS SECRETARY
RIFFAT NAZNEEN



EXECUTIVE MEMBER
A. K. M. TAZAMMOL HOSSAIN



Our Predecessors

2015-2016

Dr N M Nizamul Islam—Chairperson
 Mahbub Siraz Tuhin—Vice Chairperson
 Mostofa M Sayeem—General Secretary
 Shafiqul Islam Shumon—Assistant General Secretary
 Salima Akhter—Finance Secretary
 Md Shahadat Hossain Liton—Cultural Affairs Secretary
 Nawshaba Hussain—Assistant Cultural Affairs Secretary
 Dr Nasir Uddin Rumon—Public Relations Secretary
 Mohammad Ferdous Mehbub—Student Affairs Secretary
 Syed Diderul Alam—Executive Member
 Anik Sikder—Executive Member

2013-2014

Dr N M Nizamul Islam—Chairperson
 Engr Kamal Ahamed—Vice Chairperson
 Md. Abdul Mannan—General Secretary
 Mostofa Monowar Sayeem—Assistant General Secretary
 Abu Touhid Alam—Finance Secretary
 Nusrat Jahan Smrity—Cultural Affairs Secretary
 Dr Tuhin Sultana—Assistant Cultural Affairs Secretary
 Ahasanul Hoque Dipu—Public Relations Secretary
 Shahdat Hossain—Student Affairs Secretary
 Dr Alauddin Talukder—Executive Member
 Aatur Rahman—Executive Member

2010-2011

Md. Rashidul Haque—Chairperson:
 Dr Naquibul Islam—Vice Chairperson
 Dr Mahamudur Hassan—General Secretary
 Alamgir Hussain—Finance Secretary
 Imtiaz Bahar Choudhury—Public Relations Secretary
 Sayeeda Sultana Shathi—Cultural Affairs Secretary
 Md Masudur Rahman—Student Affairs Secretary

2008-2009

Md Rashidul Haque—Chairperson
 Kazi Sakhawat Hossain—Vice Chairperson
 Maushad Ameen—General Secretary
 Shamim Joarder—Finance Secretary
 Anis Ahmed—Public Relations Secretary
 Sayeeda Sultana Shathi—Cultural Affairs Secretary
 M M Hossain—Student Affairs Secretary

2006-2007

Dr Abul Hossain—Chairperson
 Kabir Ahmed—Vice Chairperson
 Alamgir Hossain—General Secretary
 Shamim Joarder—Finance Secretary
 Azi Miah Bradbury—Public Relations Secretary
 Sabbir Gaffar—Cultural Affairs Secretary
 Nayamat Ullah—Student Affairs Secretary

2004-2005

Dr Abul Hossain—Chairperson
 Dr Mahfuz Aziz—Vice Chairperson
 Khandaker Azad—General Secretary
 Dr Ifekhar Ahmed—Finance Secretary
 M A Gaffar—Finance Secretary
 Kazi Sakhwat Hossain—Public Relations Secretary
 Marufa Hossneara Gaffar—Cultural Affairs Secretary
 Akhter Jahan—Cultural Affairs Secretary
 Ashraful Alam—Student Affairs Secretary



Dr N M Nizamul Islam



Dr. Abu Siddique Miah



Dr. Naquibul Islam

“Each new generation is reared by its predecessor; the latter must therefore improve in order to improve its successor. The movement is circular.

- Emile Durkheim



Dr. Mahfuz Aziz



Kazi Sakhawat Hossain



Md Rashidul Haque



Abul Hossain

2014-2015

Dr Abu Siddique Miah—Chairperson
 Md Abdul Mannan—Vice Chairperson
 Dr Md Mahmudur Rahman—General Secretary
 Shafiqul Islam Sumon—Assistant General Secretary
 Nazia Zerinn Hossain—Finance Secretary
 Abu Touhid Alam (Jun '14 - Sep '14)—Cultural Affairs Secretary
 Hassan Imam (from Sep '14)—Cultural Affairs Secretary
 Farhana Mahmud—Assistant Cultural Affairs Secretary
 Maherina Z Sayeem—Public Relations Secretary
 Mohammad Ferdous Mahbub—Student Affairs Secretary
 Wasim Saeed—Executive Member
 Aatur Rohman—Executive Member

2012-2013

Dr Mahfuz Aziz —Chairperson
 Dr N M Nizamul Islam—Vice Chairperson
 Masum Mithu—General Secretary
 Sakhwat Rashed—Assistant General Secretary
 Md Abdul Mannan—Finance Secretary
 Khurshida Shabnam—Cultural Affairs Secretary
 Nusrat Jahan Smrity—Assistant Cultural Affairs Secretary
 Ahasanul Hoque Dipu—Public Relations Secretary
 Abu Tauhid Alam—Student Affairs Secretary
 Faiza Sahabuddin—Executive Member
 Mostofa M Sayeem—Executive Member

2011-2012

Dr. Naquibul Islam—Chairperson
 Dr. Mohammad Ahmedullah—Vice Chairperson
 Engr. Kamal Ahamed—General Secretary:
 Abdul Mannan—Finance Secretary
 Mrs. Khurshida Shabnam—Cultural Secretary
 Ziaul Khan (Jewel) - Pub & Relations Secretary
 Iffat Ara—Student Affairs Secretary
 Kazi Roni—Assistant General Secretary
 Nusrat Jahan Smrity—Assistant Cultural Secretary
 Mahabub Alam—Executive Member
 Iffat Jarin Khan—Executive Member

2009-2010

Kazi Sakhawat Hossain—Chairperson
 Dr Mahfuz Aziz—Vice Chairperson
 M.M.Naushad Ameen—General Secretary
 Alamgir Hussain—Finance Secretary
 Ahsan Habib—Public Relations Secretary
 Habibur Rahaman—Cultural Affairs Secretary
 Masudur Rahman—Student Affairs Secretary
 Md Masudur Rahman—Student Affairs Secretary

2007-2008

Md. Rashidul Haque—Chairperson
 Kabir Ahmed—Vice Chairperson
 Nayamat Ullah—General Secretary
 Kazi Shakawat Hossain—Finance Secretary
 Dr. Arifur Rahman Majumder—Public Relations Secretary
 Sayeeda Sultana Shathi—Cultural Affairs Secretary
 Angshu Rahman—Student Affairs Secretary

2005-2006

Dr Abul Hossain—Chairperson
 Dr Mahfuz Aziz—Vice Chairperson
 Khandaker Azad—General Secretary
 Ranjit Kumar Das—Finance Secretary
 Azi Miah Bradbury—Public Relations Secretary
 Naushad Ameen—Cultural Affairs Secretary
 Shamim Joarder—Student Affairs Secretary

Coming together is a
BEGINNING
Keeping together is
PROGRESS
Working together is
SUCCESS

Henry Ford

SABCA Members

Dr. MD. Abul Hossain
Raihatun Hossain
M. Syed Ali
Farkunda Ali Bilkis
Kazi Shakhawat Hossain
Latifun Nessa Hossain
Dr. Abu Siddique Miah
Raihan Saad Ferdousi
Mostak Chowdhury(Mac)

Ragina Parvin
Dr. Mahmudur Hassan
Dilruba Zuthi
Dr. Moniruzzaman
Dr. Anis Ahmed
Sayeeda Shathi
Shahin Banu
Hamidul Haque
Dr. Naquibul Islam

Ataur Rahman
Fatema Sultana
Wasim Saeed
Farhana Abedin
Shahadat Hossain
Zafar Iqbal
Dr Salim Zaman
Kishowar Ferdousi
Ahsanul Hoque
Farhana Mahmood

