



### Significance of Deepavali

One of the most colourful festivals in the Hindu calendar is Diwali or Deepavali as popularly known in South India. This year, Deepavali falls on Thursday the 4<sup>th</sup> November. As per the Hindu calendar, this festival is celebrated on the 14th day after the full moon in the month of Ayyasi (also known as Naraga Chaturthi).

In the last few years before the pandemic, Deepavali was gaining huge popularity outside India and was even celebrated in the White House and in the Australian Parliament in Canberra.

Unfortunately, as we all recall, COVID-19 imposed serious restrictions to these celebrations last year. However, as I had written in the article last year, some of us found novel ways of celebrating Deepavali by organizing Zoom meetings with relatives, enjoying Virtual Fireworks on our smartphones and donating money to charity.



One of the popular stories on the origin of Deepavali is the destruction of Evil (Naragasuran) by the Good (Bhoo Devi). We can draw an analogy that the Demon aka COVID has been vanquished by the Powerful vaccine(s). This theme has been wonderfully depicted in a tableau showing Durga wearing a doctor's white coat with a syringe in her hand killing the Asura (Coronavirus) (See picture).

Such powerful images reflect the sense of relief and optimism as the fear of

COVID is slowly retreating thanks to the invention of several vaccines that are very effective in combating this deadly pandemic.

Now it is up to every one of us to get fully vaccinated so that we can do our best to eradicate this virus from the face of the earth. This simple action alone will ensure that we can very soon go back to enjoying festivals like Deepavali and freely socialize with our near and dear without fear of lockdowns and quarantines.

So let us celebrate Deepavali this year in a very modest manner (as we are still not fully COVID free) but still keeping the spirit of the festive season with limited family gatherings and enjoying quality time with our friends and relatives. I am sure next year we can all go back to celebrating this function in a global manner from Australia to Antarctica.

Wishing you all a very Happy Deepavali.

Vasu Vasudevan



*Vasu Vasudevan is a retired Chemical Engineer living in Brisbane for the past 21 years. He enjoys reading spiritual literature and is currently learning Sanskrit and Upanishad. He likes to go on spiritual voyages (Tirtha Yatra) but this has been put on-hold due to COVID-19.*

### Sri Lankan Community Welcomes New Governor for Queensland, Dr. Jeannette Young

The Sri Lankan community welcomes Dr. Jeannette Young as she assumes duties as the 27th Governor of Queensland and wishes her well in the new role.



For the past 15 years, Queensland's public health service has been guided by the medical expertise of Dr Jeannette Young.

As Chief Health Officer, Dr Young has advised the state through natural disasters including Tropical Cyclones Larry and Yasi and the 2010-11 floods. She has tackled record-breaking influenza seasons, the threats of MERS, swine flu and dengue fever, climbing obesity rates and the rise of online anti-vaxxers. Most recently, she has led Queensland Health's response to the COVID-19 pandemic.

Courtesy: <https://www.health.qld.gov.au/>

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## Queensland Scientists Conduct Air Quality Monitoring in Sri Lanka

Airborne pollution is a rapidly growing problem in many countries and no less so in Sri Lanka where it is severely affected by emissions from the increasing number of diesel trucks and buses on the roads.

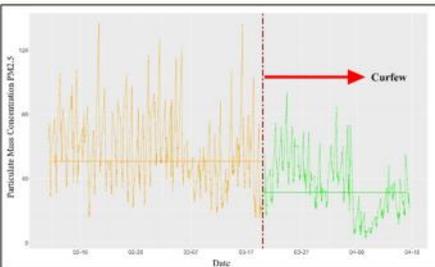
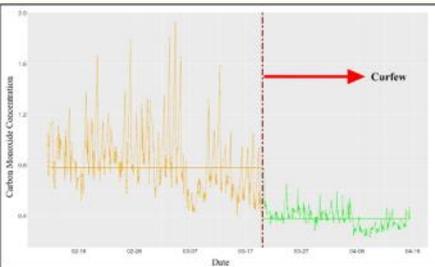
Scientists from the International Laboratory for Air Quality and Health at the Queensland University of Technology (QUT) have established a collaborative research project with the National Science Foundation, Sri Lanka, and the University of Peradeniya to monitor air pollution in Colombo and Kandy. Measurements have been ongoing since February 2020.



**A QUT-KOALA Air Quality Monitor installed in Kandy**

Trinity College, Asgiriya. These have been operating successfully ever since.

Air pollution occurs in the form of gases and small particles. The particle pollution in the atmosphere is generally expressed as PM<sub>2.5</sub>, which is the mass per unit volume of particulate matter on particles that are smaller than 2.5 micrometer in diameter. Normally, the PM<sub>2.5</sub> level in the city of Colombo is around 60 micrograms per cubic metre.



**Hourly pollution levels before and during the curfew periods**

Carbon Monoxide (CO) is another pollutant originating from motor vehicles. CO levels in Colombo are typically close to 1.0 part per million (ppm). Exposure to high levels of CO has been linked to headaches, nausea and vomiting, blurred vision and dizziness.

It is interesting to note that the lockdowns due to the COVID 19 situation affected the air pollution in many cities worldwide. For ex-

ample, Beijing has reported visible blue skies after many years. In some regions in Northern India, residents have been able to see the Himalayas for the very first time. Residents in Colombo have been enjoying spectacular views of Adams Peak and the central hill range. So, by how much have the pollution levels in Sri Lanka decreased during the recent curfew periods?

Our observations show that the 24-hour average PM<sub>2.5</sub> and CO levels in Colombo dropped by 34% and 49%, respectively, from the period before the curfew was introduced to after. Similarly, the corresponding levels in Kandy dropped by 25% and 36%, respectively. The decrease in Kandy was not as great as in Colombo, probably because the pollution level in Colombo is generally higher.

The accompanying charts show the hourly average PM<sub>2.5</sub> and CO concentrations in Colombo between the 9th February and 15th April, 2020. The curfew was enforced on the 20th March - shown by the vertical broken line. The two horizontal lines indicate the average pollution levels before and after this date. Similar trends were observed in Kandy.

These results give a good idea of how much of our air pollution is a direct result of human activities.

More details may be found at <https://eprints.qut.edu.au/212151/>

Details on how air pollution in Kandy has affected the rate of hospitalization due to respiratory issues may be found at <https://www.mdpi.com/1660-4601/18/18/9617>



**Dr Rohan Jayaratne**

*Dr Rohan Jayaratne is a graduate of the University of Colombo. He holds a PhD in Physics from the University of Manchester, UK, and has worked on environment-related research for over 40 years. He is presently a Senior Research Fellow at QUT.*

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### රස්තියාදුකාරයා

රස්තියාදුකාරයා කිව්ව ගමන්ම ඕන කෙනෙක්ගෙ හිතේ ඇදෙන විනය කොන්ඩේ රැවුල වඩාගන්න, කරාඹු දාගන්න, පව්ව කොටපු, අතන මෙනන කාලෙ කකා ඔහේ ජීවත්වෙන වරිතක්. ඔය රස්තියාදුකාරයා කියන විවනය අපේ ශබ්දකෝෂයට එන්නේ "රස්තා" එහෙම නැත්නම් Rastafarianism කියන ජීවන ක්‍රමය (way of life ) කියන එක මුල්කරගෙන.

