



KARUNA SRI LANKA INC.

NOVEMBER 2024 NEWSLETTER

Welcome everyone to our final newsletter for 2024. You will see it is full of news about our President, Justin Peacock and Vice-President, John Woods recent visit to Sri Lanka.

Plus meet the committee members appointed at our Annual General Meeting held on the 20th October 2024.

A successful trip to Sri Lanka by Justin and John 30th October to 12th November 2024

(In keeping with our charities policy Justin and John personally paid for their own flights and accommodation)

Justin and John had a very busy time visiting as many of our girls and families as possible plus meeting a new contact who has shown an interest in our charity and could assist us in the future.

We are always open to new opportunities and ideas to expand.

Justin always says pictures speak louder than words. As a consequence we present this collage of photos taken during their visit with minimum text. We invite you to enjoy travelling with them as each day unfolds.



First stop for Justin was to visit Ageesha at her University in Colombo and present her with an i-phone kindly donated by Katie.



Ageesha enjoyed showing Justin around the University grounds

A visit to Sukhitha Orphanage is a must. We always enjoy visiting this orphanage for special needs children and adults. Jayani and Justin had a good time at the vocational centre where they were able to purchase a variety of handmade items. We sell some of these items and send the proceeds back to Sukhitha, this allows them to purchase more materials.

These ladies and gentlemen always give customers a big smile and they are very proud of the different items they make.



This is a selection of the handmade items we purchase.

We like to support the netball girls we assist with donated equipment

Justin was very happy to attend an island tournament with Jayani who coaches the teams. Thanks to Wembley Netball Club WA who donated uniforms and equipment a couple of years ago the girls look very professional as they proudly wear the donated uniforms





Jayani gives last minute instructions to her team.

We assist Thisendi to enable her to attend school and play netball. She is a very good student and player.



Thisendi and Jayani.

GINTOTA HIGH SCHOOL

Cricket is a very important sport in Sri Lanka. We have been supporting the Gintota High School cricketers for many years. Justin met the new headmaster and presented much needed cricket equipment. We fund a coach and support coach (one of the students) every month. You never know, one of the young boys could represent Sri Lanka one day.



The headmaster with cricket equipment we purchased.

Some of the students with the coach and the equipment we purchased.



MAHEESHA

Maheesha is doing so well with her school work and dancing. It has always been her dream to perform at the festivals.

We could not make her dream come true without the fabulous support of our donors so thank you.



Maheesha is very happy living in the boarding house we fund. It makes it very easy for her to attend school and she is well looked after.



Our big get together was amazing

Thanks to help from one of our co-ordinators in Sri Lanka, Jayani we organised a 2-day reunion for the girls who spent many years together in Yasodara Orphanage. Some are now married, have children and live in villages far away from Galle. It



The families with Justin, Jayani (rhs) and her grand-daughter, Miheli on the left.

was wonderful to see them so happily reunited after many years apart. Three families spent 3 nights in the accommodation Jayani organised and Justin very kindly paid for. The families were then able to catch up with our other girls from the Yasodara Orphanage. You can imagine the chatter of 12 girls who had not seen each other for a long time.

Justin and John arranged activities each day which everyone enjoyed and gave the girls plenty more time to catch up.

Justin and John very kindly funded the activities and meals during this fun weekend.



A visit to Spice Gardens was a favourite with everyone.



The children loved watching the turtle but not so sure about touching the baby ones.



A boat ride on Koggala Lake was enjoyed by all.

For the young children this was the first holiday they had ever been on, therefore it was a great experience for them.



A holiday would not be complete without a visit to the beach. Always a favourite for children and adults.

Justin and John asked where everyone would like to eat. The Pizza Hut was agreed to be a very popular choice as this is a big treat for many families. It was a big success enjoyed by all.



CURRY, CURRY, CURRY

Justin and John love a good curry and there was plenty on offer.

The girls and Shashi at The Safe House cooked up a storm.



Joy, from Manacare always enjoys seeing the girls, Shashi and John when he visits. This time it was great that Justin could join them.

We sponsor Manacare every month to enable them to have an extra day of physiotherapy.

The girls have just volunteered to help Joy at a big sale of handmade items she organised to raise much needed funds.



Jayani, also loves to cook a curry, which Justin and John enjoy.



CAT'S CAFÉ

Ishara and Sathya, who live in the Safe House, have been working part-time at this café. The owner, Cat, recently returned to Germany for a holiday and she had great confidence in the girls to run the café during this time. We are very proud of Ishara and Sathya for having the confidence and ability to do this successfully. They are also studying – Ishara for her



entrance exam to University and Sathya “A” level maths and english to enable her to apply for nursing.