Dr. Khadiza Kubra Sweety
Tanvir Mashuk
Khandaker Hoque
Khandaker Ahammed
Mostafa Monowar Sayeem
Maherina Z Sayeem
Alauddin Talukder
Suraiya Banu
Abdul Mannan
Nasima Rahman Aziz

Hasan Imam (Shamim)
Syed Didarul Alam
Suma Chowdhury
Quazi Imran Uddin
Mrs. Soneya Majabin Tonima
Mahmud Masum
Akhter Rahman
Mahbub Siraz JP
Shahrukh Naz
Mohammad Tarik
Ayesha Siddika Moni

Sumaiya Islam
Dr. AKM Hasan
Towhida Afrin
Mohammad Hossain (Anowar)
Shafiqul Islam
Dr Tauhid Khan
Dr Sania Rahman
Molla Jalal Uddin
Salima Akhter
Anik Sikder

AKM Hasnat Alam
Subarna Laila
Dr. Nasir Uddin Rumon
Dr. Sharmin Seraj
Dr Tawhid Wahab (Titas)
Sadia Zaman
Dr. Mahammad Ahmedullah
Liza Ahmedullah
Dr. NM Nizamul Islam
Dr. Bahija Khanom

Nurun Nahar
Md Asaduzzaman
Rabeya Akhter
Dr Al Nahiyen Riyadh
Mohammad Asaduzzaman
Zeenat Jahan
Mohammad Islam shaon
Riffat Nazneen Kanon
Dewan Zaman
Kazi Kaushik

Dr Nurunnahar
Dr Md Monowar Hossain
Nuzhat Hassan
AKM Tazammol Hossain
Md Ashrafal Alam
Hasan Al Naim
Mohammed Rahman
Syed Tarik Anjum
Asha Anjum
Md Saroar Jahan

Toma Ghosh
Nargis Mostofa Joly
Md. Rajenul Alam
Jesmine Ara Rupa
Md Towhid
Md Sharea Alam Russell
Lubaba Khandaker
Md Arif
Nazmus Sadat
Segufta Mehzabin
Md Shamim Ahmed

Md Jubair Hasan
Shanjida Sharmin Ela
Md Musabbarul Ahmed (Sumon)
Sonia Alam Esha
Abu Alam Tannu
Mahnaj Mahim (Nitu)
Munira Husain
Ahmed Mostafa (Prince)
Umme Habiba
Md Hannan*

* - Associate member



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Mohammed Towhidul Islam
Parent

As part of their commitment to the Bangladeshi community, South Australian Bangladeshi Community Association (SABCA) established Bangladesh Community School (BCS) here in Adelaide. Like other community based schools (ethnic school), Bangladesh Community School (BCS) also run by the Non-Government Schools and Services unit (NGSSU) of Department of Education and Child Development (DECD), South Australia and also a member of The Ethnic Schools Association of SA Inc. (ESASA). BCS is located at Goodwood Primary School (140 Goodwood Road, Goodwood SA 5034) where weekly classes held on a part-time basis on every Sunday afternoon during school terms. The main objective of BCS is to encourage and provide support for kids to learn Bangla language and to introduce them with the rich and diverse Bangladeshi cultures as we all strongly believe that the role of language and culture is critical in making Australia a truly multicultural community.



Md Saroar Jahan, Principal



Syed Diderul Alam, Secretary



Zeenat Jahan, Treasurer



Mahnaj Mahim Nitu, Member



Jesmine Ara Rupa, Member



“A bunch of highly qualified, self-motivated and dedicated teachers ensures that the curriculum is aligned not only with academic standard but also with various extra curriculum activities to represent BCS as a role model for multicultural education in South Australia.



Nasima Aziz, Teacher



Farhana Mahmud, Teacher



Nurun Nahar, Teacher



Munira Husain, Teacher



Toma Ghosh, Teacher



Sharea Alam, Teacher

8 OUTSTANDING PERFORMANCES BY OUR SCHOOL

BCS ORGANISED A NUMBER OF EVENTS TO CELEBRATE VARIOUS IMPORTANT DATES OF BANGLADESH AND AUSTRALIA. THE STUDENTS OF THE SCHOOL HAD THEIR ACTIVE PARTICIPATION FOLLOWED BY OUTSTANDING PERFORMANCES.



1 FATHER'S DAY 2016

Our adorable kids had their glorious presence along with their parents on this year's Father's Day celebration held on Sunday, 4th September 2016. Students dedicated their performance (songs, dance, poem recitation, etc) to their fathers. Some of the teachers and dads performance just added extra amusement to the celebration.

2 ESASA CHILDREN'S DAY 2016

It was a great pleasure for the students of BCS to participate the Annual Ethnic Schools' Children's Day, which was held on Saturday 29 October 2016. This was indeed an amazing opportunity for students not only to display what they have learnt but also to share and learn from other cultures. Like previous years, all the participants were dressed-up with colourful traditional costumes. The parade started from Victoria Square around 10.30 am and ended at Telstra Plaza Adelaide Oval where participants listened to speeches from Mr Binh Nguyen, Chairperson of ESASA; Minister for Education and Child Development the Hon. Susan Close MP; and Shadow Minister for Education and Multicultural Affairs Mr John Gardner MP. BCS students displayed their mesmerizing performance (song, dance and a melodrama reflecting cultural heritage of Bangladesh) on stage with huge cheer and applause from the audience. BCS organized yummy-delicious food and drinks for all the participants, their parents and teachers after the end of the event. Later, BCS distributed prizes among the participant students for their outstanding performance.



3 ESASA AGM 2016

BCS students were given an amazing opportunity to show-case their stand-out and colourful performance once again at The Ethnic Schools Association of SA Inc. (ESASA) AGM and Teacher's Graduation Ceremony at Latvian Hall on Thursday 17 November, 2016. It was an immense pleasure for the students of BCS which was selected as one of the three ethnic schools got the rare opportunity to perform at that night. BCS students rocked the night and proved once again that they possess the natural capability to amuse audience through their incredible performance regardless the platform. Hats-off to our beloved kids! ESASA distributed prizes for participant students for their colourful and electrifying performance.



