



The Significance of Katina Robe Offering

The month of October is important to Buddhists all over the world as it is the time for annual Katina Robe Offering Ceremony in temples. It is a practice since Buddha's days for the Buddhist Monks to observe a three-month seclusion period starting from the month of July, and conduct special Dhamma programs including meditation retreats in Buddhist temples. The culmination of this special period is all lay devotees getting together and offering monastics gifts such as robes and alms. This year in Brisbane, the Katina ceremonies in Forest Lake and Goodna temples have been scheduled to be held on the last week of October and first week of November, respectively.



The tradition and the manner of holding these events has evolved gradually over the years. But it is the practice in most temples for a group of lay people to get together to form a team (Katina Group) and

sponsor special religious functions such as Dhamma Talks, Pujas in consultation with the venerable monks of the temple. In addition to the spiritual practices, the Katina Group also prepares and carries out special tasks in the temple such as cleaning the premises, and upgrading and maintaining the existing buildings. Most members of Katina Group take part themselves in these events and encourage their friends and relatives to join them. At the end of the 3-month period, a Pirith Ceremony at night, followed by a Dana Ceremony (alms giving) next day, is organised. Specially prepared Katina Robe is offered before the commencement of the alms-giving function. For these ceremonies, usually all the monks and nuns in neighbouring temples are invited and most lay people make it a point to participate at least in these final ceremonies annually and share merits. Lay people offer robes, alms and all other needs for the regular maintenance of the temple.

In Buddhist texts it is stated that the Katina robe offering is one of the highest offerings and the most meritorious of skilful deeds. Furthermore, because of these annual ceremonies, the close symbiotic relationship between the monastics and the laity is further cemented. The continuation of the Buddha Sasana very much depends upon the upholding of the Buddha's teachings (Dhamma) and discipline (Vinaya) by both the monastic and the lay communities.

The Annual Katina Ceremony is undoubtedly helping to achieve these supreme goals.



Donald Gunatillake

Donald Gunatillake is a retired Civil Engineer who is keen in studying Buddhism.

Celebrating Older Persons and Grandparents

The month of October marks two days to celebrate the senior citizens. The United Nations International Day for Older Persons (UNIDOP) falls on 1 October while the last Sunday of each year is the Australian Grandparents Day (AGD).

Globally, there were 703 million persons aged 65 or over in 2019. Over the next three decades, the number of older persons worldwide is projected to more than double, reaching more than 1.5 billion persons in 2050. All regions will see an increase in the size of the older population between 2019 and 2050.

This year (2020) marks the 30th anniversary of the UNIDOP. Considering the far higher risks faced by the older persons amidst the COVID-19 pandemic, the policies are to be targeted to raising awareness of their special needs.



In Queensland, Grandparents Day is celebrated on the last Sunday of October each year. It is a day to recognise the special role played by the grandparents and their contribution they make to their families and communities.

Grandparents Day is a chance for grandchildren, children and the community to thank grandparents for their love and support


Courtesy: <https://www.un.org/development/desa/ageing/international-day-of-older-persons-homepage/2020unidop.html>

<https://www.qld.gov.au/seniors/recreation-staying-connected/events-awards/grandparents-day>

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Monthly News Digest: September 2020

01	John Keells Holdings ranked Sri Lanka's Most Respected Entity for a record 15th year	https://island.lk/john-keells-holdings-ranked-sri-lankas-most-respected-entity-for-a-record-15th-year/
02	Senior Prof. Nilanthi de Silva new VC of Kelaniya University	https://island.lk/senior-prof-nilanthi-de-silva-new-vc-of-kelaniya-university/
07	Dr. Palitha Kohona to be appointed Sri Lanka's Ambassador to China	http://www.adaderana.lk/news/67038/dr-palitha-kohona-appointed-sri-lankas-ambassador-to-china
09	Members appointed to Committee on High Posts	http://www.adaderana.lk/news/67087/members-appointed-to-committee-on-high-posts
08	Construction of new buildings for Govt. institutions halted for two years	http://bizenglish.adaderana.lk/construction-of-new-buildings-for-govt-institutions-halted-for-two-years/
09	Pandemonium as Premalal is sworn in	http://www.dailymirror.lk/print/front_page/Pandemonium-as-premalal-is-sworn-in/238-195485
09	President calls for immediate rehabilitation of 5,000 tanks	http://www.adaderana.lk/news/67110/president-calls-for-immediate-rehabilitation-of-5000-tanks
10	Sri Lanka receives two WHO Awards	https://www.newsradio.lk/local/sri-lanka-receives-two-who-awards/
14	12 new High Court Judges appointed	http://www.adaderana.lk/news/67216/12-new-high-court-judges-appointed
20	Falan Andrea becomes new Derana Dream Star	http://www.adaderana.lk/news/67361/falan-andrea-becomes-new-derana-dream-star
22	Prof. Charitha Herath appointed COPE chairman	http://www.adaderana.lk/news/67426/prof-charitha-herath-appointed-cope-chairman
22	Draft Bill of 20A tabled in Parliament amidst protests	http://www.adaderana.lk/news/67417/draft-bill-of-20a-tabled-in-parliament-amidst-protests
23	Prof. Tissa Vitharana appointed COPA chairman	http://www.adaderana.lk/news/67456/prof-tissa-vitharana-appointed-copa-chairman
30	Cattle slaughter banned, Beef imports allowed	http://www.dailynews.lk/2020/09/30/local/230177/cattle-slaughter-banned-beef-imports-allowed



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- Dr Sandrasegraram Abraham
- Dr Sumedha Amarasinghe
- Dr Nilmini Thilakarathne
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පදයක වරුණ: මෝහිනීගේ බැල්ම

රාත්‍රී කාලයේදී මහමගදී දකින්නට ලැබෙනවා යැයි පැවසෙන මෝහිනීගේ අවතාරය ලාංකේය සමාජයේ වඩාත් ප්‍රචලිත වූවකි. සිංහල ජනශ්‍රැතිය තුළ දීර්ඝ කාලයක සිට පැවතෙන මෝහිනී පිළිබඳ කතාපුවත්වලට සවන් දීමට ඇතැමෙක් ප්‍රියතාවක් දක්වති. ඇතැමෙක් එමගින් බියට පත්වෙති. කෙසේ වුවද මෝහිනී පිළිබඳ සංකල්පයේ ප්‍රභවය හා භාවිතය සම්බන්ධයෙන් ජනතාව තුළ පවතිනුයේ අල්පාවබ්ධයකි.

