



Volume 16

Issue 11

Dæhæna - Monthly e-Newsletter

November 2021

Radio 4EB Sri Lankan Group

Web Address: <https://4ebsrilankan.wordpress.com/>

Contact: newsletter@4ebsrilankan.org

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 4th 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/>

Inside this issue:

| | |
|--|----|
| Queensland Scientists Conduct Air Quality Monitoring in Sri Lanka | 2 |
| රජ්‍යාධිකාරය | 3 |
| Where they are now.... | 4 |
| Book Review: 'සක්විති ඇත්තෝ.' කුමාර සිව්වර්ධන, Travel Applications for Parents of Australian Citizens and Residents | 5 |
| Acknowledging Origins: The South Indian Connection, Queensland Old Thomians Association (QOTA), Most Ven. Welamitiyawe Kusala Dhamma Thero passes away | 6 |
| Yevin and Tiyyara phenomenal golfing siblings "Down Under" | 7 |
| භෞද්ධ නරකට දෙකට කටයුතු, Stories behind the Names of Places in Sri Lanka: Eth Kandura | 8 |
| The Month of November, Sri Lanka's First Test captain Bandula Warnapura Passes Away | 9 |
| News Digest: October 2021 | 10 |
| Seven Types of Rest We All Need, Brisbane Events | 11 |
| Brisbane Events | 12 |
| Brisbane Events Calendar, Multicultural Brisbane, Program Schedule | 13 |

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.

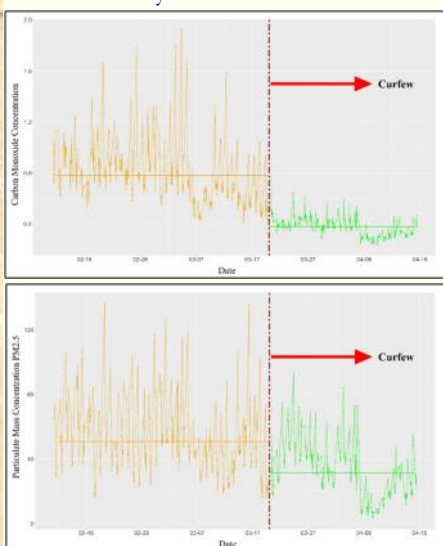
Scientists from the International Laboratory for Air Quality and Health at the Queensland University of Technology (QUT) have established a collaborative research project with the National Science Foundation, Sri Lanka, and the University of Peradeniya to monitor air pollution in Colombo and Kandy. Measurements 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_{2.5}, which is the mass per unit volume of particulate matter on particles that are smaller than 2.5 micrometer in diameter. Normally, the PM_{2.5} 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_{2.5} 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_{2.5} 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.

Turn your idea into reality.

Call us or visit our email:

07 3394 8223

www.fonsekainnovations.com

රස්තියාදුකාරයා

රස්තියාදුකාරයා කිව්ව ගමන්ම ඔහු කෙනෙක්ගෙ හිතේ ඇදෙන විත්‍ය කොන්ඩේ රැවුල වඩාගන්න, කරාමු දාගන්න, පව්ව කොටපු, අනන් මෙනන කාලෙ කකා ඔහේ ජීවත්වෙන වරිතක්. ඔය රස්තියාදුකාරයා කියන වචනය 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 ඉතියෝපියාවෙන්. ඉතියෝපියාව කිව්වමත් මතක් වෙන්නේ බඩ විශාල, කේඩාරි, මන්දපෝෂණයෙන් පෙළෙන ළමයි ඉන්න, සාගතයෙන් පෙළෙන අත්ත දුප්පත් රටක්. නමුත් Rastafarianism බිහිවුන 1930 තරම් මැන 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 බැම් 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 රිස්සුවෙන නෑ. ඒ නිසා හරිත විප්ලවයේ නාමයෙන් ඒ සාරවත් ඉතියෝපියාව අද තියෙන තත්ත්වයට ඔවුන් පත් කළා.