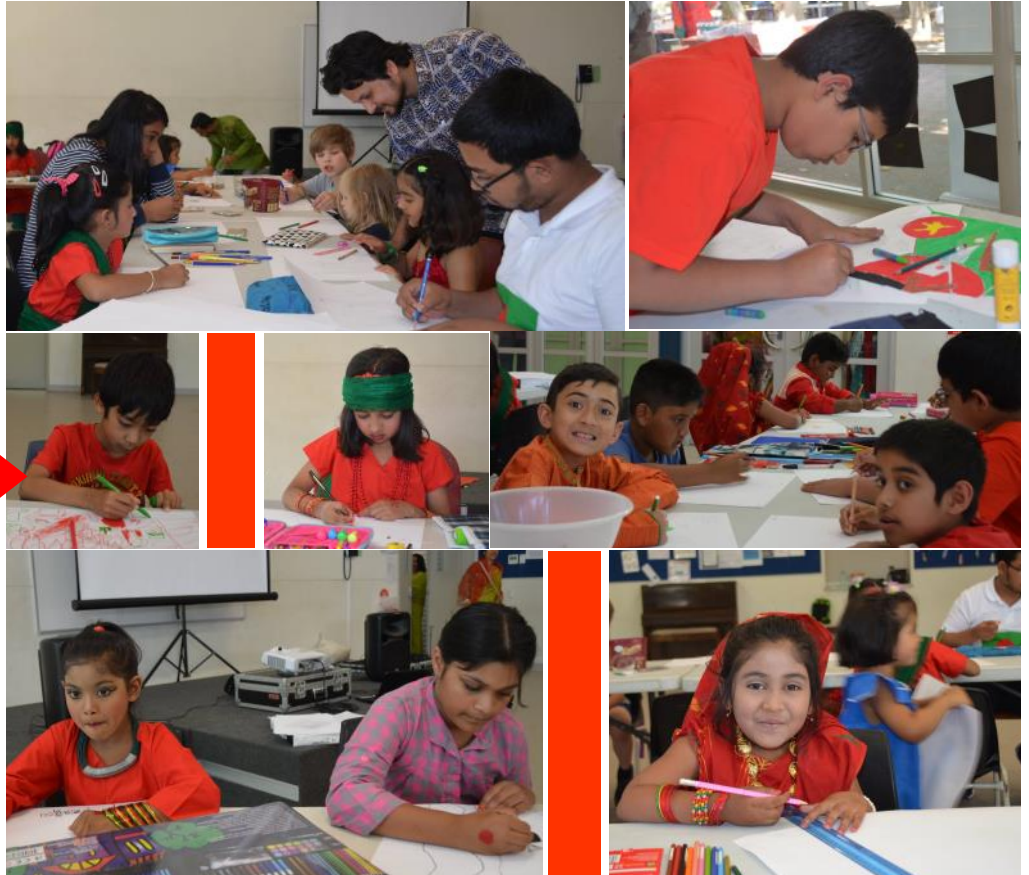


4 EXCURSION 2016

BCS organised an excursion for its students on Saturday, 03 December 2016. It was such an exciting tour to Adelaide Botanic Garden. The tour started around 10.30 am followed by morning snacks. Students were divided into two groups - Primary and Secondary level. It was such a wonderful out-of-doors experience for the kids as they had this exciting exposure to Mother Nature – to get familiar with the plants and enrich their knowledge by answering the questionnaire prepared and provided by BCS. The tour wrapped up around mid-day. After the tour, teachers, students and parents gathered at the park opposite to the Botanical Garden and enjoyed a delicious mouth-watering lunch.

5 VICTORY DAY COMPETITION 2016

As continuity of previous years, SABCA proudly organized the cultural show to celebrate Bijoy Dibosh (Victory Day) 2016 of Bangladesh on Sunday 18 December 2016. BCS arranged Art & Essay Writing competition on that day. Kids were encouraged to express their love to our beloved country by writing an essay about Bangladesh. There were three groups - Group 1: Year 3 to Year 6 - Our Bangladesh; Group 2: Year 6 to Year 10 - Victory Day of Bangladesh; Group 3: Year 11 to Year 12 - 1971, Birth of Bangladesh. Noticeable amount of participants from non-Bangladeshi background made the Art competition more significant and added extra vibe to the program. Prizes were distributed among the stand-out participants of Art & Essay Writing Competition.



6 SPRING FESTIVAL

According to Bangla calendar, "Pohela Falgun" - the first day of Spring of Bangla month Falgun, is a very colourful celebration in Bangladesh. Traditionally, women wear yellow sarees (a traditional clothing for women in Bangladesh) to celebrate this day. This celebration is also known as "Bosonto Utsob". Like previous years, BCS organized "Bosonto Utsob 1423" on Sunday, 12 February

2017 to celebrate the day. BCS students' splendid performance (which included song, dance, musical instrument) once again left the audience spellbound. All the participants showed their cheerful presence with vibrant and colourful dress-ups. Active participation from the teachers, staffs, community leaders and members made the program more meaningful. A very special thanks to SABCA for providing delicious dinner to the guests.



7 21ST FEBRUARY 2017

International Mother Language Day (IMLD) is a worldwide annual observance held on 21 February to promote awareness of linguistic and cultural diversity and multilingualism. It was first announced by UNESCO on 17 November 1999. Then it was formally recognized by the United Nations General Assembly in its resolution announcing 2008 as the International Year of Languages. 21st February has become an iconic event for Bangladeshis all over the world which is more commonly referred to as “Ekushey February”. BCS celebrated “Ekushey February” (International Mother Language Day) on Sunday 26 February 2017. All the participants and guests dressed up with black and white traditional clothing silently walked bare feet and laid down flowers to the replica of Martyr’s Monument (Shaheed Minar) to pay tributes and show respect to the language martyrs (the brave hearted students Rafiq, Jabbar, Salam, Borkot and so on who sacrificed their lives during a protest at the University of Dhaka on February 21, 1952). Students of BCS along with their teachers sang the theme song, “Amar Bhaier Roktey Rangano Ekushey February, Ami Ki Bhulitey Pari” (Can I forget the twenty-first of February incarnated by the blood of my brother?). Students of BCS entertained the audience with their stunning performances which included country songs, poem recitation, dance, etc. Again this was an amazing opportunity for our kids where they came to know about the glorious history of Bangladesh by honouring Bangla language and Bangladeshi culture while they are growing up in a different country and simultaneously adapting with a different culture.



8 INDEPENDENCE DAY 2017

Bangladeshis from all over the world observe 26 March as The Independence Day of Bangladesh by paying tributes to the memory of nearly 3 million martyrs in the bloody liberation war with Pakistan which ended up in victory on 16 December 1971. The then Major Ziaur Rahman declared the independence from Pakistan on late hours of 26 March 1971 from Kalurghat Radio Station, Chittagong with the statement: “I am Major Ziaur Rahman do hereby declare the independence of Bangladesh on behalf of our great national leader Bangabandhu Sheikh Mujibur Rahman”. Like previous years, BCS celebrated Bangladesh’s 46th Independence Day on 26 March, 2017. The program started by hoisting flags of both Bangladesh and Australia. On-going and Ex-Chairpersons of SABCA delivered their speeches for the young generation by focusing and highlighting the importance of this day in our life. Later BCS students as well as teachers performed patriotic songs for the audience to celebrate the day.

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অণুকাব্য নির্ঘুম রাতের পঙতিমালা

আমি খেমে আছি,
বয়সটাকে যদি খানানো যেতো
অথবা এখনকার অভিজ্ঞ আমি,
শুরু করতে পারতাম তাই নিয়ে, একেবারে শুরুতে ।
ফলাফলটা নিজের হাতেই থাকত
নিরব মনের কল্পনায় খুশি আমি, সুখি আমি ।
হঠাৎ বাস্তবতায় ফিরি
লাভের স্বর শূন্যই দেখি ।
বর্তমানের অভিজ্ঞতা

অতীত সময়কালে মিলেনা ।
অথবা অতীতের অনভিজ্ঞতায়
বর্তমান ফলে কিছুই আসে যায় না ।
এখানে এসে খেমে যাই
চিত্তায় ঘুরপাক খাই ।
নিয়তির চক্র, ছিন্ন করার মন্ত্র
সব মানুষের থাকেনা ।
আমিও না হয় হলাম সে রকম একজন
এটাই বর্তমানের সান্তনা ॥



আর্তনাদ

Edvard Munch

সংগীনির খোঁজে



James Nares

রাতের আকাশে তাকিয়ে থাকি আনমনে,
তারগুলো চেনার অপেক্ষায় থাকি ।
অপেক্ষায় থাকি এক জোড়া হাতের, মানবীর,
হাতে হাত নিয়ে চিনিয়ে দিবে তারা, তারার মালা ।
কল্পনায় দেখি,
হঠাৎ তারা গুলো নেমে আসে মায়াবী চোখের কোলে ।
সেগুলো গুনবো, না তার অপরূপ রূপের মায়ার হারাবো,
দ্বিধায় পরি ।