මෝහිනී යනු ‘මෝහන’ යන පදයේ ස්ත්‍රී ලිංගාර්ථයයි. ‘මෝහන’ යන පදයෙන් අර්ථවත් වනුයේ සිත් වසගවීම, මුලා වීම හෝ එක් පුද්ගලයෙකු විසින් තවත් පුද්ගලයෙකුගේ මනස කිසියම් මෙහෙයවීමකට ලක් කිරීමකි. එය මනෝවිද්‍යාත්මක කරුණක් වන අතර ‘මෝහිනී’ යන යෙදුම ‘ආකර්ෂණය ලබන්නී’ වැනි අරුතකින් යෙදෙන්නකි. නූතනයේ පවා දකුණු ඉන්දීය ජන සමාජයේ මෙය පුද්ගල නාමයක් ලෙස භාවිත කෙරේ.

ලාංකේය සමාජයේ අපට අසන්නට ලැබෙන මෝහිනී සුදුසු සාරියකින් සැරසී දරුවෙකු වඩාගෙන සිටින ස්ත්‍රියකි. ඇය දර්ශනය වනවා යැයි පැවසෙන්නේ රාත්‍රී කාලයේ මහමග තනිව ගමන් ගන්නා පුරුෂයින්ට පමණි. මෙහි සමාජවිද්‍යාත්මක හා මනෝවිද්‍යාත්මක භාවිතය අවබෝධ කර ගැනීම සඳහා මෝහිනී පිළිබඳ උත්පත්ති කතාව ද ප්‍රයෝජනවත් වේ.

දකුණු ඉන්දීය ජනශ්‍රැතියකට අනුව අතීතයේ එක් තරුණ ස්ත්‍රියක් පුරුෂයින් අතින් සමූහ දූෂණයකට ලක්ව සාතනය වී තිබේ. පසුව ඇයගේ සිරුර පාළු වන පෙදෙසක රහසිගතව වළ දමා ඇත. බොහෝ කලකට පසුව එම ප්‍රදේශයේ වගා කටයුත්තක් ආරම්භ කළ තරුණයෙක් බිම් සැකසීම සිදු කරද්දී පොළොවෙන් මතුපිටට රතු රුධිරය පැමිණ තිබේ. පසුව එම රුධිරය සිරුරක් බවට පත් වී දරුවෙකු ද අතින් ගෙන තරුණයාට තමන්ව භාර ගන්නා ලෙස පවසා තිබේ. ඇතැම් කතාවකට අනුව ඇය එම තරුණයා ව සාතනය කර තිබේ. මෙය ඉන්දියානු සාහිත්‍යය පිළිබඳව මා විසින් සිදු කෙරුණ පශ්චාද් උපාධි අධ්‍යයනයේදී එක් රැස් කළ දත්ත අතර පැවති ජනශ්‍රැතියකි. මේ පිළිබඳ තවත් වෙනස් කතා පුවත් පැවතිය හැකිය.

මෙම ජනශ්‍රැතිය තරුණයින්ගේ සමාජ වර්ගාව සහ මනෝභාවයන් සමග සෘජු හා වක්‍ර සම්බන්ධතාවක් පෙන්නුම් කරයි. තාරුණයට එළඹීමත් සමග විරුද්ධ ලිංගිකයින් කෙරෙහි ආකර්ෂණයක් ඇති වන තරුණ තරුණියන් එකිනෙකා අතර ඇති කරගන්නා සබඳතාවන්හි අවසානය කායික සබඳතාවක් දක්වා ගමන් කරයි. එහිදී තමන් අයත් වන සමාජ සාංස්කෘතික වටාපිටාව අනුව පුද්ගල හැසිරීම් පාලනය නොවුව හොත් තරුණයන්ට අනවශ්‍ය ගැබ් ගැනීම් හා දරු උපන්වලට මුහුණ දීමට සිදු වේ. අනෙක් අතට තරුණයින් විසින් තරුණියන් කෙරෙහි සිය බලය යොදවා සමාජ විරෝධී ක්‍රියාවලට යොමු වීමට ඉඩ තිබේ.

මෝහිනී දර්ශනය වීම තරුණ සිතේ ජනිත වන මනෝභාවයක් විය හැකිය. එමගින් විරුද්ධ ලිංගිකයින් කෙරෙහි ආකර්ෂණය වීමට මනස සුදානම් බව සංකේතවත් වේ. මෝහිනීගේ අවතාරය දුටු තරුණයින්ට වහාම විවාහයක් කර දෙන ලෙසට පැරණි ජන සමාජයේ මතයක් නිර්මාණය වූයේ මෙම සමාජ හා මනෝවිද්‍යාත්මක පදනම පිළිබඳ පැරැන්නන් තුළ පැවති අවබෝධය නිසා විය යුතුය.

නිමල් විජේසිරි



පේරාදෙණිය විශ්ව විද්‍යාලචෝෂ්ඨ කම්කාලාධ්‍යාපනයකින් වන නිමල් විජේසිරි, මේ දිනවල Queensland University of Technology ආයතනයේ ආචාර්ය උපාධියක් හදාරයි.



App of the Month: “AllTrails: Hike, Bike & Run”
Hiking & Biking GPS Trail Maps .

AllTrails is your guide to the outdoors! Discover the best hiking, running, and biking trails around the world. Explore 100,000 hand-curated trail maps plus reviews and photos crowdsourced from millions of hikers, mountain bikers and trail runners. Find that dog-friendly or kid-friendly trail that you’ve been searching for. Take that mountain biking or backpacking trip you’ve always dreamed of. Explore a national park, or discover new hiking trails in your area.

Courtesy: <https://apps.apple.com/au/app/alltrails-bike-bike-run/id405075943>

Raigam Tele'es 2019

The 16th Raigam Tele Awards ceremony was held recently. The Award Ceremony was scheduled to be held on 21 March 2020, but delayed due to COVID-19 pandemic.

