

# BSQ Newsletter January





*In Loving Memory of:  
Mr. Manab Kar*

*Passed peacefully on 2nd January 2024*

His contribution to Bengali Society is immeasurable, and he was also associated with many more notable organizations in Brisbane. He was a remarkable person, always stepping forward to help with whatever task there was, without a second doubt. He was an exceptional person who accomplished many amazing goals in life.

Prayers and fond memories are what we have to remember our dearly departed Manabda.

Our condolences to Subhra (Kar) Boudi and her family members wishing them peace and healing energy during this difficult time.

*May his soul rest in peace.*

*"Blessed are those who mourn,  
for they shall be comforted"  
Om Shanti*





# *Happy new year!*

On behalf of the Executive Committee, we wish all the members of BSQ a happy and prosperous New Year.

The Year of 2024, (MMXXIV), is a leap year starting on Monday of the Gregorian calendar. According to the Chinese Calendar, 2024 is the year of the dragon, meaning this year will be filled with abundant challenges and opportunities.

The past year of BSQ has been a time of achievement, with many Cultural and Sports activities/events, lots of festivals and huge involvement & participation in and with other communities. However, none of it would've been possible without the ongoing support of our beloved members, so for all help last year, we thank you all.

This years colour is Peach Fuzz. The soft, heartfelt hue expresses the desire to nurture kindness, compassion and connection, all while fostering a deep coziness as we seek a peaceful future. We sincerely hope that all the years prosperity may befall you, our members.

Let us ensure that peace reigns, and let us restore faith in humanity. In doing so, we guarantee a wonderful and blessed year.



BSQ EXECUTIVE COMMITTEE  
· 2023-2024

# EVENTS



**New Years Day**  
1st January



**World Braille Day**  
4th January



**Coming of Age (Japan)**  
8th January



**81st Golden Globe Awards**  
8th January



**World Hindi Day**  
10th January

# EVENTS



Swami Vivekananda -  
National Youth Day  
12th January



Netaji Subhas Chandra  
Boses's Birthday  
23rd January



International Education  
Day  
24th January



Republic Day - India  
26th January



Australia Day  
26th January





# The Secret to Happiness Is Helping others...

[www.time.com](http://www.time.com)

There is a Chinese saying that goes: “If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help somebody.” For centuries, the greatest thinkers have suggested the same thing: Happiness is found in helping others.

The resounding answer is yes. Scientific research provides compelling data to support the anecdotal evidence that giving is a powerful pathway to personal growth and lasting happiness. Experiments show evidence that altruism is hardwired in the brain—and it’s pleasurable. Helping others may just be the secret to living a life that is not only happier but also healthier, wealthier, more productive, and meaningful.

For it is in giving that we receive — Saint Francis of Assisi

The sole meaning of life is to serve humanity — Leo Tolstoy

We make a living by what we get; we make a life by what we give — Winston Churchill

Making money is a happiness; making other people happy is a superhappiness — Nobel Peace Prize recipient Muhammad Yunus

Giving back is as good for you as it is for those you are helping, because giving gives you purpose. When you have a purpose-driven life, you’re a happier person — Goldie Hawn

And so we learn early: It is better to give than to receive. The venerable aphorism is drummed into our heads from our first slice of a shared birthday cake. But is there a deeper truth behind the truism?

## 1. Find your passion

Our passion should be the foundation for our giving. It is not how much we give, but how much love we put into giving. It’s only natural that we will care about this and not so much about that, and that’s OK. It should not be simply a matter of choosing the right thing, but also a matter of choosing what is right for us.

## 2. Give your time

The gift of time is often more valuable to the receiver and more satisfying for the giver than the gift of money. We don’t all have the same amount of money, but we all do have time on our hands, and can give some of this time to help others—whether that means we devote our lifetimes to service, or just give a few hours each day or a few days a year.

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# The Secret to Happiness Is Helping others...

[www.time.com](http://www.time.com)

## 3. Give to organizations with transparent aims and results

According to Harvard scientist Michael Norton, "Giving to a cause that specifies what they're going to do with your money leads to more happiness than giving to an umbrella cause where you're not so sure where your money is going."

## 4. Find ways to integrate your interests and skills with the needs of others

"Selfless giving, in the absence of self-preservation instincts, easily becomes overwhelming," says Adam Grant, author of *Give & Take*. It is important to be "otherish," which he defines as being willing to give more than you receive, but still keeping your own interests in sight.