ঘোর লাগা চোখ মেলি,
ক'ফোর্টা অশ্রু গড়ালো কি ।
তারার আধো আলোয়,
অশ্রুগুলো তারার মতই ঝরে পড়ে ।
শুধু নীরব রাত কিছুক্ষণ সাক্ষী হয়ে থাকে,
ভোরের আলোতে হারিয়ে যাবার আগে ॥

শোধবোধ

বিষণ্নতা ছুঁয়ে ছুঁয়ে কষ্টের আলপনা আঁকি,
নির্ঘুম রাতপ্রহরে ঝাঁ ঝাঁ পোকাদের আলোপে কান পাতি ।
সুযোগ খুঁজি অব্যক্ত কষ্টগুলো চিত্রকারে সমস্বরে ভাগাভাগির,
বেদনার সুর, পোকাদের সুরে মিশিয়ে দিতে যদিই বা পারা যেত ।
কিইবা ক্ষতি হতো এ শান্ত রজনীর
পোকাদের শব্দ ব্যঞ্জনায় কষ্ট বিলীন।
তা হবার নয় জেনেও,
অলীক এ সুখ কল্পনায় ডুবে ডুবে
বিনীত রজনীর ক্ষতিপূরণ আদায় করি ॥

সুখী মানুষ খুঁজে বেড়াই
ফেসবুক প্রোফাইলে প্রোফাইলে ।
ঝকঝকে, চকচকে আড়ম্বর দেখে ঈর্ষান্বিত হই।
হঠাৎ চমকে উঠি, নিজেকেই প্রশ্ন করি,
কেউকি আমারি মতন টু দেয় আমার প্রোফাইলে ।
চাকচিক্য সেখানেও তো কম কিছু নয়,
তবে কেন এই আমার সুখী মানুষ খোঁজা ।
হয়তোবা নিজের দল ভারী করা, হয়তোবা চাকচিক্যের আড়ালের
সত্যকে কুখাই খোঁজা ।

ভাবুয়াল চাকচিক্য

এ কে এম তাজাম্মুল হোসেন



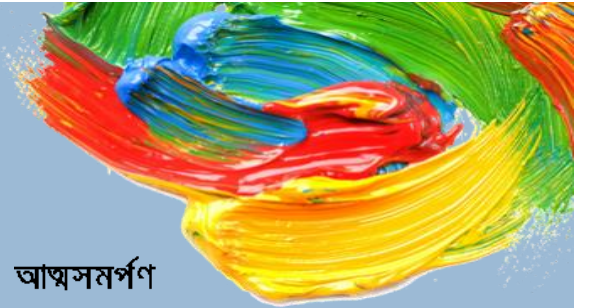
স্বপ্ন দেখি, স্বপ্ন আঁকি, স্বপ্ন বিলিয়ে যাই
আনমনে সাধের বাইরে ।

কখনো দেয় ধরা, কখনো সে রয়ে যায় অধরা
ক্ষতি তো নেই স্বপ্ন দেখতে

নিজেই রাজা, নিজেই প্রজা, নিজেরই রাজত্বে ।
মাঝে মাঝে জেপে উঠি, ঘোর নেপে থাকে
মোহময় লাগে ।

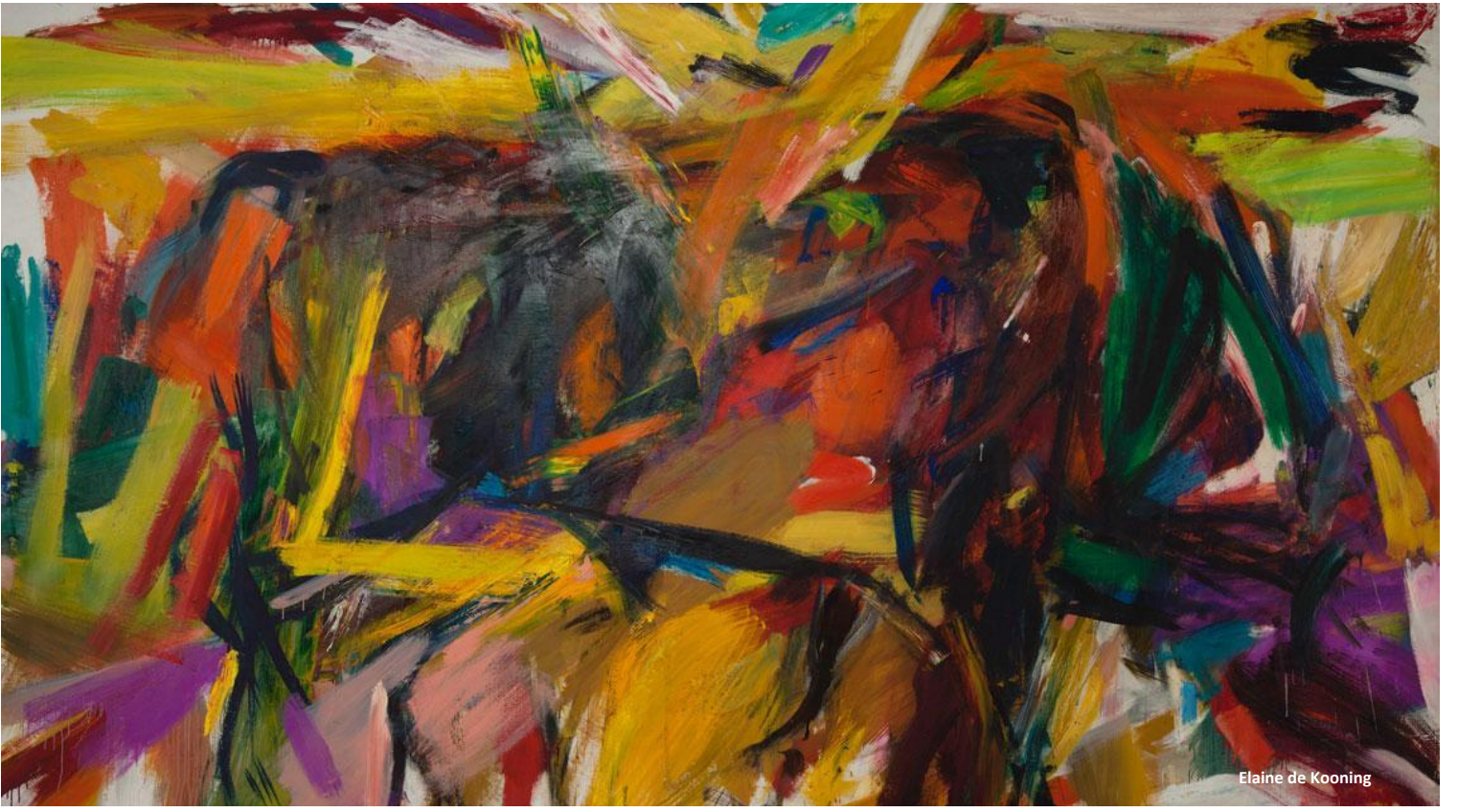
মোহ নিয়ে বয়ে চলি, শতক মণকে ছটাক ভাবি..