Wajira Jayawardana Hosts Raigam Tele'es



In the best award category, Raigam Tele'es Award for the best teledrama actor was won by Ananda Kumara Unnehe and best teledrama actress was Shalani Tharaka. In popular award category, Raween Kanishka won the most popular actor award for the second consecutive time. Meanwhile Shalani Tharaka won the most popular actress award, breaking 24 year old record for winning both awards at the same time. The Prathibha Prabha award was given to the veteran filmmaker, Sumitra Peries. Two more special awards were given to veteran musician Manoj Peries and veteran actress Leonie Kotelawala. Meanwhile, Himali Sayurangi won Special Appreciation Award due to being nominated three consecutive times for the Best Actress Award category.

A key host of Raigam Tele'es this year was the popular presenter Wajira Jayawardana who is the host of Kavi 10ta Gee 10.

Wajira contributes his segment “Muthu Etayaka Kathawak” to Sandella program twice a month.

Full list of award winners is found at:

<https://www.gossiplankanews.com/2020/09/2019-award-winners-raigam-tele-es.html#more>

Courtesy: [Wikipedia.org](https://www.wikipedia.org) and [Gossiplankanews.com](https://www.gossiplankanews.com)



www.ujphotography.com.au

Upul Jayasinghe

Mobile-0452151402



Dinesh Palipana Graduates as a Lawyer

When Dinesh finished high-school he was looking at career options and was wondering what he should do. When he asked me for my guidance I thought he would become a good lawyer since he was so good at arguing and winning his case when he gets into trouble at home :) So off he went and applied to study law and got in. I still remember that night when the QTAC admissions were out he asked me to call and find out if he's got in and sure he was. Although he enjoyed studying law at the start as time went by he wanted to study medicine as he was looking for fulfilment in his career path. After graduating from Law he went straight to study medicine. A lot has happened between now and then including life changing circumstances.



Dr. Dinesh Palipana at his graduation as a lawyer in September 2020.

Dinesh met with an accident and became a quadriplegic while being a medical student.

After a difficult recovery, he graduated as a Doctor and now works in the Emergency Department at the Gold Coast Hospital.

In the back of his mind he wanted to finish what he started as a Law Graduate to get admitted to the Bar. Eventually he got around to do his Practical Legal Training (PLT) in between his emergency medicine shifts this year. On this memorable day he was admitted and took oath at the supreme court in Brisbane.

He makes me so proud. He never looked back after the accident. Every time he sets a goal he worked so hard towards achieving it. I am looking forward to celebrating many more milestones in this journey with him as I believe he will make a positive difference in this world.



Anything is possible if you put your mind to it and Dinesh is setting the best example by living it.

If we could be of any assistance to anyone in need of guidance, direction, support or even to have a chat please do not hesitate to reach out. We are more than happy to be of assistance and share the valuable lessons we learnt in our journey.

Chithrani Palipana

Chithrani Palipana is a Disability Advocate, Plan Manager and a Counsellor. She was a finalist at the Community Dedication and Social Justice Awards 2019.

Sri Lankan Author's Newest Book Launched in Brisbane

Dr Nimal Sedera's new book අවර්ගිත වමන්කාරය was launched in Brisbane recently with the presentation of the first copy to the Chief Incumbent of the Buddhist Vihara of Queensland - Goodna Temple, Ven Sitinamaluwe Sugathasara Thero. The seventieth book of Nimal Sedera is his lifestory .



The author and his wife Swarna presenting the book to Ven Sitinamaluwe Sugathasara Thero.



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Teaching Mother Languages

The United Nations organisation has declared the 21st of February as the International Mother Language Day to inspire over 6000 Mother Languages used by half of the world population.

Since February 2000, UNESCO and other international organizations have celebrated the International Mother Language Day with a multitude of programs related to culture and language to promote family values within the native speakers.



In Sri Lanka, Sinhala and Tamil are the two mother languages. Over 17 million people use Sinhala as the first language and nearly 2 million people use Sinhala as a second language. In addition, members of Sri Lankan diaspora, mainly in Australia, UK, Italy, USA, Canada and the Middle East, also use Sinhala as a second language.

Tamil, the second main language of Sri Lanka, is used by approximately 2.5 million people, especially in the North, East and the Central part of the country. Tamil native speakers are around 65 - 70 million worldwide, predominantly in USA, India, Singapore, Malaysia, Fiji, Mauritius, Canada, UK, Norway, and Australia.

Hence, members of the Sri Lankan diaspora worldwide have to inspire their second and third generations to use their mother tongue to communicate within the members of their families, relatives in the motherland as well as members of the diaspora living nearby and in other countries. Australia is significant as the biggest Sinhala speaking community outside Sri Lanka. Australia is a country that has given great importance to multiculturalism and the use of mother tongue because Australia believes that society is enriched by multiculturalism. Therefore, governments at all levels have allocated funds and resources to improve those cultural heritages among ethnic groups.

Basically, people living outside their motherland have to pay attention to improve both Sinhala and Tamil languages as second languages because the third generation of children is pursuing studies in English language in Australia. Thus, teachers must practice second language skills when they attempt to teach the third and fourth generations of both Sinhala and Tamil origin children.

The second language skills mean teachers have to improve children's listening qualities because listening is a key proficiency which is used to get more information through communication; secondly, they have to improve speaking skills, thirdly the reading skills and finally they should improve the writing skills for students.

Still, it is observed that in many Sinhala and Tamil language schools in Australia as well as other countries, the lessons are mainly delivered in Sri Lankan style as first language education practice. This is a challenge for the third/fourth generations who undertake 80-90% of their education in English language. It appears hard to absorb the language required for informal communication in an interesting way. Many parents, as well as teachers, use various methods to communicate their mother tongue. Unfortunately, the younger generation prefers to reply in English due to the teaching methods used without the basic understanding of the second language abilities.

Use of modern second language teaching and learning techniques and online tools and resources such as video lessons, news items, small stories, cartoons and paper articles to improve listening, reading, speaking and writing skills, by both parents and teachers will improve language skills in their students and children.

Nimal Bandara



Mr. Bandara is a senior Sri Lanka Foreign Service professional who is currently at the Consulate General Office in Sydney.