රස්තාගාරියානුවාදයේ පදනමට මුල් වෙලා තියෙන්නේ අතීතයේ අප්‍රිකානු කැරිබියානු ස්වදේශික ආගමික සහ වාරිත්‍ය වාරිත්‍යයන්. ඔවුන් ඇදහුවා මරණින් පස්සේ zion නම් ස්වර්ග රාජ්‍යයට යන්න. ඔවුන් කොණ්ඩේ රැවුල කැපුවෙන නෑ. තම ශරීරය දේවත්වයෙන් සැලකුවා. ශල්‍යකර්මයකටවත් තමන්ගේ ශරීරය කපන්න කොටන්න ඉඩ දුන්නේ නෑ. වෛරය වෙනුවට ආදරය මුල්කර ගත්තා. 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. මනුෂ්‍යත්වයත් දේවත්වයත් අතර දුරස්ථතාවය අඩු කරමින් ඔවුන් පුජකයින්වත් ළඟ තබා ගත්තේ නෑ. ඒ දෙවියන් සහ මිනිසුන් සම්බන්ධ කර කරගන්න අතරමැදියන් අවශ්‍ය නැති නිසා.

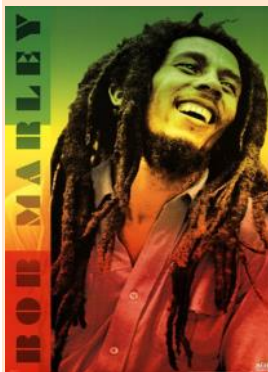
ඔවුන්ගේ තවත් සිත්ගන්නා සුලු වාරිත්‍යක් තමයි grounding. මෙහිදී ඔවුන් ඔවුන්ගේ බෙරවා වාදනය, ස්ත්‍රෝත්‍ර ගායනය, ඒ අනතුරුව Rastafarianism සිද්ධාන්ත මුලධර්ම වර්තමාන සමාජ හැඩහුරුකම් වලට නොගැලපෙනවා නම් ඒ ගැන සබුද්ධිකව සාකච්ඡා කරලා එකඟත්වයකට ඇවිත් ඒවා වෙනස් කරගෙන පරිණාමය වෙනවා.

මේ grounding ritual එකේදී තවත් දෙයක් සිදුවෙනවා. ඒ කංසා එහෙමත් නැත්නම් ගංජා භාවිතය. ඒකත් ආවාට ගියාට සිදුවන එකක් නැහැ නෙවෙයි. යාඥාව අතරතුර ගංජා සුරුවු එතෙන්නේ බොහෝම පෙවිලා. යාඥාවෙන් පස්සේ ඒ ඔහු පු spliff එක මුලින්ම පත්තු කරන්නේ ඔහු කෙනා. ඒක අතීන් අත හුවමාරු වෙන්නේ anticlockwise. අතේ තියන කෙනා දෙනකම් අතීන් කෙනාට ඉල්ලන්න බෑ. අතීන් කෙනා ගොඩක් වෙලාවක් බලාගෙන ඉන්නකං අතේ තියන කෙනාට තමන් ගාව තියාගන්නත් 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 අරමු 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 සජීව ස්වරයෙන් විප්ලවයක් කරපු යාන්ත්‍රික අවුරුදු 36ක් පමණක් මේ මිනිමන ජීවත් 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 විදින එක ඔබටම පවරලා මාලේගේ ජීවන දර්ශන දැනගන්න ඔහුගේ හඬින්ම ඔහුගේ ප්‍රකාශයක් උපුටා දක්වන්නම්.

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

වෘත්තියෙන් ගණකාධිවරයෙක් වන නවරූස් නයිමි පෞද්ගලික සමාගමක මූල්‍ය පාලක වරයෙක් ලෙස සේවය කරන අතර EBAQ ආයතනයේ අධ්‍යක්ෂ වරයෙක්ද, 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

සිසිල

සිනුවර් සිංහල

සාර් සංග්‍රහය

Coming Soon

In September 2021

බලන්නට හොඳ කියවන්නට ය!