লেখক পরিচিতি: জন্ম ১৯৭৫ সালে টাঙ্গাইল জেলায়। তিনি রাতোকড়ের ত্রিপুরী সম্পন্ন করেছেন বাংলাদেশ কৃষি বিশ্ববিদ্যালয় হতে । তিনি সংস্কৃতিমনা, জড়িত আছেন নানান উদ্বেগের সাথে। তিনি প্রকৃতিপ্রেমী, মৎস্য - শিকার এবং ফটোগ্রাফি তাঁর প্রিয় বিষয়। নানা ব্যস্ততার মাঝেও সাহিত্য চর্চার চেষ্টা করেন। এক পুত্র, এক কন্যা নিয়ে সঙ্গীক এডিলেডে বসবাস করছেন ২০১২ সাল হতে।



আত্মসমর্পণ

কাল্পনিক ভালোবাসা, গোজামিলের অংক কষা,
দিনশেষে প্রাপ্তি তার জীবনের শূন্য খাতা ।
পর্যাণে চাইলেই পাইতে হবে, এমন কোন রাজ্যসভার
রাজা হয় কয়জন।
থাকুক না কিছু শূন্য পূরণ,
হাহাকার নিয়ে সারা জীবন।
ধুলো, কাঁদা, জলে জীবনটাই মিশে যাবে
জন্ম নিবে নতুন কোন রংগীন কেতন ।
তাইতো এই বয়ে চলা
দুঃখ ভরা সুখি জীবন ॥



Elaine de Kooning

ইলিশ



তে ইলিশ, ই তে ইগল” - নিজের

খাতার ভাঁজে রেখে দেয়া কিছু টাকার দিকে ছলছল চোখে তাকিয়ে কি যেন ভাবছিল মানিক, ছোট বোন ময়নার পড়া শুনে বোনের বইয়ের দিকে তাকাল। হাত বাড়িয়ে ইলিশের ছবিটা ছুঁয়ে দিল, বুকে জমাট বাঁধা কান্নাটা আর সামলাতে পারল না।

দিন শেষে বই নিয়ে বসেছে দু ভাইবোন। পরিবাগে এক খুপরিতে মানিকদের সংসার। বাবা কই জানে না, মা বাসা বাড়ির ঠিকানা ঠিক। সামনের রাস্তায় এক বাড়ির পাঁচতলায় মা কাজ করে, সে বাসায় আজকে মেহমান আসবে, মার ফিরতে রাত হবে।

পহেলা বৈশাখ - মেহমানদের জন্য আয়োজন অনেক। গরু মুরগীর পাশাপাশি বৈশাখী আয়োজনে আরও আছে ইলিশ ভাজা, সরষে ইলিশ, ভাতের পাশাপাশি আবার ইলিশ পোলাও। ছেলেমেয়ে দুইটা অনেকদিন থেকেই ইলিশ ভাজা খেতে চাচ্ছে। মানিকের মা বলেছিল বৈশাখে ইলিশ ভাজা খাওয়াবে, বাজারেও গিয়েছিল সাহস করে; কিন্তু সাধ আর সাধের মধ্যে অনেক তফাত। এই বাসার আপা সব সময় কিছু না কিছু খাবার দিয়ে দেন, ঠিক করেছে আজকে না দিলে বাচ্চাদের জন্য একটা ইলিশের টুকরা চেয়েই নিবে। শেষবার যখন ডাইনিং রুমে গিয়েছিল তখনও মাছ ভাজা প্লেটে ছিল, আড়চোখে দেখেছে। খাওয়া দাওয়া প্রায় শেষের দিকে, একটা প্লেটে নষ্ট করা একটু মাছ, মানিকের মা একবার ভাবল তুলে রাখবে কিনা, পর মুহূর্তে আবার চিন্তাটা বাদ দিল - একেবারেই ভাঙাচোরা

আর উচ্ছ্বস্তের সাথে মাথামাথা। অনেক খাবারই প্রায় শেষ, ভাজা মাছের প্লেটটা এখনও আসেনি, উদ্ভিগ্ন হয়ে আল্লাহ আল্লাহ করতে লাগল মানিকের মা। মাছের প্লেটটা যখন এল ছাঁত করে উঠল বুকের ভেতর, বাড়ি ঘুরিয়ে তাকাল পাশে, ময়নার বুঝিতে ফেলে দেয়া মাছের ভাঙা টুকরাগুলোর দিকে। অশ্রুসজল চোখে ভেসে উঠল ময়না আর মানিকের মুখ।

মাঁকে রাজি করিয়ে আজকে রমনা পার্কে ঘুরতে গিয়েছিল মানিক। সে জানে রমনা পার্কে পহেলা বৈশাখে অনেক মানুষ হয়, মেলা বসে, আর সেই মেলায় ইলিশ ভাজা আর পান্তা পাওয়া যায়। মাঁএর দেয়া ছেঁড়া বিশ টাকার নোটটা গতরাতেই ভাত দিয়ে কসরত করে জোড়া দিয়ে রেখেছিল, সাথে ছিল স্যাঁতস্যাঁতে আরেকটা পাঁচ টাকা আর একটা দুই টাকার নোট। বস্তির পাশে বারো টাকায় এক প্লেট ভাত আর আলুর দম পাওয়া যায়, সে হিসেবে সাতাশ টাকায় ভাত আর ইলিশ হয়ে যাওয়ার কথা না পেলে শুধু ইলিশ ভাজাই কিনবে, ভাত না হলেও চলবে - এমনটাই ভেবেছিল মানিক। পকেটে আবার একটা পলিথিনও নিয়েছিল, একটু মাছ ভেঙে ময়নার জন্য নিয়ে আসবে সেই চিন্তা করে।

“মানিক, আঝা উঠ, অনেক রাইত হইছে, চাইট্টা ভাত খাইয়া নে” - মাঁর ডাকে চোখ ডলতে ডলতে উঠে বসে মানিক। ময়না আগেই উঠেছে। মাঁর দেবী দেখে মুমিয়ে পড়েছিল দু ভাইবোন।

“হাত ধুইতে হইব না বাবা, আঝিই খাওয়াইয়া দেই ” মানিকের মাথায় হাত বুলিয়ে বলে মা।

“কি তরকারী আইনছ আইজকা?” জানতে চায় মানিক।

“ইলিশ ভাজা আনছি গো বাবা, আকায় আলদা কইরা লেঞ্জাটা আর কাংশাগুলান তুইলা রাখছিল ” -

ভাতের প্লেট আনতে আনতে হাসিমুখে বলেন মা।

মাঁএর উত্তর শুনে হাততালি দিয়ে উঠে ময়না। খুশিতে চিৎকার করে বলে উঠে “ই তে ইলিশ”, “ইলিশ ভাজা খেতে মজা” - ময়নার সাথে গলা মেলায় মানিক।

স্বর্গীয় আশীর্বাদপুত্র নিষ্পাপ দুটি শিশু 'র ভুবনভোলানো হাসিতে আলোকিত হয় ছোট্ট একটি খুপরি ঘর।



মাহবুব টিটু

লেখক পরিচিতি: গুরো নাম আবদুল মাহবুবুর রহমান (টিটু)। মানিকগঞ্জ জেলার ছোট একটি গ্রামে ১৯৭৯ সালের ২৬ মে সেপ্টেম্বর (সাব্বিতিকটে যদিও বছর দেড়েক কম আছে) তার জন্ম। ছাত্রবয়সে ১৯৯৮ সালে তৎকালীন একটি দৈনিক পত্রিকার ফিচার পাতায় অনুবাদক হিসেবে পোর্ট টাইম কাজ করার সুযোগ পান। পরবর্তীতে দীর্ঘ চার বছর আরেকটি দৈনিক পত্রিকার সাথে যুক্ত ছিলেন। বর্তমানে স্ত্রী এবং এক কন্যাসন্তান নিয়ে সাউথ অস্ট্রেলিয়ার মারপেসটনে বসবাস করছেন। বিদেশ বিভূঁয়ে খেটে খাওয়া আর আট দশজন সাধারণ বাংলাদেশীর মতই খুব বেশি অবসর পান না, যতটুকু অবসর পান ততটুকু স্ত্রী - কন্যার সাথেই কাটাতেই পছন্দ করেন।

CHICKEN

A LIFE LONG EMPATHETIC REALISATION

There are twice as many chickens as here are humans. It is the most eaten protein source after lentil. In fact, not only as a source of food but as a pet, it's my favourite type of bird. I am really obsessed with them. So I couldn't stop myself and watch the chicken down the road. I looked at the horizon, no trace of chickens around. A lone chicken down the road didn't make sense. How did it get there?