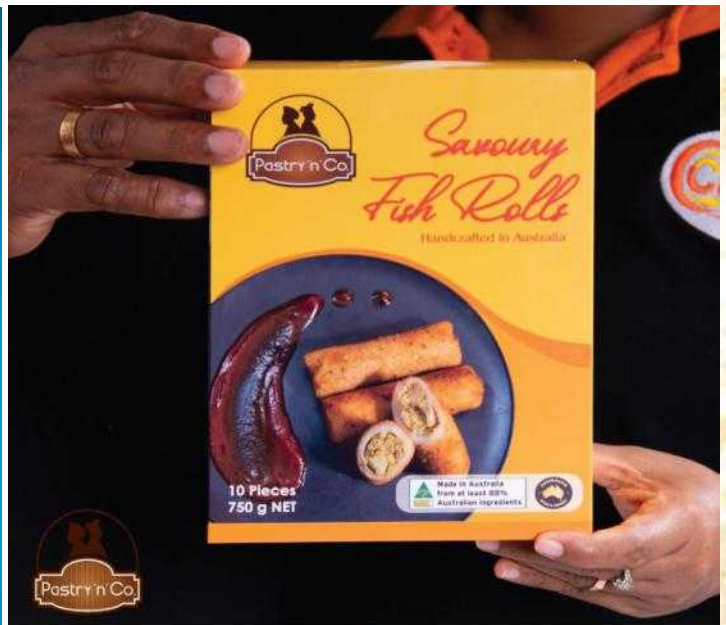
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“අපේ කෙනෙකුගෙන්
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වෙදිකාව, පිඳි නිරය, පුවි නිරය, එහෙම නැත්නම් කවියක්, ගීතයක්, කෙටි කතාවක්, නව කතාවක් වැනි කලා කෘතියක් නිර්මාණකරණයේදී හමුවන විවිධාකාරවූ රසවත් සිද්ධීන් එමටයි. මෙම කතා බහ අහ දැනගන්න, බෙදා හදාගන්න, මං දන්නවා කලාකෘතී අපි හැමෝම කැමැත්තක්, රුචිකත්වයක් දක්වනවා කියල. කෙලින්ම නොකීවට, අපි කවුරු කවුරුත් gossip අහන්නත් මනාපයි නේ.

ඔබ දන්නා, අපි නොදන්න, නිරය පිටිපස්සේ ඇතිවන රසවත් සිද්ධීන්, බෙදා හදා ගැනීමේ උත්සාහයක් හැටියට මෙම කොලම ඔබට විවෘතයි. සමහර වෙලාවට මේ අතරේ ඉතා අනුවේදනීයවූ, දුක්මුසු කතා බහත් තියෙනවා. කතාවේ මුණ ගැහෙන, ඒ කාටවත් උපහාසයක්, අපහාසයක් නොවන විධියට, අපි ලියමු.



මහා කවි තොටගමුවේ ශ්‍රී රාහුල නාහිමි

ශ්‍රී ලාංකේය ගද්‍යය/පද්‍යය සාහිත්‍යය ඉතිහාසය විමසා බැලීමේදී, සිංහල සම්භාව්‍ය සාහිත්‍යයේ ස්වර්ණමය යුගය ලෙස අවිවාදයෙන් පිළිගැනෙන්නේ කෝට්ටේ සාහිත්‍යය යුගයයි. කෝට්ටේ යුගයේ බිහිවුණු විශිෂ්ට සාහිත්‍යධරයන් අතරින් 'ඡඩ භාෂා පරමේශ්වර' යන ගරු නම්බුනාමයෙන් පිදුම්ලත් තොටගමුවේ ශ්‍රී රාහුල නාමය, සදා අමරණීයය. පරෙවි සංදේශය, සැළලිහිණි සංදේශය උන්වහන්සේගේ නිසර්ග කවිත්වයට නිදසුන්ය. ඊට අමතරව කාව්‍යශේඛරය, පංචසිකා ප්‍රදීපය, බුද්ධිප්පසාදනී යන පද්‍ය සාධන ටීකාවන් උන්වහන්සේගේ විසින් රචිත විශිෂ්ට නිර්මාණයන් වේ. තොටගමුවේ ශ්‍රී රාහුල යතිවරයාණන් හා බැඳුණු, කාව්‍යය, ගද්‍යය නිර්මාණකරණයට පරිබාහිරව එතුමන් සතුටු සුවිශේෂී කුසලතාවන්, දස්කම් පිළිබඳ පුනරාවර්ජනය කිරීමටයි, ඔබ මතකය අවදි කිරීමටයි, මේ උත්සාහය.

රාහුල හිමි කුඩා කල, මහණවීමට පෙර, හදා වඩා ගනු ලැබුවේ එවකට කෝට්ටේ රාජ්‍යය පාලනය කළ හයවන පරාක්‍රමබාහු රජු විසිනි. පසුව පැවිදි දිවියට එළැඹී ශ්‍රී රාහුල හිමියන්ගේ ගුරුවරයා වූයේ විදාගම නාහිමියන්ය. රාහුල හිමි පසුව ගුරු හිමියන්ටත් වඩා දක්ෂයකු වූ බව ප්‍රකටය. රාහුල හිමියන් ගැනත් විදාගම නා හිමියන් ගැනත් (ගුරුගෝල) ගෙහි ඇති කතා රාශියක් ජනප්‍රවාදයේ පවතී.



පුස්කොළ-පොත් පිටපත් කිරීම යනු කලාවකි. එය මාස ගණනක් තිස්සේ අමාරුවෙන් පුරුදු පුහුණු විය යුතුය. පුස්කොළ-පොත් ලිවීමේ කාර්යයේ රාහුල හිමියෝ අති-දක්ෂයෙක් විය. වරෙක වන්දනාරතී නම් පඩිවරයෙක් ඉන්දියාවේ මගධ දේශයේ සිට විදාගම හිමියන් බැහැදක්නට පැමිණියේ, විදාගම හිමි ළඟ නැති පොතක් තමා ළඟ ඇති බවට පුරසාරම් දොඩන්නට විය. මෙම දෙඩවිල්ල තම විද්‍යාතනය උපහාසයට ලක්කිරීමේ උත්සාහයක් බැව් තේරුම්ගත් විදාගම හිමියෝ, සාමණේර

හිමිනමක් අමතා වහා එම පොත තම පොත්ගුලේ තිබේදැයි බලන ලෙස කීහ. ඒ සමගම රාහුල හිමියන්ට යම් සංඥාවක් කළේ පඩිතුමාට නොදැනෙන්නටය. ඉන්පසු විදාගම හිමියෝ, එසේ පොතක් තිබෙනම් එය මුල සිට කියවන්නැයි වන්දනාරතී පඩිවරයාට නියම කළේය. තම නවතම පුස්තකය වූ 'හක්ති ශතකය' පොත කියවා හමාර කළ පඩිතුමා, මේ පොත ඔබ ළඟ තිබෙනම් ඉදිරිපත් කරන්නැයි මහත්වූ උපාරුවෙන් විමසා සිටියේය.