රස්තාගාරියන් වාදය life style එකක් කීවට ඒක ආගමක්. සමහරුන්ම කියන්නෙ culture එකක් කියලා. " Ras" කියන්නේ ඉතියෝපියානු සෙමිටික් භාෂාව අනුව prince එහෙමත් නැත්තන් duke කියන අර්ථය. "tafari" කියන්නේ ඉතියෝපියානු අධිරාජ්‍යයේ හිටපු Haile Selassie නමේ කොටසක්. රස්තාගාරි රස්තියාදු වෙලා ලංකාවට එන්නෙ වෙනම අර්ථයකින්.

රස්තා ආරම්භය සනිටුහන් වෙන්නේ ඉතියෝපියාවේ. ඉතියෝපියාව කිව්වමත් මතක් වෙන්නේ බඩ විශාල, කේඩාරි, මන්දපෝෂණයෙන් පෙලෙන ළමයි ඉන්න, සාගතයෙන් පෙළෙන අත්ත දුප්පත් රටක්. නමුත් Rastafarianism බිහිවුන 1930 තරම් මෑත ඉතිහාසයේ ඉතියෝපියාව බොහොම සාරවත් අභිමානවත් රටක්.

වහල්ලු විදියට ලෝකෙ පුරාම ගෙතිව්ව කළ ජාතිකයන් ආයෙමත් ඉතියෝපියාවට ඇවිල්ලා එක්සත් වෙලා තමන්ටම කියලා අනන්‍යතාවයක් හදාගෙන තමන්ගේ සංස්කෘතියට අනුව නිදහසේ ජීවත් වෙන්න රස්තවාදය ඉවහල් වෙනවා. සුද්දා ලෝකය පුරා රට රටවල් යටත් කරගන්න එක් අතකින් තුවක්කුවකුත් අනෙක් අතින් බයිබලයත් අරගෙන ගියා කියන එක ප්‍රකට කතාවක් නේ. අප්‍රිකාවටත් ඒකේ වෙනසක් වුණේ නෑ. එය අධිරාජ්‍යවාදී සමයේ කළ අප්‍රිකානුවන් ක්‍රිස්තියානි ආගමට හැරුනත් ඒ මගින් තමන්ගේ ජීවිතවලට විමුක්ති ලබාදෙනවා වෙනුවට තමන්ගේ වහල් බැඳී තව තවත් හිර වෙන බවක් තමයි දැක්කේ. ඒ නිසාමමයි Cassius Clay ලා Muhammad Ali ලා වෙන්නේ.

සුද්දන්ට විතරක් නෙවෙයි කල්ලන්ටත් ප්‍රේම කරන දෙවියන් වහන්සේ කෙනෙක් නිර්මාණය කරගන්න තමයි Rastafarianism බිහිවෙන්නේ. ඒ සංස්කෘතික සහ ආර්ථික වහල්භාවයෙන් මිදෙන්න මේ ව්‍යාපාරය සුදු පදනම දෙදරවා කළ අප්‍රිකානුවන් එකට බැඳ තබන ඇදහීමක් වුණා. අධිරාජ්‍යවාදීන්ට මේ වැඩේ රිස්සුවේ නෑ. ඒ නිසා හරිත විප්ලවයේ නාමයෙන් ඒ සාරවත් ඉතියෝපියාව අද තියෙන තත්වයට ඔවුන් පත් කලා.

රස්තාගාරියානුවාදයේ පදනමට මුල් වෙලා තියෙන්නේ අතීතයේ අප්‍රිකානු කාරිබියානු ස්වදේශික ආගමික සහ වාරිත්‍ර වාරිත්‍රයන්. ඔවුන් ඇදහුවා මරණින් පස්සේ zion නම් ස්වර්ග රාජ්‍යයට යන්න. ඔවුන් කොණ්ඩේ රැවුල කැපුවේ නෑ. තම ශරීරය දේවත්වයෙන් සැලකුවා. ශල්‍යකර්මයකටවත් තමන්ගේ ශරීරය කපන්න කොටන්න ඉඩ දුන්නේ නෑ. වෛරය වෙනුවට ආදරය මුල්කර ගන්නා. ඔවුන් නිර්මාණිකයි. ඔවුන්ගේ විලාසිතාවන් හැඩවුනේ රතු කොළ සහ කළු පාටින්.

ඔවුන්ගේ නිතරම පවසන්නේ god is man, man is god. ඔවුන් දෙවියන් ඇදහීමට වඩා දෙවියන් දැන සිටීම වැදගත් බව පැවසුවා. මනුෂ්‍යත්වයන් දේවත්වයන් අතර දුරස්ථතාවය අඩු කරමින් ඔවුන් පුජකයින්වත් ළඟ තබා ගන්නේ නෑ. ඒ දෙවියන් සහ මිනිසුන් සම්බන්ධ කර කරගන්න අතරමැදියන් අවශ්‍ය නැති නිසා.

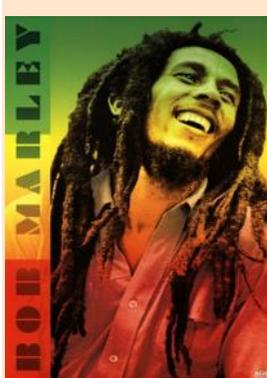
ඔවුන්ගේ තවත් සිත්ගන්නා සුලු වාරිත්‍රයක් තමයි grounding. මෙහිදී ඔවුන් ඔවුන්ගේ බෙරවා වාදනය, ස්ත්‍රෝත්‍ර ගායනය, ඒ අනතුරුව Rastafarianism සිද්ධාන්ත මුලධර්ම වර්තමාන සමාජ හැඩහුරුකම් වලට නොගැලපෙනවා නම් ඒ ගැන සබුද්ධිකව සාකච්ඡා කරලා එකඟත්වයකට ඇවිත් ඒවා වෙනස් කරගෙන පරිණාමය වෙනවා.

මේ grounding ritual එකේදී තවත් දෙයක් සිදුවෙනවා. ඒ කංසා එහෙමත් නැත්නම් ගංජා භාවිතය. ඒකත් ආවාට ගියාට සිදුවන එකක් නැහැ නෙවෙයි. යාඥාව අතරතුර ගංජා සුරුවුටු එතෙන්නේ බොහෝම පෙවීලා. යාඥාවෙන් පස්සේ ඒ ඔහු පු spliff එක මුලින්ම පත්තු කරන්නේ ඔහු කෙනා. ඒක අතින් අත හුවමාරු වෙන්නේ anticlockwise. අතේ තියන කෙනා දෙනකම් අතින් කෙනාට ඉල්ලන්න බෑ. අතින් කෙනා ගොඩක් වෙලාවක් බලාගෙන ඉන්නකං අතේ තියන කෙනාට තමන් ගාව තියාගන්නන් බෑ. ඔවුන් ඇදහුවා කංසා තමන් අභ්‍යන්තරය තිබෙන ආධ්‍යාත්මික බැඳීමට මග විවර කරනව කියලා. ඒ මගින් තමන් සවිඤ්ඤාණක වන බව. කංසා රස්තා සංස්කෘතියට එකතු වෙලා තියෙන්නේ හින්දු යෝගීන්ගෙන් කියලා කතාවක් තියෙනවා. රස්තාවරුන්

ඇදහුවා සංගීතයට ලෙඩදුක් සනීප කිරීමේ අරුම පුදුම හැකියාවක් ඇති බවට.

ඔවුන්ගේ මූලික යාග හෝම වලට භාවිතා කළ බෙර වාදනය පසුකාලීනව රෙගේ සංගීතයට අඩිතාලම දැමීමා. දිගට වැඩුනු රැලි ගැහුනු කොණ්ඩයක් ඇති ඕනෑම රස්තාවරයෙක් red log රස්තා ලෙස හැඳින්වුවාට ලෝකෙටම රස්තාමැන්ලා ඉන්නේ එක්කෙනයි. ඔහු නැති රස්තාවක්වත් රස්තා නැති ඔහු ගැනවත් කතා කරන්න බෑ.