It was a bright red, underweight chicken with untidy feather. I couldn't recall any farms around the area. A cloud of confusion started to grow in my mind. She couldn't have come from nowhere. "Hello chicken! Where do you came from?" The chicken turned her head and stared curiously at me without blinking. Obviously, they can't talk, so it was useless to ask her anything. Nonetheless, the look of the chicken reminded me of the chicken I lost ages ago.

“My family owned a broad range of chickens on our farm. Every day I would wake to the sound of Rooster's cock-a-doodle-doo, and I wandered the shed to count the chickens and collect eggs. They were a curious bunch, who used to roost and dust bathe. They were also intelligent and liked to stay as a group. But one of them was special to me. Rubi the Hen, was small and bright red. Then one day I woke up to count the chicken and found one missing. It was Rubi the Hen. We looked for her everywhere, but no luck.

Quickly I looked at the time to realize that she had disappeared; but luckily she had crossed the road. This reminded me of an old riddle which I never seemed to laugh at. To be honest, the thought of crossing roads gives me nightmares.

“As always my playful niece and I heading to the park. All seemed pretty normal until reaching the only road cross. She rushed to the other-side as no vehicle can be seen in range. Wretchedly I was very wrong. Before my brain could even respond, a car rushed down the road as if it was a train at full speed.

I quivered. Chickens tend to avoid direct contact with humans, even the ones on farms. However, this chicken seemed rather fearless of me. It just stared at me as I crossed the road. "Hey you buddy? You haven't answered my question yet..." She stared at me again, but this time with more of an awkward look. In reality, this wasn't the first time I had an awkward situation.

“It was the sign-board on the other side of the road which read "KFC" made me stop. "Oh well... A chicken won't mind me, I am starving" I muttered as I enters the fast-food. My face was expressionless with red eyes. "G'day sir, how can I help you?" I looked at the menu. "Um..." Staring at

the check-out girl I stopped talking. I was like a mannequin. This situation was enough to make the girl uncomfortable. Her face was red as everyone looked at her and me. She waved her hand, "Sir? Is there anything wrong?" With a heroic voice I expressed, "You know what, I can't fail again. I have to know how to resist. Vegetables are not bad anyway." And I left with a silence of awkwardness.

Beholding the chicken I realized it had



been ages since I hadn't devoured a chicken.

“Dinner's ready dear!" an over exaggerate lively women was my wife who never seem to forget my favorite food. I grabbed the drum-stick and turned the TV on to see whatever program there was. I never seemed to pay attention to what I watch. The only thing I cared about was the colour the screen emitted. "In United State alone more than 8 billion chickens are brutally killed for the sake of food." As the TV spoke, for the first I showed some attention. "They're chained up-side down and their throats are split, some of those poor chicken miss the blade and are instead scalded alive". It was the last chicken meal.

So long ago that, I can't even remember what drum-stick taste like. "Excuse me sir, I think you really should move your car. As you can see there is a traffic behind your car." A gentleman surprised me as he spoke. I rushed to my car with red embarrassment cheeks.

As I was driving, I decided to look through the mirror to see the cars behind me. And, I saw the chicken on the horizon staring at me as it vanishes from sight. I felt a mild sorrow in me. This five minutes, indeed is a short time, however it must have been enough to create my affection towards the chicken.



Rifat Bin Saroar Arnab -born in 2001, is an overenthusiastic individual with lively manner who can't get hold of being independent even in college. Academic result had always been the strengths but to make the life a bit more interesting, he joins several extra-curriculum activities.

Rifat is currently in School representative council as the president which he had been attending for last 3 years. For further interest, he decides to take the First Aid training as First responder cadet in St John. Rifat is an individual with random hobbies.

Once, his hobby was to paint random entities, then to study random topic and sometime do nothing! Nevertheless, even with increasing pressure from school work, he is still continuing with all the activities.



Jesmin Ara Rupa is a Food and Nutrition economist. She is pursuing her PhD on socioeconomic influences of food security, dietary diversity and diet quality at the centre for Global Food and Resources in the University of Adelaide. Previously, she has earned her MPhil degree from the school of Economics, the University of Adelaide.

She is also working as a part time and sessional lecturer and graduate teaching assistant at the same school. In her spare time, Jesmin enjoys reading books, listening music and spending time with her family. She strictly follows three things in her life: Honesty, Hard work and Endurance.

10 **Funny Food Facts**

- 1** ▶ As early as 250 A.D., chocolate was once used as currency in an ancient civilizations of Mexico and South America, specifically The Mayans and the Aztecs, used the cocoa bean as a system of money!
- 2** ▶ There are so many apple varieties around the world that if you were to eat an apple a day, it would take you over 27 years to try them all!
- 3** ▶ In 1995, NASA and the University of Wisconsin-Madison collaborated to help grow potatoes as the first vegetable to be grown in space!
- 4** ▶ The largest item on any menu in the world is the roast camel!
- 5** ▶ The scientific name for banana is *Musa sapientum*, which means "fruit of the wise men."
- 6** ▶ Tomato ketchup was used as a medicine in the 1800s to treat diarrhoea, Jaundice and indigestion among other things!
- 7** ▶ Honey is the only food with an eternal shelf life as it can last up to 3000 years!
- 8** ▶ Avocadoes are poisonous to birds!
- 9** ▶ Eating vegetables along with fat can help our body to absorb nutrients better. So using a dressing with fat may make a salad more nutritious than using a fat-free one!
- 10** ▶ Peanuts are an ingredient in dynamite. They contain an oil that is used in the process of making glycerol. Glycerol is one of the main ingredient in nitro-glycerine and nitro-glycerine is the main part of dynamite!

Source: collected

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DR MD MONIRUZZAMAN

MBBS; MOHS(Syd); MAvMed(Otago); FRACGP; FACRRM; FARGP; FAMAC Part1

Prospect Medical Centre,
188 Main North Road, Prospect, SA 5082

Clinical Senior Lecturer
Discipline of Medicine, School of Medicine
University of Adelaide

Now-a-days we hear about changes in our health services in South Australia. What are these all about?

Australian Healthcare System

The healthcare in Australia is complex. Broadly speaking, Australian healthcare is funded public and privately.

Private Sector

The common private health sector providers are medical practitioners (GP, specialist), pharmacist, dentist, private hospitals etc. The private health system accesses funds from Federal Government (e.g. Medicare), insurance companies (such as Bupa, HBF, HCF, Medibank Private and so on) and direct out of pocket money from patients or clients.

Private insurance companies receive substantial amount of subsidy from Federal Government. Majority Australians who have private health cover receive 30% subsidy from Federal Government.

Public System

The public health system is supported by all 3 level of Government (federal, state/territories & local).

Federal Government provide funding to range of primary & age care services, Medicare, Pharmaceutical Benefits Scheme (PBS), It also provide co-funding to public hospitals with states & territories as well other services.

The states and territories run the public hospitals, community based health care (e.g. migrant health), mental health, drug & alcohol services, and so on.

The local councils run environmental health services (such as sanitation, waste disposal, food safety monitoring), school immunisation program, etc.

What Changes are Expected?

Due to huge cost of running health services and development of new technologies, all level of Governments and private sectors constantly looking at cost reduction and delivering services efficiently. Duplication of services and over servicing are significant problem in healthcare. South Australian hospitals are pioneer in electronic health record management in the whole country. This is an area getting significant attention and investment in the Australian states/territories including private hospitals.