පඩිවරයා පොත කියවා අවසන්වනවාත් සමගම, පොත සෙවීමට ගිය සාමණේර නම පැමිණ, "ලොකු භාමුදුරුවනේ..., පුස්කොළ-පිටු, කළු නොමැදු පොතක් නම් තියනවා" කියා නාහිමියන්ට දැනුම් දුන්නේය.

තමා ලියූ එකම අත්පිටපත පමණක් තමා ලඟ තියෙද්දී, තවත් පොතක් විදාගම හිමියන්ගේ පොත්ගුලේ තිබෙන්නේ කෙසේදැයි වන්දනාරතී පුදුම වූයේය. මෙම දෙවැනි පොත රහල් හිමියන්ගේ වැඩකි. පඩිවරයා එළියේ සිට ගුන්ටයේ අන්තර්ගතය විදාගම හිමිට විස්තර කරණ අතරතුර,

ඇතුළු ගෙයි සිටි රාහුල හිමි, එසැනින් ගුන්ටය එපරිද්දෙන්ම පුස්කොළ-පත් වල පිටපත් කරගෙන තිබුණි.

තොටගමුවේ ශ්‍රී රාහුල හිමියන් සතුටු මෙම ස්මරණ ශක්තිය විශ්මයජනක එකක්ම විය. ඒ පිළිබඳ සඳහන් වන එක් ජනප්‍රවාදයකි මේ.

විදාගම නාහිමියන් වෙදකමට මෙන්ම යන්ත්‍ර මන්ත්‍ර ගුරුකම්වලටද අති-දක්ෂයකු විය. මතක ශක්තිය වර්ධනයට වගේම, එය නොනැසී පවත්වාගැනීමට හැකිවූ, වටිනා ඖෂධීය තෙලයක් එතුමා සතුටු තිබුණු බව එකල ප්‍රසිද්ධ විය. දිව ගැ සැණින් මතකය වඩවන මේ බලගතු තෙලය, එතුමන් විසින් දිනකට අශ්ව කෙන්දක දැවටන ප්‍රමාණයක තෙල් කඳුළක් දිව ගා පරිහරණය කර ඇත. නාහිමිගේ ප්‍රධාන ගෝලයා වූ සිරි රහල් හිමියන්ද මෙය දැන සිටියේය. විදාගම නාහිමියන් මෙම බලගතු ඖෂධීය තෙලය අල්මාරියක දමා යතුරුලා ඉතා සුරක්ෂිතව තබාගෙන සිටියේය. දිනක් විදාගම නාහිමියෝ දානයකට වැඩියහ. නමුත් අල්මාරියේ යතුරු ගෙනයාමට අමතක විය. අවස්ථාවෙන් ප්‍රයෝජන ගත් අප රාහුල හිමියෝ, එක් තෙල් බිඳුවක මෙතරම් බල තිබේ නම් තෙල් බෝතලයම බිඳවොත් කුමක්වේදැයි කුහුලින් යුතුව, කිසිවෙකු විහාරයේ නැති අල්ල පනල්ලේ තෙල් බෝතලයෙන් අඩක් පමණ පානය කළෝය. මහත් බලගතුවූ එම ඖෂධීය තෙලය පානය කළ සැනින්, රහල් හිමි සිහිමුර්ජා විය. පන්සලේ ආවාස ගෙයි සුරතලයට ඇති කරන ගිරවෙකි. රහල් හිමියන් අතින් සිදුවූ අත් වැරද්ද දුටු ගිරවා, දානයට වැඩි විදාගම හිමියෝ සොයා හඹා ගියේය.



තෙල් බිලා තොටගමුවේ මළා, තෙල් බිලා තොටගමුවේ මළා" යැයි ගිරවා රැගෙන ආ පණිවුඩය ඇසූ විදාගම හිමියෝ සිදුව ඇතිදේ වටහාගන්නෝය.

මෙම සැර ඖෂධීය තෙලය වැඩි මාත්‍රාවක් ගරිගතවීම හේතුවෙන්, ඇතිවී තිබෙන ආසාදනයෙන්, රාහුල හිමියන් සුවපත්කිරීම ඉතා අපහසු කාර්යක්ෂමව විදාගම හිමියන්ට වැටහිණි. ඒ සඳහා මූලික වශයෙන් මව්කිරි විශාල ප්‍රමාණයක් අවශ්‍යවේ. වහ වහා ක්‍රියාත්මකවූ විදාගම හිමියෝ, ඒ වෙලේම තම ගෝලයන් ගම්දනවි, සතර දිග්භාගයේම පිටත්කර හැරියේ මව් කිරි එකතුකිරීමටය. අද මෙන් නොව එදවස සිරිලක විසූ මව්වරුන්ට, මව්කිරි යහමින් තිබුහෙයින්, ඉතා කෙටි කාලයකින් බෙහෙත් ඔරුවක් පිරෙන්නට මව්කිරි එකතුකර ගත හැකි විය. පසුව, මව්කිරි පිරවූ බෙහෙත් ඔරුවක රාහුල හිමි දින ගනණක් යනතුරු ගිල්වා නොයෙකුත් ප්‍රතිකාර කිරීමෙන්, බොන ලද තෙලෙහි දාහය සමනය කළේ යයි ජනවහරේ සඳහන්වේ. වැඩි මාත්‍රාවක් ගරිගතවීමෙන් ඇතිවූ, මෙම බලගතු තෙලයේ ඖෂධීය ශක්තිය හේතුවෙන්, රාහුල හිමිගේ මතක ශක්තිය අසාමාන්‍ය ලෙස වර්ධනයවීමට වගේම, ධාරණ ශක්තියද ඒ හා සමානවම වැඩිදියුණුවීමට හේතුකාරකවූ බව විශ්වාස කෙරේ.