## 5. Be proactive, not reactive

We have all felt the dread that comes from being cajoled into giving, such as when friends ask us to donate to their fundraisers. In these cases, we are more likely to give to avoid humiliation rather than out of generosity and concern. This type of giving doesn't lead to a warm glow feeling; more likely it will lead to resentment. Instead we should set aside time, think about our options, and find the best charity for our values.

6. Don't be guilt-tripped into giving  
I don't want to discourage people from giving to good causes just because that doesn't always cheer us up. If we gave only to get something back each time we gave, what a dreadful, opportunistic world this would be! Yet if we are feeling guilt-tripped into giving, chances are we will not be very committed over time to the cause.

The key is to find the approach that fits us. When we do, then the more we give, the more we stand to gain purpose, meaning and happiness—all of the things that we look for in life but are so hard to find.

**Jenny Santi is a philanthropy advisor and author of [The Giving Way to Happiness: Stories & Science Behind the Life-Changing Power of Giving](#)**







# Brisbane Olympics 2032....

## Challenges and opportunities

youngausint.com



The rapidly changing geopolitical environment of the Indo-Pacific is a clear indication of the uncertainty of our regional future. If Australia wishes to remain the respected and influential middle power it claims to be, significant changes to our foreign policy needs to be made. Not least is the projection of our soft power. Fortunately, Australia will soon have the perfect opportunity to do so when it hosts the 2032 Olympic Games in Brisbane—but before the Olympic Flame reaches Queensland, there's plenty of work to be done.

Although the International Olympic Committee and many competing athletes protest that the Olympics are not about politics, the reality is that the Games are one of the biggest events for a state to project soft power.

Most indicative of this has been the use of the Games as a highly public way to broadcast a country's progress or its recovery from traumatic historical events. The 1972 Olympic Games in West Germany became an opportunity to demonstrate the state's progress since the end of the Second World War. In 2008, Beijing used its platform to display China's economic progress following a tumultuous second half of the twentieth century, as well as to project an image that fit their narrative of a peaceful and harmonious state enjoying rapid economic growth. Most recently, the Tokyo 2020 Games were (pre-pandemic) cast as the 'Recovery Games', intended to demonstrate the state's recovery from the Fukushima 'triple disaster' in 2011.

Ideally, Australia won't have such a disaster to recover from, but we should be prepared to use the Olympics to our advantage in promoting a positive narrative of the country.

A lot can happen in 11 years. In a perfect world, we'll be using the Games to show off our continued economic prosperity and national pride, stemming from achievements such as a successful recovery from the pandemic and a continued resilience in the face of climate change. Ideally, the Games would merely serve to cement a positive international attitude about our state.

This works best when a reputation as a constructive, reliable state is already in place to build upon. For Australia, there is work to be done on that front, specifically to address Canberra's lack of action and concrete goals on climate change. While clearly damaging on an international scale, the impact of our political stance on the issue is felt most in our relations with our neighbours, namely in the Pacific and Southeast Asia. Climate change has been listed as the number one threat to the Pacific, with many, if not all, island states already impacted by rising sea levels and extreme weather events. Australia likes to call the Pacific family, but if we fail to properly address their primary security concern, they will not see us the same way—and our reputation will be undermined.

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# Brisbane Olympics 2032....

## Challenges and opportunities

[youngausint.com](http://youngausint.com)



Domestically, we need to ensure our approach to the Games is as sustainable as possible, not only environmentally, but also economically and socially. A major advantage for those organising the Games in Brisbane lies in the fact that 80 per cent of infrastructure will be pre-existing, thus reducing the costs of preparing for the Games but also minimising the pressures on the community in the lead-up. With the growing importance of sustainability around the world, this paints Australia in a positive light, likely in sharp contrast to previous Games where cost blow-outs have drawn fierce criticism.

The opening ceremony of the Games is also of particular importance—it's arguably the biggest artistic event in the world, and for hours a significant proportion of the global population will be glued to their screens watching our nation perform. This presents an opportunity to paint a strategic image of Australia's culture and identity; what we choose to display will stick in the memory of the world forever. Presumably, Indigenous Australians and Indigenous art will be a big part of the ceremony. But without genuine progress toward reconciliation with our First Nations people, any representation of Indigenous culture will likely be cast merely as hollow symbolism.