Federal Government is currently trialing various model of care through 31 Primary Health Networks. Expected outcomes are not yet clear.

South Australia is undergoing Transforming Health. The vision of Transforming Health is, "Best care, first time, every time". Transforming Health Values are centred on six quality principles:

1. Patient centred
2. Safe
3. Effective
4. Accessible
5. Efficient, and
6. Equitable.

As a part of Transforming Health doctors, nurses and midwives and allied and scientific health professionals developed 284 Clinical Standards which are needed to be achieved.

There are number of significant projects running under Trans-forming Health in South Australia. The goals are to achieve the values. To learn more about Transforming Health please visit their dedicated website: transforminghealth.sa.gov.au



Current Worries of South Australian Health Care

- *Too many deaths occur in our hospitals*
- *Senior clinicians' unavailability*
- *Insufficient opportunities for staff to maintain their skills*
- *Too many cancelled elective surgeries*
- *Low day surgery rates*
- *Too many procedures, such as hysterectomies and knee arthroscopies.*
- *Long waiting times for discharge or placement*
- *Too many transfers between hospitals*
- *Our health system is unable to meet some national standards, for example, South Australia's emergency departments struggle to meet the National Emergency Access Targets (NEAT).*
- *Risk to the financial sustainability of healthcare*

Transforming Health journey started in June 2014 and progressing step by step. Delivering the Transforming Health process started in March 2015. It focuses on evidence-based, statewide models of care, improve patient access and flow, some of the state's services to work differently in partnership.

From consumer perspective, we are to expect an effective and efficient hospital services. in near future.



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- Immunisation program for industries.
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Dr Nizamul Islam
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General Practitioner

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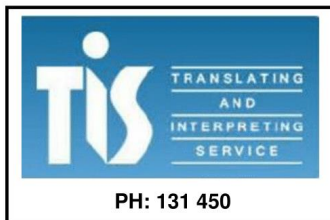
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Paul Townsend and associates sit at the clinic every Friday (1:40pm – 5:00pm). Please contact the clinic to book an appointment.



Register Of Practitioners

You can search the Register of Practitioners for their registration status and details at <http://ahpra.gov.au>

CONFIDENTIALITY AND PRIVACY OF HEALTH INFORMATION

Our practice collects personal health information and safeguards its confidentiality and privacy in accordance with National Privacy Principles. Please ask our Practice Staff for a copy of the Practice Policy.

PHONE CALLS

Doctors are unable to take telephone Calls whilst they are consulting. Our Receptionists will be happy to take a Message which will be responded to At the first available opportunity by The Doctor that the message is Intended for. If the matter is of a Clinical nature, the receptionist may Transfer the call to our Practice Nurse For her attention.

PATHOLOGY SERVICE



Abbott Pathology are based onsite from 9:00am – 12:00pm Monday to Friday, except Tuesdays. No appointment is required to see the pathologist.

TEST RESULTS

All test results are strictly confidential. In order to protect your privacy, this practice does not give results to patients over the telephone.

The doctor will advise you at the time of testing when you can expect your results to return. All urgent results will be followed up with the patient directly.

If you have changed your contact details, please make sure you let us know!

Study options with TAFE SA



Brian Rungie

TAFE SA Executive Director, Education

Studying at TAFE SA is one of the easiest and most successful pathways towards a job or university degree.

TAFE SA has many options for study including short courses or award courses that can lead to qualifications from Certificates to Diplomas.

With latest statistics showing that 90 per cent of TAFE SA students are satisfied with their training and 85 per cent get jobs or go onto further study*, TAFE SA's Executive Director, Education, Brian Rungie said TAFE SA is delivering training that meets student's needs.

"TAFE SA works closely with industry to align our training with employment opportunities," Mr Rungie said.

"Our training is hands-on and practical – we want students to be job-ready when they finish."

"Our online study modules have increased to more than 3500, as we also recognise that students of today want flexibility in where and when they study."

He said short courses were a great way to get a taste for a skill area.

"A short course is a single unit of study that may give you formal accreditation and put you on a pathway to further education, a new career or to update existing skills," Mr Rungie said.

"Dual offer courses enable you to apply for a TAFE SA diploma or advanced diploma and a connected university program."

"A student is guaranteed entry into the university degree upon successful completion of their TAFE SA qualification."

Members of the Bangladeshi

community are encouraged to apply now, to build skills that match with local employment needs.

For more information make an appointment to see a career counsellor on 1800 882 661, or enrol in a course by visiting TAFE SA at <http://www.tafesa.edu.au>.

* National Centre for Vocational Education Research 2016 Student Outcomes Report



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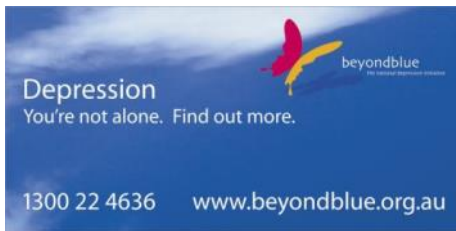
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“Refugees often experience considerable trauma escaping famine or conflict overseas and spending long periods in cramped and unsafe refugee camps.

“In Aus-



Dr Stephen Carbone

beyondblue Research and Evaluation Leader

“While most migrants and refugees handle these stressful events successfully, for some, the stress, trauma and loneliness can lead to mental health conditions such as depression (prolonged sadness) and anxiety (worry and fear).”

Dr Carbone said depression and anxiety were common conditions experienced by people right across the world, even if they didn't openly talk about it.

“Mental health conditions are a global issue, so although we may have different names for particular conditions and different ideas about what causes them, treatments are effective no matter what background a person is from and the sooner we get professional assistance the sooner we will get better and be able to get on with enjoying life,” he said.

Dr Carbone encouraged family members to look out for each other and check in with their loved ones if they noticed a change in mood or behaviour.

Depression is characterised by a persistent sadness or unhappiness for days or weeks on end.

People also experience a loss of interest or pleasure in the things they used to enjoy.

Other common symptoms include fatigue, loss of motivation, becoming withdrawn, thinking negatively about everything and having trouble with sleep or appetite.

tralia, around one in five people between the ages of 16-85 will experience a mental health condition in any given year and just under 50 per cent will experience at least one episode of a mental health condition across their life time,” Dr Carbone said.

“The important thing to remember is that mental health conditions are not a sign of weakness or failure – they are health conditions like any other.

“There are very effective treatments for mental health conditions and it makes sense to seek professional advice from a doctor so that they can help you to get better as soon as possible.

“If people are not sure where to start they can look at information at beyondblue.org.au or call our Support Service on 1300 22 4636 and talk to a trained mental health professional.”

More than three million Australians are living with depression and anxiety and even though these conditions are treatable, the stigma about these conditions can make it difficult to seek support, particularly in multi-cultural communities.

beyondblue works to raise awareness of mental health conditions and suicide prevention by encouraging people to speak about their experiences, but recognises that discussions about such issues are still taboo in some cultures.

However, *beyondblue* Research and Evaluation Leader Dr Stephen Carbone said there were many challenging aspects to the migrant experience in Australia that could cause stress and anxiety.

“Settling into a new country can present many new challenges such as learning a new language, understanding new customs and trying to navigate new systems such as public transport, housing, education, work and social security,” Dr Carbone said.

“Some people migrate on their own and may, therefore, lack the support of friends and family members to talk to, relax with and get advice and support from.

Al Madina GROCERIES



Al Madina GROCERIES

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The McGrath Foundation story is one with simple – but well-known – beginnings. It started with Jane and Glenn McGrath's very public experience with breast cancer, and has since become one of Australia's most recognised and respected charities, helping over 50,000 families since 2005.