රාහුල හිමියන්ගේ අවසාන සමය අප්‍රකටය. හයවන පැරකුම්බා රජුගේ දියණිය වූ උලකුඩය දේවියට ලැබුණු පුත්‍රයා රජුගේ ඇවෑමෙන් ජයබාහු නමින් රජවුවද, සපුමල් කුමාරයා පසුව ඔහු සාතනය කර සිහසුන ලබාගත්තේය. සපුමල් කුමරු තුන්වරක්ම ජයබාහු සාතනය කිරීමට තැත්කළ අතර රාහුල හිමි ඒ සාතන කුමන්ත්‍රණයන් තුනම වැළැක්වූ නමුත් සිව්වනවර උන්වහන්සේට ජයබාහු බේරා ගැනීමට නොහැකිවිය.

මෙයින්, මහත්සේ කලකිරීමට සහ ශෝකයට පත් එතුමා, සිය දිවියේ අවසන් කාලය නිහඩව, හුදකලාවේ වනගතව වැඩ විසූවෝය. අපවත්වීමෙන් පසුව, උන්වහන්සේගේ ශ්‍රී දේහය, ඖෂධ හා මන්ත්‍ර බලයෙන් නොදිරා පැවතුණු දේහය, 1552 වර්ෂයේදී පෘතුගීසීන් විසින් ඉන්දියාවේ ගෝවේ නගරයට ගෙනයන ලද බව ජනප්‍රවාදයෙහි සඳහන් වෙයි. වර්තමානයේ, ගෝවෙහි "ජේසු ජන්ම බැසිලිකා" පල්ලියෙහි 16 වැනි ශතවර්ෂයේ විසූ ශාන්ත සේවියර් පියතුමාගේයයි විශ්වාස කෙරෙන දේහයක් තිබේ. තවදුරටත් දිරාපත් නොවී පවතින එම දේහය, පුන්සිස් සේවියර් ශාන්තුවරයාගේ නොව සිරි රහල් හිමියන්ගේ දේහය බවට අදටත් තර්ක විතර්ක පවතී.

සමන්මල් ගුණරත්න

පතමින් නිවන් සුව

මුව අග භසරැලි සිත තුළ	නැත්නම්
වදනක මුදු බව හද තුළ	නැත්නම්
අනුතගෙ දියුණුව උනුලත්	නැත්නම්
නිවන් ලබන්නට කොහෙදෝ	වත්කම්

පැල ඉනි වැටුණු බවුන් වදන	සිත
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Former Cricketer Tony Opatha Passes Away

A former Sri Lankan One Day International (ODI) cricketer Tony Opatha passed away on 11 September.

He was born on August 5, 1947, in Colombo. The right-arm medium pace bowler played five ODIs at the 1975 and 1979 Cricket World Cups.



Educated at St. Peter's College, Colombo, Tony later joined the Royal Ceylon Volunteer Air Force in 1968. He had played for his college cricket team and went on to play for the air force cricket team till 1977.

He first played for Ceylon in 1971 and was a member of the Sri Lankan teams playing in the World Cups in England in 1975 and 1979. He later played club cricket in Ireland for one season in 1979 and was offered the coach position of the Holland team.

As player/manager of the rebel tour to South Africa in 1982-83, in defiance of the sporting ban against the apartheid state, he and the other tourists received a lifetime ban from international cricket.

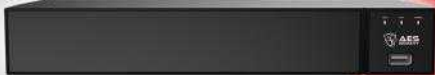
In September 2018, he was one of 49 former Sri Lankan cricketers felicitated by Sri Lanka Cricket, to honour them for their services before Sri Lanka became a full member of the International Cricket Council (ICC).

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



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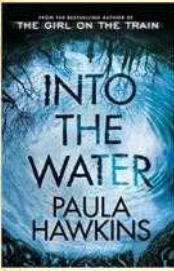
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Book Review: Into the Water by Paula Hawkins

Into the Water is the second thriller fiction novel written by critically acclaimed author Paula Hawkins. It focuses on the events surrounding the drowning of Nel Abbott in, what the locals call, The Drowning Pool. The story is told from the perspective of 11 characters, all of whom are connected to Nel in some way.



Initially, the plot moves along slowly and could quickly bore you. Also, it introduces all the different characters quite quickly, making it hard to follow the story at first. However, Hawkins' writing style and the structure of the book makes it easy to read and compels you to keep reading. As you progress through the story, you come to realise that not all the characters are reliable narrators. Each of them has their own motives which each help form a different part of the mystery, and you will enjoy yourself as you try to piece them all together. There are incredible plot twists and turns all the way until the end of the book, leaving you thinking about the book even well after you have finished reading it. The novel explores how the truth can tear apart all manner of relationships within a small town, and it all revolves around the mystical and morbid history surrounding the Drowning Pool.

Personally, I thoroughly enjoyed reading this book, as it had me trying to decipher the mystery all the way until the end of the story. It sets itself apart from other thrillers with its unique storytelling method and structure. I would recommend this book to anyone who enjoys the thriller/suspense genre and is not afraid of deep water!

Achira Samaratunga



Achira is a 23 year old pharmacist who has enjoyed reading books since he was very young. Achira contributed to the very first issue of this newsletter in September 2006 when he was a 9 year old.

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Veteran Singer Morris Wijesinghe Passed Away



Veteran singer Morris Wijesinghe passed away on 31 August.. He was 79 at the time of his demise.

He won multiple awards as a playback singer in the 80s with 'Duwilleen Wathsunu Thawara', 'Nil Ahas Thale Age', 'Oba Enna Oba Ewith Yanna Enna' among his most popular tracks.

A student of St Peter's College, he learned music under Fr. Marcelline Jayakody during school times and took part in two operettas staged at St. Peter's

Courtesy: <http://www.sundayobserver.lk/>, <https://wikivisually.com/>

The Latest Books

From the Sri Lankan Author

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Where they are now....

What are you?

In 2007 I wrote an article for the Youth Corner, and today I write another one; but this time, for the new generation of youth in Brisbane's Sri Lankan society.

"What are you?" asked my colleague. What she really wanted to know was where my parents were from. She thought I looked Indian, but I had an Australian accent, and I lived in London. She was even more baffled to learn I was born in Sri Lanka.

Over the past 14 years, many children and young adults have contributed to Daebaena.

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

Back in My Day

Being youth we have all heard the saying "Back in my day..." It's a universal phrase that lets us youth know that they are in for a story about the 'good old days' aka your parent's youth. No person who has reached or passed adolescence can truly state that he or she has not heard this phrase or has not been informed with a long winded tale of their parent's youth; usually backed up with a moral. It's pretty much a right of passage. That's right, it's another unwanted must have in life, right up there with pimples and exams.