Finally, we will need to consider the rapidly changing circumstances surrounding the Australia-China relationship. It is important to ensure that despite our clear allegiance to the US, all nations, no matter their alliances or political ties, are welcome in 2032. The Games should aim to remain free of political turmoil and drama lest they become known more for fiery displays of nationalism rather than for sport.

In this increasingly globalised and interconnected world, the importance of soft power continues to grow. Australia needs to ascertain that its reputation remains one of a reliable, constructive, and internationally engaged actor. The Brisbane 2032 Olympics will be a major test for the image of our state—we need to make sure we're ready for it.

**Ellen Van Beukering is the Australian Foreign Policy Fellow for Young Australians in International Affairs.**



# CELEBRITIES



**Satyendra Nath Bose**  
1st January 1894



**Kapil Dev**  
6th January 1959



**A.R. Rahman**  
6th January 1967



**Mamata Shankar**  
7th January 1955



**Rahul Dravid**  
11th January 1979



**Swami Vivekananda**  
11th January 1863



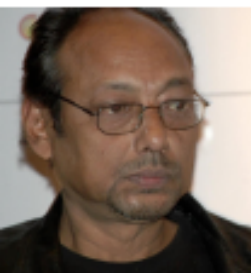
# CELEBRITIES



**Nabaneeta Dev Sen**  
13th January 1938



**Indraadip Dasgupta**  
17th January 1973



**Anjan Dutt**  
19th January 1953



**Soumitra Chatterjee**  
19th January 1935



**Shubhas Chandra Bose**  
23rd January 1897



**Rupam Islam**  
25th January 1974



# Baked Rosogolla:

“Perfect Bengali desert for the start of the year”  
myspicetrunk

## Ingredients:

- Rosogolla (canned is fine)
- Milk
- Condensed milk
- Mawa/Khoya-kheer
- Saffron (optional)
- Pistachios (chopped/unsalted)

## Recipe:

1. Squeeze sugar syrup from rosogolla and arrange them in a baking tray. You can use ceramic or metal, any type of tray.
2. Heat milk in a heavy bottom pan. When it starts thickening on medium flame, add grated mawa to it. Mix saffron with the milk.
3. Mix it well so that there are no lumps in there.
4. Add condensed milk and cook it till the texture looks like rabdi.

5. Preheat the oven to 400 F. Pour rabdi/thickened milk over the rosogolla.
6. Place the tray inside the oven and bake for 5 minutes.
7. After 5 minutes, broil the rosogolla till the upper layer looks a little charred, not blackened. It won't take more than 1 minute.
8. Remove from the oven. Let it cool for a while and chill in the fridge. You can serve it warm as well.
9. Garnish with pistachio or any other nuts of your choice.
10. Enjoy with your friends and family!!!

## NOTES:

- Don't make milk mixture too thin or too thick.
- Any baking tray (metal, glass or ceramic) can be used.
- Chill for four hours minimum, to serve cold



## Wordsearch

D P D G B K C R F P R A H N Q N O  
 R A N G O L I P A T T E R N S S O  
 W P X D E E R N G B Q Q P B A P I  
 D A Q V P F A T C O B X E C O Y X  
 J S T L I U O A D U A L Y O Q C N  
 K E I E G Z P L G N R T C W W B A  
 U R Z I R C J Z K N Y R A L L J N  
 T W K H N B X T F S I K Y W G M D  
 B J Y H M J U J W X O B V W O N A  
 O Y E K N O M F D N C N C G E D D  
 P O F Q O I H P F L D H G L V O E  
 A N U M A L I K W A R I E S H D V  
 Z I N T A J M A H A L P W B N M I  
 L H K V T M M E Z Q H O A A U U I  
 N R U C X P N O E A J V F D L Y C  
 P W I Y F R U Q N H H H O T A L R  
 B Y N X M C B T K V K S H C C W I

- |           |               |                 |          |
|-----------|---------------|-----------------|----------|
| anumalik  | cobra         | cow             | curry    |
| deer      | diwalli       | do              | elephant |
| folksongs | goa           | hot             | iguana   |
| monkey    | nanda devi    | rangolipatterns | rhino    |
| taj mahal | water buffalo |                 |          |

## Find the 4 differences



## Sudoku

9	1	3				5		
6		7					2	4
	5			8			7	
	7	9						
		2		9			4	3
					4		9	
	4				1	9		
7		6			9			5
		1			6	4		7



BSO Saraswati Puja

Albany Creek Community Centre

17th February - Saturday