Some years after her initial diagnosis, Jane's cancer returned. This time, she was supported by a breast care nurse, who both empowered and comforted her, and the entire family. This experience set the mission for the Foundation, and today we raise funds to place McGrath Breast Care Nurses in communities right across Australia, as well as making breast health understanding a priority.

Kate Kroll is one of 11 McGrath Breast Care Nurses to date that the McGrath Foundation has placed in South Australia. Based in Whyalla, Kate provides comfort and support to families experiencing breast cancer.

'I love making a difference. I love to see the change in someone after I have spoken with them and I really love to make their journey as smooth and easy as possible,' Kate said.

'I can't change their diagnosis but I can help them try to adjust and work through things.'

The McGrath Foundation is committed to helping families affected by breast cancer receive the best care and service possible. As the largest group of breast care nurses in Australia, our model ensures that patients receive the right support to optimise their health and wellbeing at all phases of treatment – from diagnosis, through to treatment and follow up.

Since 2005, the McGrath Foundation has expanded to support 117 McGrath Breast Care Nurses all across Australia, but there's still lots more to do to reach every family going through breast cancer.

The McGrath Foundation relies on the heartfelt support we receive from all over Australia – support from individuals, communities, corporate partners and the government. They help by donating, hosting fundraisers, attending events such as the annual Commonwealth Pink Test, or purchasing McGrath Foundation products. Every donation, no matter how small or how large, helps us continue Jane's legacy and achieve our mission.

Together, we can make a difference.

To make a donation, or to learn more about the McGrath Foundation, please visit www.mcgrathfoundation.com.au.

“Every year, throughout summer, we grab a bat, a ball, and wherever we are, we brush off dusty cricket skills to have a go. And every year, communities across Australia bring the magic of the Pink Test home by hosting their own Pink Stumps Day.

It's a tradition we all look forward to. And this year we'd love you to get involved. Turn your pitch pink, fundraise for the McGrath Foundation and you'll help place McGrath Breast Care Nurses in communities around Australia, making a real difference to families experiencing breast cancer.



The McGrath Foundation funds 117 McGrath Breast Care Nurses in communities right across Australia, mostly in regional and rural areas where such treatment may be hard to find. While most McGrath Breast Care Nurses are in regional and rural areas, there is a growing need for nurses in urban areas. We work with local area health services to place McGrath Breast Care Nurses in areas where they're needed most.

While more than 50,000 families have been supported since 2005, there's still a lot more to do to reach every family going through breast cancer. We rely on the heartfelt support we receive from all over Australia – including individuals, communities, corporate partners and government. They help by donating, hosting or attending events, or purchasing McGrath Foundation products, which helps us continue Jane's legacy and achieve our mission.

Together, we can make a difference.



Why should you participate?

Have a whole lot of fun to help someone who you may never meet.

"My McGrath Breast Care Nurse, Vicki, is someone who helped me understand how the many medical professionals I was working with would come together to determine the best course of action for me. I don't know how patients coped before the amazing work of the McGrath Foundation." - Rebecca

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Iftar 2016

MOMENTS

With Full of Blessings of Ramadan

S ABCA organised a grand Iftar for the Bangladeshi community members living in South Australia on 26th Jun 2016 at Goodwood Primary School. It was massive community gathering of over 600 people. Even people from some other country like India, Iran and Syria also partici-



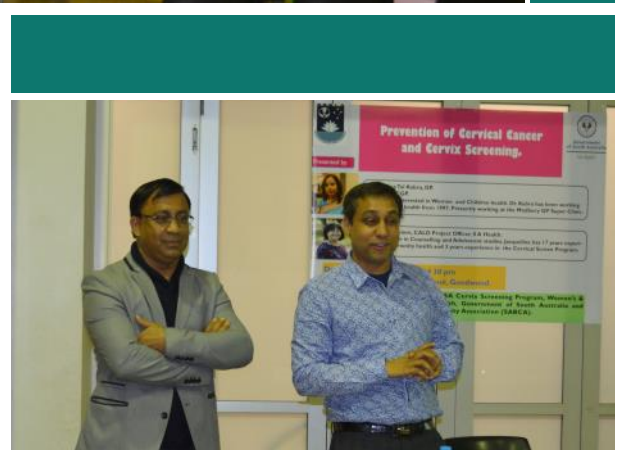


Cervical Cancer Awareness

MOMENTS

... because it MATTERS!

This information session was jointly organised by SA Cervix Screening Program, Women's and Children's Health Network, SA Health and SABCA on 7th August 2016 at Goodwood Primary School. The aim was to increase awareness among the female participants about prevention of Cervical Cancer and importance of regular Cervix screening. About 60 women from our community participated in this



Picnic

Go Nature

S ABCA organised annual picnic for the community members on 22nd October, 2016 at Horseshoe Bay. Though Horseshoe Bay is around 100 kilometers far from Adelaide, still 250 people joined in this day long fun event. For kids,



Mock Interview

We Are Here For You

Career! Career!! It's huge headache for new migrants even for who already gained qualifications. SABCA arranged a mock interview session on 25th September, 2016 at Goodwood Primary School for those who are struggling to find his/her dream job. Interview session was conducted by very well known, reputed job interviewer from various industries.

It was a huge successful event and we are proud to inform you that

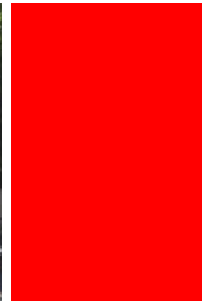


Bijoy Dibosh

The Celebration From Heart

MOMENTS

To celebrate the victory day of Bangladesh, SABCA have to celebrated "Bijoy Utshab 2016" in collaboration with the Government of South Australia on 17th December at Goodwood Primary School, Goodwood. It was a daylong event consisting of many activities for kids such as Jumping Castles, Face Painting, Pony Rid, Magic Show etc. Various Cultural Groups & Association from Bangladesh, India, Nepal & Bhutan have performed in this event. It was a Mega Multicultural event.





Australia Day 2017

Celebrates What's Great!

Australia Day Parade is an annual event for mighty Australia held on 26 January every year. Community members from different origin take part in the parade. It is a great show represents multicultural essence of Australia. This year SABCA took part in the parade with the great participation from Bangladesh origin people. SABCA's segment in the parade was so amazing and much appreciated by the audience. It was decorated with traditional cultural heritage of Bangladesh.

Many colourful poster and festoon displayed along with traditional "palki" (Carrying newly married bride). Parade went through all the way with traditional folk song, dancing and with traditional musical instruments. SABCA feels pride



Home Buyers Seminars

Pathway to Dream

As a leading community organization SABCA always try to help community members in all possible ways. Buying a home is always a big decision. To help home buyers with all required information and suggestion they may need, SABCA organised a seminar for home buyers on 12-Feb-2017 at Goodwood Primary School.

This year in Home Buyers Seminar, experts from two leading financial organization like HomeStart Finance and RAMS participated. Potential home buyers from Bangladeshi community and other communities participated in this seminar. It was very helpful and informative seminar for the community members and we received huge positive feedbacks. Around 80 community members participated in that event.



Pink Stumps Day 2017

Brings all the magic of the Pink Test

As a part of our commitment towards wider Australian community, SABCA and McGrath Foundation worked together to raise funds for the McGrath Foundation. SABCA organized "Pink Stumps Day" fund rising BBQ and cricket tournament on 5th March, 2017 at Mawson Lakes. SABCA executive committee members and community members from Mawson Lakes and surrounding areas participated in that event. It was another successful event and SABCA raised \$500 for



South
Australian
Labor

Jay Weatherill

Standing up for South Australia



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