So, what is youth? Technically speaking it's the time between childhood and maturity. It's the



A section of Savidya's article in March 2007, when she was pursuing a Senior Education Degree at QUT. She was an active member of the Sri Lankan community, taking part in many cultural events since joining the Sinhala School back in 1995.

In 2016 I moved to the UK in search of adventure, and unknowingly, in search for myself. Back then I was Sri Lankan born but raised in Australia and finding it difficult to balance these two identities. Clearly running away would get me all the answers...

I loved living in London, but I quickly found myself calling Amma for cooking advice, fiercely defending the Australian cricket team, and googling temples in the area. Running away reminded me of how much I love both sides of myself. I love the cooking, the traditions and the comfort that I find in Sri Lankan culture, whilst also loving the open and adventurous nature of the Australian culture. Somewhere along the way I discovered that Savidya is more than just one or the other; she is this beautiful mix of the two, with her own twist.

As a young Sri Lankan you're probably on your own path of discovering who and what you are. Lucky for you, don't have to run away to do it! Firstly, figure out what values and principles YOU want to live by, not anyone else. Every time you participate in an activity, check in with yourself; does it feel right to you? Does it bring you closer to achieving your goals? Does it fit with your values and principles? If you love the grounding experience of the temple, then keep going! If you love going out on weekends and trying new things, then keep doing that! If you love doing both, you can do both! The more you check in with yourself and keep doing things that align with your values and principles, the closer you'll get to knowing who and what you are. And as long as you are a kind human who does no harm to yourself or others, you're doing well! In these times of constant change, I hope you take the time to ensure you're living your life by your terms, and truly being the person you want to be.



Savidya Siriwardene

Savidya is a high school teacher who loves adventures and experiencing new cultures.

Tennyson Cooray Passes Away

Popular cinema and stage actor Tennyson Cooray passed away on 28 September.

One of the most comedians in Sri Lankan cinema, Tennyson was an actor, comedian, screen writer, lyricist, and film maker. He appeared in over 80 movies as an actor, besides writing and directing several. Some of his best known acting credits include Peralikarayo (1986), Re Daniel Dawal Migel (1998, 2000 & 2004) and Wada Bari Tarzan (2007).



Courtesy: <https://www.hirunews.lk/>

Stories Behind Names of Places in Sri Lanka: How Marassana got its Name

More than fifty percent of the names I have discussed in the "Dæhæna" are linked to incidents of the Kings of our country. How the Kandyan village "Marassana" got its name too is linked to a King, King Rajasinghe.

After the Western powers captured the coastal areas of Sri Lanka the provincial Kings of the nation were disturbed. They expected an invasion into their territory at any moment. Kandy, the last Kingdom runover by the British, was the most disturbed.

The King lived in fear and it is said that King Sri Wickrama Rajasinghe spent sleeping in at least three different bedrooms in one night. He vacated the palace and sought shelter in other places. Hanguranketha was another place he chose to hide.

When the British received the information that King Rajasinghe disguised as an ordinary man was on his way walking to Hanguranketha, soldiers were sent to capture him. The King too sensed that the white soldiers were following him. He wanted to take shelter and walked to a house and requested for food. The woman in the house felt that this cannot be an ordinary man. She felt that he was a different person but never thought he was the King and offered respectable seating and food respectfully. Her husband did not like her being so respectful to a stranger. The King left the place after taking the meal. After some time, the British soldiers surrounded the house and inquired of the stranger that arrived. It was then they got to know that it was King Rajasinghe they offered the food to.



The King knew that he has to hide in someplace for safety. Then he saw a small hut and went there. This dirty little hut was occupied by an old woman. She obliged the stranger, allowed him to stay. The soldiers with the man and woman that served the meal to the King ransacked the village looking to catch him. They never searched this hut as they thought that the King would not hide in such a place.

The King escaped and returned to the palace in Kandy after a few days. Then he wished to honour the woman that saved his life and sent people to bring her to the palace. "oba mava araksha kala gama obata himi"(You saved my life and that village is offered to you) The village was gifted to her."Ma araksa kala gama " became Marassana.



Dr. Nimal Sedera

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

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Nudge: How Behavioural Economics Can Shape Your Decisions

In 2008, two professors at the University of Chicago, Richard H. Thaler and Cass R. Sunstein, published *Nudge: Improving Decisions about Health, Wealth, and Happiness*. It is considered as one of the most significant books on public policy published in recent years. The authors argue that governments should help their citizens to make better decisions while respecting their freedom of choice. This article highlights the applicability of their ideas to policy by providing a few examples of nudges in areas such as finance, health, and the environment.



Nudge theory is based on the idea that the way how choices are presented to the consumers can steer people toward decisions that, in turn, beneficial to them/society at the end. For instance, the cafeteria that promotes healthy eating by putting

fruits first and desserts last. Other examples might be a firm that automatically enrolls its employees into a superannuation program while allowing them to opt-out, or providing information on the households use of energy relative to the 100 nearest houses of similar size. These examples all encourage certain behaviours without banning any options or forcing any particular choice.

Few more practical examples:

Smaller plates = less food waste

The Danish Executive Summit is a prestigious annual event for the Danish CEOs. It reduced food waste by 26 percent by only replacing larger plates (27 cm) with smaller (24 cm) at a lunch serving 500 CEOs.

Bleep — Honk Reduction System

This nudge is intended to minimize indiscriminate honking on Indian roads. A red smiley button starts beeping and blinking every time the driver honks. The driver must press the button to turn it off. Drivers decreased their honking over six months by an average of 61 per cent because the red buzzer was such a nuisance. Apparently, most of the honking was (more or less) habitual and unrelated to safety.

We must also be aware as consumers that we can be nudged on different occasions in our day-to-day business interactions. For example, **The Decoy Effect:**

The decoy effect describes how the inclusion of a third, less desirable option (the decoy), will affect our preference of the original two options when we select between two options.

e.g. Imagine lining up to buy some popcorn in a movie theatre. You see the small box costs \$3; medium is \$6.50, and the large is \$7. You really do not need a whole large popcorn, but you end up buying it anyway because it is a much better deal than the medium. In this case, the medium size is the 'Decoy', and they do not expect you to buy medium size.