ඔහු සජන ස්වරයෙන් විප්ලවයක් කරපු යාන්තම් අවුරුදු 36ක් පමණක් මේ මිහිමත ස්වත් වුණු සොදුරු විප්ලවවාදී නමින් Robert Nesta Marley. කවුරුත් දන්න විදිහට king of reggae Bob Marley. ඔහුගේ කෙටි කාලය තුළ රස්තාවාදය ලෝකයම ආදරයෙන් වැළඳගත්තේ ඒක ආගමක් කලාවක් සංස්කෘතියක් විලාසිතාවක් ජීවන මගක් විදියට.



ඒකයි මං මුලින් කිව්වේ Marley නැති Rastafarianism එකක් වත් Rastafarianism එකක් නැති Marley කෙනෙක්වත් නෑ කියලා. මාලේගේ ආර්ථික එක විදින විදවන එක ඔබටම පවරලා මාලේගේ ජීවන දර්ශන දැනගන්න ඔහුගේ හඩින්ම ඔහුගේ ප්‍රකාශයක් උපුටා දක්වන්නම.

- Reporter:** You made a lot of money out of your music?
- Bob:** Money? I mean, how much is a lot of money to you?
- Reporter:** That's a good question. Have you made, say millions of dollars?

- Bob:** No.
- Reporter:** Are you a rich man?
- Bob:** What you mean rich, what ya mean?
- Reporter:** Do you have a lot of possessions? Lot of money in the bank?
- Bob:** Possession makes you rich?  
I don't have that type of richness. My richness is life, forever.



**නවරූස් නයිමි**  
වෘත්තීයෙන් ගණකාධිවරයෙක් වන නවරූස් නයිමි පෞද්ගලික සමාගමක මූල්‍ය පාලක චරයෙක් ලෙස සේවය කරන අතර EBAQ ආයතනයේ අධ්‍යක්ෂ චරයෙක්ද, Radio 4EB ශ්‍රීලංකික කණ්ඩායමේ වැඩසටහන් සම්පාදකයකුද වෙයි.

මේ සටහන 2021 මාර්තු 28 විකාශනය වූ අරුණැල්ල ගුවන් විදුලි වැඩ සටහන ආශ්‍රිතවයි. ඒ වැඩ සටහනට පහත link එකෙන් ඇසුම් දීමට හැකියි. [https://drive.google.com/file/d/1tAbkR25qleVSuMw0q1B\\_5j5tAd04rZyG/view?usp=sharing](https://drive.google.com/file/d/1tAbkR25qleVSuMw0q1B_5j5tAd04rZyG/view?usp=sharing)

**සිසිල** 2021  
සිසිල සිංහල සාර් සංග්‍රහය  
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*Where they are now....*

**Being a Speech Pathologist**

My name is Nishani Algama and I last wrote to Dāhāna 9 years ago. I completed Bachelor of Speech Pathology (Hons) at the University of Queensland and graduated in 2020. I am currently working as a Speech Pathologist at the Queensland Children’s Hospital.

Like many people, prior to starting my degree, I had not heard about speech pathology. It was not until I started my degree that I fully understood the full scope of the role as a speech pathologist. As I did some research, I was drawn to this area straight away as I have always known that I wanted to help people. To have the opportunity to make life-long impacts on an individual’s life, providing a voice for them, is incredibly rewarding.

A big misconception is that speech pathology is just therapy for children with lisps and stutters. A speech pathologist assesses, diag-

*Over the past 15 years, many children and young adults have contributed to Dāhāna.*

*This is a series that highlights their life and progress.*

**The Sigiriya- Rock Fortress in the Sky...**

Sigiriya is an irregularly shaped 182.88 meters high large rock with ruins of a palace built on the rock in the midst of a surrounding plain in the Matale district which is a 163km drive from Colombo, the capital of Sri Lanka. I had the opportunity to climb this wonderful rock few years ago.

Sigiriya as being very special in that it has five great attributes all in one - nature, design, aesthetics, technology and graffiti. Sigiriya was developed into a complex city and fortress. Most of the elaborate constructions on the rock summit and around it, including defensive structures, palaces, and gardens, date back to 477 C.E.



My desire to climb this gigantic rock was much greater than my fear of collapsing on the way up. I could not help but agree that Sigiriya is, indeed a work of art. Sigiriya is an evidence of Sri Lanka’s ancient civilization, culture, philosophy and the faith of the proud people - the Sinhalese or the Lion race. Do not forget to visit this amazing world heritage site on your next visit to Sri Lanka.  
Nishani Algama  
SJ Mansfield State High School



**An extract from Nishani’s article in the August 2012 issue**

noses and treats communication and swallowing difficulties. Some specific areas include speech, language, social communication, voice, fluency, feeding and swallowing. We see clients across the lifespan, from babies to adults. We utilise the International classification of functioning disability and health framework (ICF) to look at clients beyond impairment level. This ensures that we consider body structure and function, activity limitations, participation restrictions, environmental factors and personal factors to provide client-centred management.

Through placements and work opportunities I have enjoyed developing my skills and understanding in a range of different clinical areas. Though my caseload currently is on paediatrics, I aspire to develop my skills in both paediatric and adult populations to make positive impacts on clients’ lives. In the future I aim to find gaps in service delivery and conduct research to address these.



**Nishani Algama**

*Nishani, a Speech Pathologist at the Queensland Children’s Hospital, is an accomplished dancer and a performer and has contributed to many Sri Lankan performances in Brisbane.*

**Editor’s Note**

We invite articles from those under 25 years to be featured in the newsletter in Youth Corner and Kids Corner. We plan to follow his/her progress sometime down the track as you may see in the article on this page. Please make it 400 words or less and send to the editor at [newsletter@4ebsrilankan.org](mailto:newsletter@4ebsrilankan.org) by the 20th of the month.

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Spring

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### Book Review: 'සක්විති ඇත්තෝ!' කුමාර සිරිවර්ධන

දේශපාලකයන් හා ඔවුන්ගේ ක්‍රියාකාරකම් ගැන ලියවෙන පොත පත දැන් බහුලව සමාජ ගත වෙනවා අපට දකින්න ලැබෙනවා. එවන් කාලයක කුමාර සිරිවර්ධන නම් වූ ප්‍රවීණ ලේඛකගේ පැන් තුඩින් බිහි වූ 'සක්විති ඇත්තෝ' නවකතාව 'අහඹු ලෙස මා අතට පත්වුනා.



'තිලිණ' පුවත් පතේ සතිපතා කොටස් වශයෙන් පලවූ මෙම කතාව 'තිලිණ' කතූ වරයාගේ හා පාඨක බොහෝ දෙනාගේ බලවත් ඉල්ලීම මත නවකතාවක් වූ බව කතාවරයා සිය පෙරවදනගේ සඳහන් කර ඇත. පරිවර්තනයන් රාශියක් සිංහල නවකතා කේෂ්ත්‍රයට දායද කල ඇති කුමාර සිරිවර්ධනයන් ඉතාමත් සරල භාෂාවෙන් මෙම නවකතාව රචනා කර ඇත. එම නිසා පහසුවෙන් පාඨකයා 'සක්විති ඇත්තෝ' තුල ජීවත් වෙති.