Justin and John enjoyed a very well-presented coffee from Sathya.



BIG exams are coming up soon for Ishara, Piyuma, Sathya and Sanduni therefore Justin and John thought it would be good to give the girls a day out at the Pearly Bay water park which they always enjoy.



A visit from Carolin - one of our donors

Carolin visited the Yasodara Orphanage many years ago before Justin became involved. She has watched Sanduni grow up and when she visits Sri Lanka they enjoy getting together. This time Justin was very pleased to meet Carolin as well. Sanduni is studying art and she painted this special gift for Carolin to take home.



Moravinna Children's Home

The girls, Shashi, John and Justin enjoyed the monthly visit to Moravinna. We always take much needed food and a gas bottle for the cook who prepares meals for 18 girls plus staff on a single burner. Justin was able to discuss with the Matron, Priyanthi how we can assist the home in other ways as the government have reduced their funding. Ceiling fans are a priority therefore we will be discussing how we can raise funds to accomplish this.



Jenny, who donates lovely crocheted items for us to raise funds made 50 scrunchies for the girls. They were thrilled to receive this thoughtful gift.



Thanks Jenny, for giving the girls something special of their own to keep.

Meeting a prospective volunteer, Ramish

Justin met with Ramish, who replied to Justin's Facebook request for the position of Secretary for Karuna. The position had been filled but Ramish has a lot of projects going on and is interested in assisting us as a volunteer, if we feel he can help. Ramish enjoys working as a volunteer for other organisations.



Sea Sisters Sri Lanka



Shashi and Justin met with Kalpa, one of the organisers of Sea Sisters, an organisation set up to empower Sri Lankan women and girls through offering free surfing and swimming classes. They also hold inspiring talks which gives so much confidence to the ladies who attend. Their next season is commencing soon and Kalpa is happy for our girls to attend again.

Why not check out this great organisation? Just google Sea Sisters Sri Lanka. If you are visiting Galle in Sri Lanka, they offer talks for tourists to give them a better understanding of women's lives in Sri Lanka.

The Free Town Trust



Sarah, one of our committee members is the CEO of this charity in England. We have enjoyed their very generous support for many years. Sarah asked John to deliver a donated laptop to Samasha during his stay in Sri Lanka and he was very happy to oblige. Samasha receives support from The Free Town Trust to assist with her studies. Her goal is to become a doctor and with her current excellent exam results Sarah can see she is on track to achieve this.

Karuna Sri Lanka Inc. Annual General Meeting.

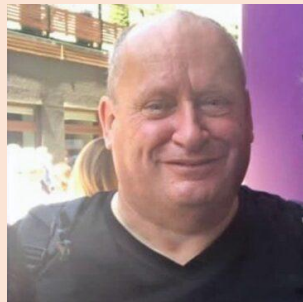
Our 2024 Annual General Meeting was held on 20th October. We are happy to welcome Valerie Woods, (UK), Lynda Jane (WA) and Kay Coates (WA) to our team.

Meet our Team

BOARD MEMBER



Justin
President



John
Vice-President



Lynda
Secretary



June
Treasurer

COMMITTEE MEMBERS



Sarah



Merle



Katie



Kay



Valerie

We hope you have enjoyed reading this newsletter.

If you have any friends or relatives, you think may be interested in our work, please pass this newsletter on. We are always hoping for more regular donors to support our small charity.

Even a regular donation of \$10 per month would be gratefully received.

There are different ways we are able to receive much needed donations.

THE PAYPAL GIFT FUND does not deduct fees from any donations therefore all proceeds are received by the charity.

GIVE NOW has become a very easy and cost-effective way for our overseas donors to process either a one-off or a regular monthly donation. We have a Give Now donation button on our website which connects directly to their website.

Please note: Payments from overseas to Give Now can **only** be made through a Credit Card account.

DIRECT TO OUR BANK ACCOUNT:

Our donors in Australia are able to make payments **direct** to our bank account from their own Debit account or Credit Card with no transfer fees attached.

Karuna Sri Lanka Inc. – Westpac Bank

BSB: 036-044 Account No: 339-908

AND ALWAYS REMEMBER:

You help to put smiles on the children's faces and improve their health and education opportunities!

Justin and the Karuna Team wish all our fabulous donors a

VERY HAPPY CHRISTMAS

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MAY 2025 BE A SPECIAL YEAR FOR YOU ALL.