In summary, nudge theory provides a wonderful approach to define, evaluate, and re-form current choices and factors offered to citizens by governments, companies, and other authorities in shaping their choices.

Chinthaka Jayasundara



Chinthaka Jayasundara is a senior lecturer in the Department of Economics, University of Colombo, Sri Lanka. He is currently reading for his PhD at the Queensland University of Technology.



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Warm regards,

Jayantha, Lalani and Margaret

Jayantha Pathikirikorale | Director / Marketing Manager

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

"Waste Management to Resource Recovery – How Can Engineers Contribute?"



Date: Sunday, 11 October 2020
Time: 5.45 pm for 6.00 pm start (1 hour)

Presenter: Assoc. Prof. Sunil Herat
Griffith University, Brisbane



To participate in this event please send an email to info@ieslqld.org with the subject header 'CPD9'. We will then send you the log-in details.

Please contact: Wuditha Premadasa on 0433 448 385 or Sharmil Markar on 0401 832 237 for more information.

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

Silver Fawn Club Inc.

50 Years of Song

A celebration of the five decades of music that has been the social life blood of Silver Fawn's history. Join in the fun and laughter of sing-a-long Karaoke

Sunday, 18th October 2020
12 noon to 4.00 p.m.

Mitchelton Senior Citizens Hall
30 Tel El Kebir Street, Mitchelton

The 5 decades of music will be complimented by a tasty meal provided by Jeremy and Rena Henderling

BYO DRINKS

- Tempered Chick Peas
- Entrée- Assortment of Finger Food (Sri Lankan)
- Main Course - Lamprais
- Dessert - Watalappan
- Afternoon Tea- Sweet Delights
- Iced Coffee

Members: \$25.00
Guests: \$35.00

KARAOKE

This function will be subject to COVID-19 restrictions.

If you wish to attend please call one of the following Committee Members no later than Friday, 9th October for catering purposes. The hall can only accommodate 100 people. Book early to avoid disappointment.

Denis Anthonisz 0432 411 383	Ray Anthonisz 3353 8574
Laurenz Mauricks 0408 414 973	Susan Fahir 3878 4782

Sri Lankan Events Brisbane

October 2020

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

- 02 Asumaha Srawaka Vandanawa Forest Lake Temple
- 11 Dance Classes Sri Lanka Society of Qld
- CPD Event: Waste Management to
- 11 Resource Recovery: How Can Engineers Contribute IESL QLD Chapter
- 18 Fifty Years of Song Silver Fawn Club
- 25 OAAQ Charity Walk Old Anandians' Ass.
- 31 Annual Katina Ceremony Forest Lake Temple

November 2020

- 01 Annual Kathina Ceremony Forest Lake Temple
- 7&8 Katina Pinkama Goodna Temple
- 14 Social Lunch Sri Lanka Society of Qld

December 2020

- 12 50th Anniversary Christmas Celebration Silver Fawn Club
- 31 New Year's Eve Function Silver Fawn Club



IESL QLD CHAPTER FUNDRAISING RAFFLE RESULTS

The Chapter is pleased to announce the following results of the raffle drawn in Brisbane City on 20 September 2020.

The Chapter takes the opportunity to thank everyone who supported the raffle by purchasing tickets and selling tickets, sponsors of prizes and 4EB Sri Lankan Group for the media coverage. The winners have been notified as per Rules and regulations of Charitable and Non-Profit Gaming Act 1999, Queensland.

Prize	Description	Winning Ticket No
1st	\$500 Flight Centre Gift Voucher	104
2nd	\$250 International Travel Voucher	140
3rd	\$200 Pest Control Package	146
4th	\$150 Motor Car Service Package	155
5th	\$100 Coles Myer Gift Card	480

Editor's Note

We invite articles from those under 25 years to be featured in the newsletter. We will follow his/her progress sometime down the track as you may see in the article on page 9.

Please make it 250 words or less and send to the editor at newsletter@4ebsrilankan.org by the 20th of the month.

Things To Do Without Leaving Home

A number of venues and services offer things to do while staying at home.

SBS On Demand

SBS On Demand service provides a large range of award winning international movies, some old and some new.

<https://www.sbs.com.au/ondemand/>

A few movies from the list:



A United Kingdom: He was an Oxford-educated African King, while she was a white Englishwoman working as a clerk at Lloyd's of London. Now their 1948 marriage, which caused scandal in Apartheid-stricken South Africa and the British protectorate of Bechuanaland (later Botswana), is the subject of a new period drama.



Viceroy's House : In 1947, Lord Mountbatten assumes the post of last Viceroy, charged with handing India back to its people, living upstairs at the house which was the home of British rulers, whilst 500 Hindu, Muslim and Sikh servants lived downstairs.



Wadjha: A snapshot of modern Saudi Arabia following the story of fun loving, entrepreneurial and rebellious 10 year-old girl Wadjda, who is determined to fight for her dreams, which include saving enough money to buy a bicycle, so she can race her friend Abdullah.

Program Schedule

Arunella - Sunday 9.00am - 10.00am FM 98.1

Date	Producer/Panel Operator
04 Oct	Lakmini Keerawella, Anuradha Himaya/ Kasun Karunaratne
11 Oct	Samanmal Gunaratne/ Samanmal Gunaratne
18 Oct	Sam Fernando/ Samanmal Gunaratne
25 Oct	Jayantha Weerasekera, Seetha Opatha Vithana/ Jayantha Weerasekera
01 Nov	Nawroos Naeem, Lakmini Keerawella/ Samanmal Gunaratne

Sandella - Wednesday 9.00pm - 10.00pm FM 98.1

Date	Producer/Panel Operator
07 Oct	Shyam Kottegoda & Youth Team/Shyam Kottegoda
14 Oct	Thisara Pathirenehelage & Guest/ Thisara Pathirenehelage
21 Oct	Chathurika Wickramage & Guest/ Niraj Kariyawasam
28 Oct	Yashan Thilakarathne/ Thisara Pathirenehelage
04 Nov	Shyam Kottegoda & Youth Team/Shyam Kottegoda

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Editors : Wimal Kannangara and Jayantha Weerasekera

Advisory Committee : Vasanthe Vithanage, Jayantha Ameratunga, Thisara Pathirannehelage, Kumara Dissanayake and S.W.A. Himaya