"මිස්..අද රැට තව පෝස්ටර් පාරක් ගන්න ඕනෙ..."  
"රියේ පෙරේදා පොස්ටර් ගැනුවානෙ හෙට උත්සවේ අද මොකටද..?"  
"රියේ පෙරේදා ගහපු පොස්ටර් වැහිලා..වහලා..ඉරලා. "

දේශපාලන පොරපිටියේ එකිනෙකා අතර තිබෙන මනාප පොරය. තමන්ගේ ගෝල බාලයින් යොදාගෙන මැතිවරණ ව්‍යාපාරය ගෙන යන ආකාරය අපූර්වව කතූ වරයා පෙන්වා දී ඇත. වර්තමාන ජඩ දේශපාලනයේ නිරුවත 'සක්විති ඇත්තෝ' තුල මනාව එළිදක්වා ඇත.

"මට ආරංචි වුනා..ඒකි නිදි පෙනි බිලා..සියදිවි නහ ගත්ත එකහොඳා..නැත්තං මටයි සිද්ධ වෙන්නේ කොන්ත්‍රාත් එකක් දිලා එකිව මරවන්න. "

දේශපාලන බලය මත තමන් පමනක් නොව තම දරුවන් ද කාමයෙන් මත් වී කරන අපරාද පියාගේ දේශපාලන බලපූලුවන්කාර කමින් නිතියට ඉඩ නොතබා ක්‍රියා කිරීම අද ද සමාන්‍යය දෙයකි.මෙය කතූ වරයා දැඩි ලෙස හෙලා දැක ඇත. දේශපාලන බලය ලබා ගැනීමට හා පවත්වාගෙන යෑමට අද අත්‍යාවශ්‍ය පාතාල ලෝකය, මත්ද්‍රව්‍ය ව්‍යාපාරය, වැනි

සංවිධාන පිලිබදව කතූවරයා කරන විවරනය පාඨක සිත් නවකතාව තුල බැඳ තබාගැනීමට සමත්වේ.

කොතරම් ධනය තිබුනත් බලය නැති නම් ඒ ධනයෙන් පලක් නැහැ. ධනවත් පියවරුන්ගේ පුතුන් බලය සොයා වෙහෙසෙන්නේ ඒ නිසයි. බලය ලබා ගනු පිණිස ඔවුන් සුන්දර වචන එකතු කොට අපූරු සිහින ගෙන්නම් කොට පොදු ජනතාව ඉදිරියේ තබනවා. බලය ලබාගත් පසු ඒ සිහින ගැන පොදු ජනතාවට මතක තිබුනත් ඔවුන්ට මතක නැහැ. ඔවුන් ආ මහ දිගටම මුසාව පමනක් නොව රුධිරයද වැගිරී තිබුනා. ඔවුන් සැමදා සක්විති ඇත්තෝ වෙති.

වසර 13 කට පෙර කුමාර සිරිවර්ධනයන් ගේ 'සක්විති ඇත්තෝ' නවකතාව එළිදැක්වුවද අදටත්, ඉදිරි වසර ගනනාවක් යනතුරු එකසේ රසවිදිය හැකි නවකතාවකි.



#### ආනන්ද සමරතුංග

ආනන්ද සමරතුංග ක්වින්ස්ලන්ත සිංහල සංගමයේ වසර කිහිපයක් සභාපති වශයෙන්ද, 1995 සිට 4ෙb ගුවන්විදුලියේ වැඩසටහන් සම්පාදක වරයෙක් හා නිවේදකයෙක් වශයෙන් කටයුතු කරයි.

### Travel Applications Open for Overseas Parents of Australian Citizens and Residents

Parents of Australian citizens and permanent residents can now apply for an exemption to travel to Australia from the start of next month.

Applications through the Department of Home Affairs' Travel Exemption Portal opened on Friday for travel to Australia from 1 November, when various parental relationships will be included in the definition of "immediate family".

Under Australia's COVID-19 travel rules, only the "immediate family" of an Australian citizen or permanent resident is allowed to enter the country.

Courtesy: <https://www.sbs.com.au/news>

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## ගෙදර හැඳුව වගේ.....!

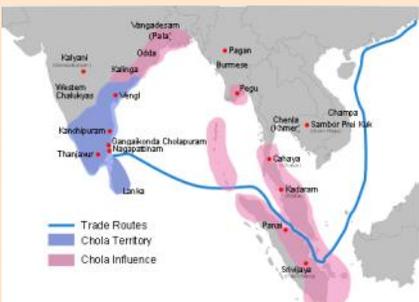
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### Acknowledging Origins: The South Indian Connection

Cultures of Southern India are amongst the oldest surviving cultures and the last surviving classical culture in the world. Sri Lanka's proximity to the Indian mainland means that cross cultural exchanges across the waters have been happening for millennia. The mechanism that catalysed this cultural exchange was the regional emergence of the Chola and Pandyan dynasties which propagated unique cultural and culinary traditions over vast and diverse regions.

The Chola and Pandyan kingdoms were trading dynasties originating in modern day Kerala and Tamil Nadu, which stretched all the way to South-East Asia, including the islands of Indonesia and Sri Lanka. Subsequently, various groups such as the Chetties, Gypsies, Sri Lankans of Indian Origins and various ethnic groups speaking Tamil and Malayalam made Sri Lanka their new motherland. These groups have contributed immensely to the cultural, linguistic and religious make up across the island, and their foods have become staple Sri Lankan dishes over the course of centuries.



Iconic dishes such as hoppers, string-hoppers, parip-pu and ulundu vada, pappadam, parotta, dosa idli, murukku, puttu, and payasam are easily recognisable as originating in South India. However, many dishes which we assume to be Sri Lankan have their origins in the afore-

mentioned history including many curries and sweets. Mung balls resemble sukhiyan, athirasa resemble neyyappam, kavum resemble unniyappam and aggala resemble sweet rice flour balls made in Kerala. Banana leaves are integral to South Indian culinary traditions where they are used for plating food as well as to wrap items for steaming and boiling. The use of banana leaves is unique to regions with South Indian heritage and as such the role of banana leaves in Sri Lankan cuisine is likely attributable to Southern Indian communities on the island.

Communities from Southern India have significantly contributed to Sri Lankan cuisine and culture, and their contributions have immensely enriched Sri Lanka's culinary and cultural landscape. In our rapidly globalising world, acknowledging connections and appreciating diversity is rapidly becoming regarded as a virtue. We experienced this during our travels across South-East Asia, where we have connected with diverse communities through food originating in Southern India. As the Sri Lankan community prepares to celebrate Deepavali, an appreciation of millennia of our shared cultural connections with Southern India is likely to enhance the satisfaction one will experience from the festivities. Happy Deepavali to all.

### Randika Jayakody and Jerome Perera



Among Randika and Jerome's many interests is a deep passion to understand Sri Lankan history and culture. This has been facilitated through exposure to multiculturalism through their travels and living experiences in multiple countries.

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### Queensland Old Thomians Association (QOTA) Office Bearers 2021/22 Year

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Asst. Secretary:	Hiran Cooray
Treasurer:	Asanka Kottegoda
Assistant Treasurer:	Manesha Marambe
Sports Secretary:	Kamal Wanigasooriya
Committee Members:	Sadeesh Dissanayake
	Shafraz Hameed
	Praveen Perera Kurukulasooriya
	Rohan Seneviratne
	Gavin Madusara
	Dhilukshan Ramalingam

### Kelaniya Chancellor Most Ven. Welamitiyawe Kusala Dhamma Thero passes away

Chancellor of the University of Kelaniya, Aggamahapandit Dr. Most Ven. Welamitiyawe Dharmakirithi Sri Kusala Dhamma Thero has passed away.