CONTACT - sisila.sangarawa@gmail.com

සිංහල සංස්කෘතික හමුතේ ලේඛක සංසදයේ ව්‍යාපෘතියකි

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 CE.



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 by the 20th of the month.

21

Spring

IS SELLING SEASON

INTERESTED TO KNOW WHAT YOUR PROPERTY IS WORTH?

Contact Ramya Your Local Real Estate Agent for an Obligation Free Property Market Update.

RAMYA TENNEKON
lucky@c21stellario.com.au

04 1827 1827
C21.com.au/Stellario

STELLARIO
REALTY GROUP

CENTURY 21
Stellario

Stellario Realty Group has Joined the Century 21 Family!

HEALTHCARE DOCTORS
Caring for you

Are you Looking for a Doctor?

| | |
|--------------------------------|-----------------------------|
| • Dr Devika Jayawardena | • Dr Wasantha Hettiarachchi |
| • Dr Kanchanamala Ranasinghe | • Dr Anuke Warakaulle |
| • Dr Gihan Gunawardena | • Dr Deshani Ranasinghe |
| • Dr Lakmini Basnayaka | • Dr Widanagamage Epa |
| • Dr Sandirasegraram Abraham | • Dr Sumedha Amarasinghe |
| • Dr Nilmini Thilakarathne | • Dr Gemunu Suresh Ranawake |
| • Dr Singanayagam Suriyapalan | • Dr Maheshika Weerawardena |
| • Dr Upul Mahawaththa | • Dr Karu Muthuthamby |
| • Dr Kandana (Lumbini) Perera. | |

Call Your Nearest Medical Centre

| | |
|---|--|
| ☎ 35194666 Healthcare Doctors Indooroopilly | ☎ 32058118 Lawnton Market Medical Centre |
| ☎ 33303233 Eight Mile Plains Family Doctors | ☎ 31613225 Cannon Hill Family Doctors |
| ☎ 32619117 Bald Hills Doctors | ☎ 32173344 Woolloongabba Medical Centre |
| ☎ 32768877 Forest Lake Doctors | ☎ 31729910 Chapel Hill Family Doctors |

BULK BILLING FOR ALL

Overseas Visitors/Parents

We are Looking for GPs | Call Nisal: 0420661676

Refer a Friend and Earn \$

www.healthcaredoctors.com.au

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 ලේඛකයෙක් පැන් තුඩින් බිහි වූ 'සක්විති ඇත්තෝ' නවකතාව 'අහඹු ලෙස මා අතට පත්වුණා.



'නිළිණ' පුවත් පතේ සතිපතා කොටස් වශයෙන් පලවූ මෙම කතාව 'නිළිණ' කතූ වරයාගේ හා පාඨක බොහෝ දෙනාගේ බලවත් ඉල්ලීම මත නවකතාවක් වූ බව කතාවරයා සිය පෙරවදනේ සඳහන් කර ඇත. පරිවර්තනයන් රාශියක් සිංහල නවකතා කේෂ්ත්‍රයට දායද කළ ඇති කුමාර සිරිවර්ධනයන් ඉතාමත් සරල භාෂාවෙන් මෙම නවකතාව රචනා කර ඇත. එම නිසා පහසුවෙන් පාඨකයා 'සක්විති ඇත්තෝ' 'තුළ 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' තුළ මනාව එළිදක්වා ඇත.

"මට ආරංචි වුණා..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 පිළිබඳව කතූවරයා කරන විවර්ණ පාඨක සිත් නවකතාව තුළ 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 තිබුණා. ඔවුන් සැමදා සක්විති ඇත්තෝ වෙති.