The much venerated Thero was aged 84 at the time of his demise.

Tripitaka Vagishwaracharya Ven. Kusala Dhamma Thero, who served as the head of the Vidyalankara Pirivena in Peliyagoda, devoted his whole life in robes to uplift Sri Lanka's Buddha Sasana.

The Thero was also the Chief Judicial Prelate for the two Regions of Colombo and Chilaw.

Courtesy: <http://www.adaderana.lk/>

**සියලුම  
බේකරි සහ රසකැවිලි වර්ග  
දැන් එකම වහලකින්**

රෝස් පාන් | මාළු පාන් | තැටි පාන් | සීනි සම්බල් පාන් | විකන් බන්  
ජෑම් පාන් | කිඹුලා බනිස් | බිත්තර පාන් | ෆැට් බනිස්  
අඳුළු තවත් බේකරි ආහාර වර්ග

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අඳුළු සියලුම රසකැවිලි වර්ග ලබා ගන්න ගමේ කඩේට එන්න

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**Yevin and Tiyyara: Phenomenal Golfing Siblings  
“Down Under”**



Teenage siblings Yevin and Tiyyara Samararatna of Sri Lankan origin with innate talent are already versatile golf prodigies ‘Down Under’ having triumphed in many local competitions in Brisbane and other state golf tournaments in boys/girls categories. Tiyyara has prolifically shadowed elder brother Yevin, just turned seventeen years. Both were advised by coaches to

commence participating in 18 hole competitions at relatively young ages. For all young golfers, the motivation is to lower their best scores. However no golfer is ever satisfied 100% with his or her game even when they shoot a great score. This is how siblings Yevin and

Tiyyara have developed golf skills.



The success of an exceptional golfer is not measured alone by hoisting a trophy. For many it is not to just play the game on a regular basis but to be consistent in it via a list of traits like extensive practice with a

routine, patience, and taking lessons from avid professionals. Yevin and Tiyyara spent hours of practices on the ranges at their golf clubs, Mount Warren Park and River Lakes Golf clubs, training on approach shots close to the holes and hole putts possessed by accomplished young golf players.

The siblings had participated in many competitions across Brisbane

and also in other states. Yevin had begun to triumph from year 2011 while sister Tiyyara from year 2014. Between them have triumphed in many tournaments, have won around one hundred and fifty trophies and medals. Some of the triumphs were at Pacific Golf Club, Virginia Golf Course, Bargara Golf Club, Mt Warren Park Golf Club, River Lakes Golf Club, Sandy Gallop Golf Club, Bribie Island Golf Club, Wantima Golf Club, Walston Golf Club, Oxley Golf Club, Corinda Pitch & Putt etc. In addition, they have been adjudicated for ‘encouragement’, ‘player of the year’, ‘spirit of golf’, ‘most improved player’ awards. The siblings have been acclaimed by many over the skills of golf, their integrity, morale and etiquette. The biggest victory for Yevin was when he won the International Junior golf classic in NSW where around one hundred young golfers from all States participated.



The success of the duo should be attributed to the encouragement and sacrifices parents Indika and Kanushka have made. Golf is a very expensive sport needing to possess ideal combinations of clubs, shafts, grips, balls, buggy, shoes and attires. The parents have provided them with an artificial golf putting area at the rear of the dwelling with a fully equipped gym.

It is relevant to quote that the siblings are Dux award winners at their schools, brilliant in studies and also school captains, who wish to continue golf balancing with academic career. All Sri Lankans would be proud of the duo, and no doubt would wish them more successes.

**Sunil Thenabadu in Brisbane**

Source: eLanka  
<https://www.elanka.com.au/yevin-and-tiyyara-phenomenal-golfing-siblings-down-under-2/>

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**හොදට නරකට දෙකට කටමය**

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**ඇල්ෆ්ඩ් වටපුළුව**



ඇල්ෆ්ඩ් වටපුළුව විශ්‍රාමික විදුලි හා යාන්ත්‍රික ඉංජිනේරුවෙකි. කවි හා සාහිත්‍යය කෙරෙහි ඔහු තුළ ඇති ඇල්ම ඔහුගේ විශ්‍රාම ජීවිතය ක්‍රියාශීලී කරයි.

**Stories Behind Names of Places in Sri Lanka: How “Eth Kandura” got its Name**

“Etha” is the Sinhala word for tusker elephant. Ancient Sri Lanka was world famous for elephants and especially for tusker elephants. The elephants were considered as a key treasure of the nation. Catching and taming wild elephants was a key activity at the time.



Owning the elephants was a symbol of wealth, respect and prestige and owning a tusker elephant was a sign of super wealth and higher power. Wild elephants were the property of the state and were allowed to be captured only with the permission of the King. Further, elephants formed an important part of the King’s army and the elephant was used in the battle field as the key power of the

King. So much so even the King rode on the tuskers for all royal ceremonies and long distance tours. The person caring for the elephant was called “mahout” and they were skillfully trained to handle the elephants using a unique language to communicate. The elephants were elegantly decorated when taken to ceremonies.

The long history of Sri Lanka records of times we exported elephants to middle eastern countries and also of times our Kings gifting elephants to the Kings in Greece and Rome. Catching of wild elephants was carried out by specially trained people on the orders of the head of the state. For this, a large area was strongly fenced and wild elephants driven into this space so that they cannot escape and it made it easy to trap the elephants.

There was one such elephant trapping place in Anuradhapura where the Sri Lankan Kings reigned from. This surrounded large area included a water spring (KANDURA) as water is very essential for the elephants not only for drinking but also for bathing.

The general word used to identify the elephant trapping area was “Eth Gala” but because of the water spring (kandura) within, it was called “ETH KANDURA”. Though there are no more elephant trappings and catching them, the village in the vicinity of Anuradhapura is yet called “ETH KANDURA”



**Dr. Nimal Sedera**

Dr. Nimal Sedera is a journalist, poet, motivational speaker and an author of 70 books.

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## The Month of November

November which means nine is a misnomer for the 11th month of the year.

November begins with All Saints Day on the 1<sup>st</sup> - a Catholic and Christian solemnity celebrated in honour of all the Saints of the church. Similarly, All Souls Day marked on the 2<sup>nd</sup>, is a day of prayer and remembrance for the souls of those who have departed.

In Australia, the first Tuesday in November is when the Melbourne Cup horse race is held. Its popularity has earned the event the moniker "the race that stops the nation".

November has many universally important days too. Armistice Day held on 11th marks the end of World War1 which had a devastating effect on the world.

World Kindness Day is observed on the 13<sup>th</sup> highlighting good deeds in the community focusing on the positive power of kindness which binds humanity bridging the divides of race, religion, politics, gender and location.

International Men's Day (IMD) is celebrated on the 19<sup>th</sup> to recognise the cultural, political, and socioeconomic achievements of males. IMD theme for 2021 is "Better relations between men and women." Movember is a global fundraiser focusing on men's health.

The 16 Days of Activism against Gender-Based Violence begins on the 25<sup>th</sup>, the International Day for the Elimination of Violence against Women, and runs until 10 December, the Human Rights Day. The global theme for 2021 is "Orange the world: End violence against women now!"

White Ribbon Day celebrated on the 19<sup>th</sup> brings men and women together against violence. November indeed is a special month!

Sugee Kannangara

## Sri Lanka's first Test captain Bandula Warnapura passes away

Sri Lanka's first Test cricket captain Bandula Warnapura has passed away at the age of 68.

Warnapura, who was the first Sri Lankan Test cricket captain in 1981, later functioned as the coach of the Sri Lankan team as well as an administrator at Sri Lanka Cricket.

Charged with the difficult task of leading Sri Lanka in their formative years Warnapura did a commendable job.

The finest moment of his chequered career came in the 1979 World Cup when he led Sri Lanka in the place of the injured Anura Tennekoon, and took them to a famous win against India at Old Trafford.

Warnapura captained Sri Lanka on their tours of India and Pakistan. However, when he decided to tour South Africa with a rebel team in 1982-83, he was handed a life ban from Sri Lankan cricket which was lifted several years later.

He captained Sri Lanka in the inaugural Test against England at the P Sara Oval in Colombo in 1982 and went on to play three more Tests and 12 ODIs before his career was cut short.

He returned to cricket as an administrator in 1991 with the Bloomfield Club.

Courtesy: <http://www.adaderana.lk/>



www.AusLankaMatrimony.com.au



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Where numbers and knowledge meet

## Monthly News Digest: October 2021

01	SL seals biggest-ever investment in port sector	<a href="https://www.ft.lk/top-story/SL-seals-biggest-ever-investment-in-port-sector/26-723702">https://www.ft.lk/top-story/SL-seals-biggest-ever-investment-in-port-sector/26-723702</a>
01	World Bank approves US \$500Mn loan for Sri Lanka	<a href="https://www.dailymirror.lk/breaking_news/World-Bank-approves-US-500Mn-loan-for-Sri-Lanka/108-221570">https://www.dailymirror.lk/breaking_news/World-Bank-approves-US-500Mn-loan-for-Sri-Lanka/108-221570</a>
03	How cricket looked after an orphan and made him a star	<a href="https://island.lk/how-cricket-looked-after-an-orphan-and-made-him-a-star/">https://island.lk/how-cricket-looked-after-an-orphan-and-made-him-a-star/</a>
02	WB approves \$ 500 m funding for SL's safe, climate-resilient transport connectivity	<a href="https://www.ft.lk/front-page/WB-approves-500-m-funding-for-SL-s-safe-climate-resilient-transport-connectivity/44-723811">https://www.ft.lk/front-page/WB-approves-500-m-funding-for-SL-s-safe-climate-resilient-transport-connectivity/44-723811</a>
05	ICIJ releases full investigation report on Nirupama Rajapaksa	<a href="https://www.dailymirror.lk/latest_news/ICIJ-releases-full-investigation-report-on-Nirupama-Rajapaksa/342-221816">https://www.dailymirror.lk/latest_news/ICIJ-releases-full-investigation-report-on-Nirupama-Rajapaksa/342-221816</a>
04	CIMA-ICCSL-Daily FT announce 'Most Admired Companies of Sri Lanka 2021'	<a href="https://www.ft.lk/front-page/CIMA-ICCSL-Daily-FT-announce-Most-Admired-Companies-of-Sri-Lanka-2021/44-723882">https://www.ft.lk/front-page/CIMA-ICCSL-Daily-FT-announce-Most-Admired-Companies-of-Sri-Lanka-2021/44-723882</a>
09	Thiyagarajah appointed Northern Province Governor	<a href="https://ceylontoday.lk/news/thiyagarajah-appointed-northern-governor">https://ceylontoday.lk/news/thiyagarajah-appointed-northern-governor</a>
07	Three women SSPs promoted to DIG in historic first for Sri Lanka Police	<a href="https://economynext.com/three-women-ssps-promoted-to-dig-in-historic-first-for-sri-lanka-police-86785/">https://economynext.com/three-women-ssps-promoted-to-dig-in-historic-first-for-sri-lanka-police-86785/</a>
10	Sixteen terror attacks planned by LTTE intel operatives thwarted - Prof. Gunaratna	<a href="http://www.sundayobserver.lk/2021/10/10/sixteen-terror-attacks-planned-ltte-intel-operatives-thwarted-prof-gunaratna">http://www.sundayobserver.lk/2021/10/10/sixteen-terror-attacks-planned-ltte-intel-operatives-thwarted-prof-gunaratna</a>
10	Sri Lanka have announced their final 15-member squad for the upcoming ICC Men's T20 World Cup 2021.	<a href="https://www.icc-cricket.com/news/2248532">https://www.icc-cricket.com/news/2248532</a>
12	Sri Lanka expresses interest to host 2026 Commonwealth Games	<a href="https://www.dailymirror.lk/breaking_news/Sri-Lanka-expresses-interest-to-host-2026-Commonwealth-Games/108-222353">https://www.dailymirror.lk/breaking_news/Sri-Lanka-expresses-interest-to-host-2026-Commonwealth-Games/108-222353</a>
13	Mahapola Higher Education Scholarship Fund to be renamed after Lalith Athulathmudali	<a href="https://www.ft.lk/news/Mahapola-Higher-Education-Scholarship-Fund-to-be-renamed-after-Lalith-Athulathmudali/56-724322">https://www.ft.lk/news/Mahapola-Higher-Education-Scholarship-Fund-to-be-renamed-after-Lalith-Athulathmudali/56-724322</a>
16	Presidential Task Force for Green Agriculture established	<a href="https://www.dailymirror.lk/breaking_news/Presidential-Task-Force-for-Green-Agriculture-established/108-222670">https://www.dailymirror.lk/breaking_news/Presidential-Task-Force-for-Green-Agriculture-established/108-222670</a>
18	Dialog World Cup song 'Ape Kollo' hits 100,000 in two hours	<a href="https://www.themorning.lk/dialog-world-cup-song-ape-kollo-hits-100000-in-two-hours/">https://www.themorning.lk/dialog-world-cup-song-ape-kollo-hits-100000-in-two-hours/</a>
18	Last-minute lifeline for tea	<a href="https://www.ft.lk/top-story/Last-minute-lifeline-for-tea/26-724597">https://www.ft.lk/top-story/Last-minute-lifeline-for-tea/26-724597</a>
20	First batch of Nano Nitrogen liquid fertilizer arrives from India	<a href="http://www.adaderana.lk/news/77811/first-batch-of-nano-nitrogen-liquid-fertilizer-arrives-from-india">http://www.adaderana.lk/news/77811/first-batch-of-nano-nitrogen-liquid-fertilizer-arrives-from-india</a>
21	Sri Lanka qualifies to ICC T20 World Cup Super 12	<a href="https://www.dailymirror.lk/breaking_news/Sri-Lanka-qualifies-to-ICC-T20-World-Cup-Super-12/108-222897">https://www.dailymirror.lk/breaking_news/Sri-Lanka-qualifies-to-ICC-T20-World-Cup-Super-12/108-222897</a>
22	Sri Lanka to obtain USD 3.6 Bn loan from Oman to purchase petroleum	<a href="http://www.adaderana.lk/news/77872/sri-lanka-to-obtain-usd-36-bn-loan-from-oman-to-purchase-petroleum">http://www.adaderana.lk/news/77872/sri-lanka-to-obtain-usd-36-bn-loan-from-oman-to-purchase-petroleum</a>
24	Sri Lankan Rugby legend Chandrishan Perera passes away	<a href="http://www.adaderana.lk/news/77919/sri-lankan-rugby-legend-chandrishan-perera-passes-away">http://www.adaderana.lk/news/77919/sri-lankan-rugby-legend-chandrishan-perera-passes-away</a>
25	Communist Party Dethrones Raja Collure	<a href="https://ceylontoday.lk/news/communist-party-dethrones-raj-collure">https://ceylontoday.lk/news/communist-party-dethrones-raj-collure</a>
25	Primary Grades resume classes today	<a href="https://ceylontoday.lk/news/primary-grades-resume-classes-today">https://ceylontoday.lk/news/primary-grades-resume-classes-today</a>
25	Nationwide rollout campaign of 'LANKAQR' begins	<a href="http://www.adaderana.lk/news/77927/nationwide-rollout-campaign-of-lankaqr-begins">http://www.adaderana.lk/news/77927/nationwide-rollout-campaign-of-lankaqr-begins</a>
25	Crisis hits SLIIT Campus	<a href="https://www.dailymirror.lk/breaking_news/Crisis-hits-SLIIT-Campus/108-223224?fbclid=IwAR30e3it4fulOpYf16AdCpPm-bwtoFcelfCmqSGZH3KhkQ5rr5qR5pP6QSM">https://www.dailymirror.lk/breaking_news/Crisis-hits-SLIIT-Campus/108-223224?fbclid=IwAR30e3it4fulOpYf16AdCpPm-bwtoFcelfCmqSGZH3KhkQ5rr5qR5pP6QSM</a>
25	Sri Lanka Cricket named a 17-member squad led by Chamari Athapaththu for the ICC Women's World Cup Qualifier 2021.	<a href="https://www.icc-cricket.com/news/2308592">https://www.icc-cricket.com/news/2308592</a>
26	Central Bank Governor given Cabinet Minister status	<a href="http://www.adaderana.lk/news/77969/central-bank-governor-given-cabinet-minister-status">http://www.adaderana.lk/news/77969/central-bank-governor-given-cabinet-minister-status</a>
27	Presidential Task Force appointed on 'One Country, One Law'	<a href="http://www.adaderana.lk/news/77978/presidential-task-force-appointed-on-one-country-one-law">http://www.adaderana.lk/news/77978/presidential-task-force-appointed-on-one-country-one-law</a>
29	Moody's downgrades Sri Lanka's rating to Caa2; outlook stable	<a href="https://www.ft.lk/front-page/Moody-s-downgrades-Sri-Lanka-s-rating-to-Caa2-outlook-stable/44-725081">https://www.ft.lk/front-page/Moody-s-downgrades-Sri-Lanka-s-rating-to-Caa2-outlook-stable/44-725081</a>
29	Sri Lanka's landmark real estate icon Altair opens	<a href="https://www.ft.lk/front-page/Sri-Lanka-s-landmark-real-estate-icon-Altair-opens/44-725083">https://www.ft.lk/front-page/Sri-Lanka-s-landmark-real-estate-icon-Altair-opens/44-725083</a>
31	Sri Lanka lifts inter-provincial travel restrictions	<a href="http://www.adaderana.lk/news/78072/sri-lanka-lifts-inter-provincial-travel-restrictions">http://www.adaderana.lk/news/78072/sri-lanka-lifts-inter-provincial-travel-restrictions</a>