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



ආනන්ද සමරතුංග

ආනන්ද සමරතුංග ක්වින්ස්ලන්ත සිංහල සංගමයේ වසර කිහිපයක් සභාපති වශයෙන්ද, 1995 සිට 4th 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>

Times LAWYERS

WILLS & ESTATES

BUSINESS LAW

CONVEYANCE

FAMILY LAW

MIGRATION LAW



RIN FERNANDO නර්ද්‍ර

rin@timeslawyers.com.au

07 3493 5693

[TimesLawyers.com.au](https://www.TimesLawyers.com.au)

Suite 110, level 1 Times Square
250 McCullough Street, Sunnybank



ගෙදර හැදූව වගේ.....!

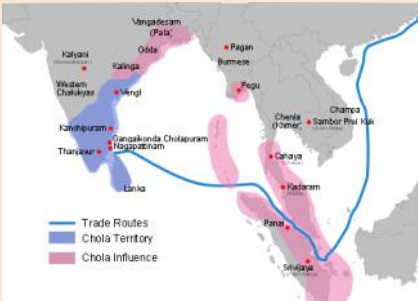
Now available at your nearest ethnic grocery store



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.

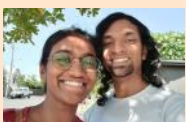


Iconic dishes such as hoppers, string-hoppers, parip-pu and ulundu vada, pappadam, parotta, dosa idli, murukku, puttu, and payasam are easily recognisable as originating in South India. However, many dishes which we assume to be Sri Lankan have their origins in the afore-

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.

Radio 4EB - This is Your Radio
Join and be Part of It , **4EB FM 98.1**
"Sharing the World With You"

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

| | |
|----------------------|--------------------------------|
| President: | Chamath Kumarasinghe |
| Vice President | Chaminda Jayasinghe |
| Secretary: | Niru Mendis |
| 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, Agamahapandit 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 | සිනි සම්බල් පාන් | විකන් බන්
ජෑම් පාන් | කිමුලා බන් | බිත්තර පාන් | ලාට් බන්
අතුළු තවත් බේකරි ආහාර වර්ග

කැවුම් | කොකිස් | අලුවා | අතිරස | කිරි වොලි
අතුළු සියලුම රසකැවිලි වර්ග ලබා ගන්න ගමේ කඩේට එන්න

© 21A, Gowrie Street, Mount Gravatt, 4122

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/>

PROTECT YOUR HOME FROM INTRUSIONS AND THEFT

**INVEST IN AN STATE OF THE ART CCTV AND
ALARM SYSTEM FROM AES SECURITY**



**Obligation
Free
Quotations**

- ✓ Security Alarms & CCTV Systems
- ✓ Data & Network Cabling
- ✓ Home Automation

24/7 Mobile Phone Monitoring



M: +61402715486

E: security@aesqld.com

W: www.aesqld.com

Licences: Security Provider: 4234403

Cabler: T49048



eLanka

Business Directory

Connecting Businesses with the
Sri Lankan Community in Australia
and Globally!



info@eLanka.com.au
www.eLanka.com.au

+61 402 905 275 (Australia)
+ 94 77 588 2546 (Sri Lanka)

භෞද්ධ නරකට දෙකට කටමය

| | |
|-----------------------------|------|
| කටින් කට කමීන් ලෝ ලෙන් රස | දහර |
| යැවෙයි කටින් කට බහ පැතිරී | නිතර |
| ගොනුකොට විටින් විට ඇහෙනා බහ | දහර |
| උදන් වෙමින් පැතිරීමේ ගුණ | කවර |

| | |
|--------------------------------|----|
| පවසනා බහේ හර බර ඇරුන් ගෙ | නේ |
| නොහොබනා බහින් සාමය වැනසෙන් | නේ |
| දොඩනා බහෙන් ගුණ වීන පල මතුවන් | නේ |
| රුදුරු බහේ ඇදුනු වීස ගිනි වැන් | නේ |

| | |
|----------------------------------|----|
| මුත් දෙසු දහම සඵ සන සසරින් මිදු | චේ |
| දෙසු අමා දහමින් සුව සෙන සැදු | චේ |
| සඵ සන පවින් මිදුමට මුත් දම් දෙසු | චේ |
| මුත් දෙසු සකල දහමින් සන සැනසු | චේ |