## Seven Types of Rest We All Need

How many times have you tried to rest by sleeping only to wake up feeling still exhausted? I am sure we all know that feeling. If you felt that and wondered why, here's the reason; sleep and rest are not the same thing, although many of us incorrectly confuse the two. A proper resting requires a restoration of seven key areas of our life.

### 1. Physical Rest

Physical rest can be passive or active. Passive physical resting includes napping and sleeping. Active physical resting through restorative activities such as yoga, stretching and massage therapy helps improve the body's circulation and flexibility, which rejuvenates our body.

### 2. Mental Rest

If you are feeling irritable, forgetful, a lack of focus and difficulties in turning off the brain even at the end of the day, that's an indication of mental rest deficit. You may be able to overcome this mental fatigue by scheduling in short breaks through the day which remind you to slow down and breathe. Journaling the nagging thoughts is also a good way to dump the mental burden.

### 3. Sensory Rest

Our senses are constantly overwhelmed by bright lights, digital screens, background noise and multiple conversations. This can be countered by intentional moments of sensory deprivation, which can be as simple as closing your eyes for a minute in the middle of the day or by unplugging electronics at the end of the day.

### 4. Creative Rest

Creative rest is essential for people who have to constantly problem solve or brainstorm new ideas. Creative rest can be achieved by connecting with nature, arts or even some physical activities such as hiking. Creative rest is essential to reawaken the true brain potential to come up with innovative ideas.

### 5. Emotional Rest

Emotional rest requires having the time and space to freely express our feelings and cut back on people pleasing. Emotional rest also demands the courage to be authentic and truthful to yourself.

### 6. Social Rest

Social rest requires us to differentiate between reviving relationships with relationships that exhaust us. To experience more social rest, surround yourself with positive and supportive people.

### 7. Spiritual Rest

Spiritual rest can be achieved by engaging with something greater than you, it could be adding a meditation, community involvement or a prayer to your routine. Spiritual rest can connect you to feel a deep sense of belonging, love, acceptance, and purpose.

We're suffering from a rest deficit because we don't understand the true power of rest. So, it's time for us to begin focusing on getting the right type of rest we need beyond sleeping.

Adapted from Dr. Sandra Dalton-Smith's TED-Atlanta talk.



**Dr. Himaya S.W.A.**

*Dr. Himaya S.W.A is a Research Fellow at the Institute of Molecular Bioscience, University of Queensland*

The above article is an extract from the Radio 4EB Sri Lankan Group broadcast on 10 October 2021 in Sinhala.

The link to listen to the program is

<https://drive.google.com/file/d/1JQrEcD0AH3XzfeYXBxnjqNyPphjIkHRY/view?usp=sharing>



**The Institution of Engineers  
Sri Lanka Queensland Chapter Inc.  
Presents a Webinar on**

**"Insights into the Mining Industry of  
Queensland?"**

A rare opportunity for a panel interview with an authoritative source at the highest levels of the resources industry in Queensland



**Date:** Sunday, 07 November 2021  
**Time:** 5.45 pm for 6.00 pm start (1 Hour Duration) – Brisbane time (GMT + 10)

**Resource Person:**  
Ian Macfarlane - CEO [Old Resources Council](http://OldResourcesCouncil)



To participate in this event please send an email to [info@ieslqld.org](mailto:info@ieslqld.org) with the subject header 'CPD12'. We will then send you the log-in details.

Please contact: Chanaka Abeyasinghe on 0429 129 873 or Tharindu Abeykoon on 0478 058 630 for more information

**The admission to the event is free and this is considered as a CPD claimable event for Engineers Australia. Delegates should check their individual scheme requirements.**



**කඨින ජිංකම 2021**

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FRANK MCGREEVY BUILDING

112, Brisbane Terrace, Goodna

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The Old Anandians Association of Queensland Inc  
**MAROONS CHARITY WALK 2021**  
 Queensland Fair Trading Approved Charity Project | CP6207

**SUNDAY 14 November 2021** | **9 am** | Berrinba Wetlands Park  
 Wayne Goss Drive Browns Plains QLD 4118 | Ticket **\$10**

**PURPOSE:**  
 To build a Centralised Oxygen Feed System for a COVID-19 ward in a regional hospital in SRI LANKA.

Free BBQ. All are Welcome.




**CONTACTS**  
 Mithila Wanigathunge 0425 837 197 | Uthpala Jayaweera 0451 153 693  
 www.oaaq.org  
 Email us at hello@oaaq.org



**SRI LANKA DAY**



**MULTICULTURAL FOOD AND CULTURAL FESTIVAL**

**SATURDAY 13<sup>TH</sup> NOVEMBER 2021** | **9 AM TO 4 PM**  
 ROCKS RIVERSIDE PARK, 531 SEVENTEEN MILE ROCKS RD, SEVENTEEN MILE ROCKS QLD 4073

**Event coordination/Inquiries:**  
 Jay Weerawardena, President, FSOQ, 0422 286 548 | Jayantha Weerasakera, Secretary, FSOQ 0422 368 851

**Publicity:** Lawrence Heyn, FSOQ, 0482 834 390 | **Food stalls administration:** Jayantha Pathikirikorale 0412 438 283 | Lal Mendis 0411 275 077

**VIP liaison:** Anton Swan, OAM, Hon Consul for Sri Lanka in QLD 0438 194 852

**Cultural performances:** Uditha Manage 0402 143 051 | Sandhya Abeysekere 0422 932 366

**SUPPORTED BY:**  


**CONTACT:** Jay Weerawardena FSOQ 0422286548; Nandasiri Tennakoon FSOQ 0423 845669; Uditha Manage SAQ 0402143051; Lal Mendis SLSEAQ 0411275077; Jayantha Pathikirikorale 0412438283; Sandhya Abeysekera SLSEQ 0422932366; Samanmal Gunaratna Radio 4EB SL Group 0439 226 445; Sarath Weerasinghe SPURQ0402421530; Uditha Liyanage EX Services 0413840920; Laurensz Manricks Silver Fawn 0408414973; Bill Deutrom OAM Sri Lanka +94779736881; Kalum De Silva SLACC 0414685903; Dharshana Munasinghe QUT SLSEA 0449047409

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**ප්‍රතිභා සන්ධ්‍යාව 2021**

Sri Lanka Arts Circle Brisbane Proudly Presents  
**30 th PRATHIBHA SANDYAWA , CULTURAL SHOW**

**Saturday 27<sup>th</sup> November 2021**  
**6.00 pm**

**Lighthouse Community and Event Centre**  
 65 Woogaroo Street , Forest Lake 4078

**Tickets - Adults \$25 / Children (over 10 yrs) \$15**

Contact - Chaminda Hewage - 0430876233 / Vimukthi - 0452203719



**GOLD COAST SRI LANKANS' ASSOCIATION INC.**

**ANNUAL DINNER DANCE 2021**

**04th DECEMBER Saturday**  
**7.00pm Onwards**

**LIVE MUSIC - DJ - SRI LANKAN BUFFET - BYO**

**VENUE : CASEY HALL**  
**22 FAIRWAY DRIVE, CLEAR ISLAND WATERS, QLD 4226**

**TICKETS** | **DRESS CODE - SMART CASUAL**

UNDER 5 YEARS - FREE | CONTACT : PRABHASH 0406 780 850  
 6 - 12 YEARS \$20 | NISHI 0444 547 890  
 ADULTS - \$45

**Sri Lankan Events Brisbane**

Please check the latest status of the events with the relevant organisations

**November 2021**

6&7	Katina Ceremony - Pirith, Katina Robe Offering and Dana	Goodna Temple
07	CPD Event: Insights into the Mining Industry of Queensland	IESL Qld Chapter
13	Sri Lanka Day Celebrations	FSOQ
14	Maroons Charity Walk 2021	Old Anandians of Qld
27	Pratiba Talent Show	Sri Lanka Arts Circle/ Forest Lake Temple

**December 2021**

03-05	QMora: University of Moratuwa Alumni Get-together	Uni of Moratuwa Alumni
04	Christmas Dinner Dance	Gold Coast Sri Lankans
11	Christmas Carols and Dinner	Silver Fawn Club
19	Sangamitta Day	Forest Lake Temple
31	New Years' Eve Dance	Silver Fawn Club

**January 2022**

15	Karaoke and Dinner Dance	Agricola Queensland
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**February 2022**

13	Valentines Day Lunch	Silver Fawn Club
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**Multicultural Brisbane**

**MELBOURNE CUP**

**2 NOVEMBER 2021**

The race that stops the nation, the Melbourne Cup will be on 2 November (First Tuesday) at 2 pm Brisbane Time with a field of 24 international and local horses racing over 3200m for a whopping \$8 million in prizemoney.

<https://www.foxsports.com.au/horse-racing/melbourne-cup>

**REMEMBRANCE DAY  
11 NOVEMBER 2021**

The eleventh day of November has been known as Remembrance Day in Australia since the end of World War II, but was originally called Armistice Day in 1919. At first, it was meant to specifically honour the heroes and fallen of World War I, but today, it is aimed at honouring all soldiers who fought and died for their country in years gone by.

Remembrance Day is not a public holiday but it is nevertheless on the minds of people across the country every 11 November. The main event is a minute of silence. Everyone across the country stops whatever they are doing exactly at 11am to observe a moment of silence to remember past wars and those who have fought and died. This is done, then, at the eleventh hour of the eleventh day of the eleventh month of the year.

<https://publicholidays.com.au/remembrance-day/>

**Program Schedule**

Arunella - Sunday 9.00am - 10.00am FM 98.1	
Date	Producer/Panel Operator
07 Nov	Sugee Kannangara/ Wimal Kannangara
14 Nov	Lalith Keerthirathne, Sameera Samarasinghe/ Sameera Samarasinghe
21 Nov	Nimal Wijesiri/ Kasun Karunaratne
28 Nov	Nawroos Naeem/ Samanmal Gunaratne
05 Dec	Ananda and Nayana Samaratinga/ Ananda Samaratinga

Sandella - Wednesday 9.00pm - 10.00pm FM 98.1	
Date	Producer/Panel Operator
03 Nov	“Yowun Sandella” Shyam, Pulith, Shamma, Chathurika, Darshika, Mithila/ Mithila Wanigathunge, Achira Samaratinga
10 Nov	Thisara Pathirennehelage & Guest/ Thisara Pathirennehelage
17 Nov	Yashan Thilakarathne/ Yashan Thilakarathne
24 Nov	Himaya SWA and Youth Arm/ Mihika Samaratinga
01 Dec	“Yowun Sandella” Shyam, Pulith, Shamma, Chathurika, Darshika, Mithila/ Mithila Wanigathunge, Achira Samaratinga

**QMora Family Holiday 2021**  
University of Moratuwa Alumni 2 Night Luxury Holiday  
3<sup>rd</sup> to 5<sup>th</sup> December at Novotel Twin Waters Resort, Sunshine Coast  
Check-in: Friday 3<sup>rd</sup>  
Check-out: Sunday 5<sup>th</sup>

Come and enjoy the 2 days of fun filled activities and Gala Dinner with live Sri Lankan music for the whole family in the company of your fellow alumni, as we cherish the memories of Katubedda....

**Luxurious two-night 4-star accommodation**  
Buffet style breakfast for Saturday & Sunday  
@100 places at the price of 100

**Live Music by Soloz**  
Solo Movies and Special Events for Kids: Kayaking, Sailing, Beach Volleyball, Swimming pool, Top all over and more group activities, Friday night talent show & sing along activities!

Please contact an organising member or email [qmoraalumni@gmail.com](mailto:qmoraalumni@gmail.com) for bookings:

Kamal 0470 414 711	Jayanath 0455 933 721	Indrajith 0416 849 596
Wasantha 0412 095 105	Sandun 0407 125 016	Jaraka 0411 586 901
Sena 0429 086 195	Chaminda 0434 088 037	Sarath 0403 424 807
Sumith 0481 505 117	Arana 0427 574 035	

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