| | |
|-------------------------------|----|
| කට්තම බතල කොළ හිටවා පව දොඩ | ණා |
| කට වහ බස් දොඩා ඇතැමුන් බිය කර | ණා |
| අනුතට වදනින්ම ගුණ මකු බැන වදි | නා |
| බුරාණා දුදනන්ද ඇත සුනකයො ලෙසි | නා |

| | |
|------------------------------|------|
| කට ඇති පුතා දුටු අගයා උදන් | වන |
| දෙගුරුන් සිටී දරුවන් දිරිමත් | කරණ |
| නැලැවේ බිළින්දා නැලවිලි ගී | ඇසෙන |
| නැසෙතා දුදන්නද වේ ඇති කට | අමන |



ඇල්ෆ්‍රඩ් චට්පුල්ව

ඇල්ෆ්ඩ් වටපුටුව 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 an 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 Sadera

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

Radio 4EB - This is Your Radio
Join and be Part of It , 4EB FM 98.1
"Sharing the World With You"

TRICO FREIGHT

ලංකාවට යන්න
බැරි උන එකේ
අම්මලාට බඩ
පෙට්ටියක් යවමුද ?

Good idea,
I will contact
TRICO

0416 070 017

Office : 07 3879 9081
Email : sales@tricofreight.com.au
Address : 424, Waterford Rd, Ellen Grove QLD 4078



TRICO FREIGHT
SEND CARGO TO SRI LANKA
PH: 0416 070 017

TRAVEL DATES
31 DEC - 2 JAN 22



EXCLUSIVE NEW YEARS EVE SYDNEY HARBOUR CELEBRATION

2 NIGHT NYE PACKAGE INCLUDES

★★★★

- 2 nights at Holiday Inn Darling Harbour in a Standard Room including full breakfast daily
- EXCLUSIVE New Year's Eve pre-cruise Cocktail Function including champagne, beer, wine and soft drink*
- EXCLUSIVE New Year's Eve Dinner Cruise onboard MV Jenny Bailey including gourmet buffet dinner, a selection of premium wines, beer*, house spirits and soft drinks*
- Onboard DJ
- Watch the spectacular fireworks display from a premium vantage point on Sydney Harbour*
- After-midnight canapés
- Return coach transfers from the hotel to cruise wharf†





\$1,699*
per person twin share



CRUISE & TRAVEL CENTRE SPRINGWOOD
Units 9 & 10 'Dennis Court', 8 Dennis Road, Springfield, Qld 4127.
Tel: 07-3808 2299 Email: travel@ctcspringwood.com.au
Web: www.ctcspringwood.com.au



*Conditions Apply: Prices are correct as at 6 Sept 2021. All arrangements are subject to availability, cancellations or modification due to customer request, date, timing or otherwise in other advertising material. Check 31 Dec 2021 / 2 Jan 2022 dates. The exact time for the function is cancelled. The price will still apply as a minimum liability. Travel insurance is recommended. †Coach transportation of your choice. *Entertainment may include live entertainment. \$150 per person departure. Two hotels available close to the harbour including port hotel, two 4 star hotels.

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 1st - a Catholic and Christian solemnity celebrated in honour of all the Saints of the church. Similarly, All Souls Day marked on the 2nd, 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 13th 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 19th 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 25th, 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 19th 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 Tennakoon, 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



අනාගත මනාල මනාලියන් සම්බන්ධ කරවීමේ සේවාවකි

Confidential site



Membership Fee \$50/Yr

No other Fee at any Stages

For Brides/Grooms living in Sri Lanka \$25/Yr



+61 415150483



Your Tax REFUNDS to the MAX!



RAINBOW ACCOUNTING

TAX ACCOUNTANTS & REGISTERED SMSF AUDITORS

ABN 68 761 269 553

Gishanthi Wickramasinghe

BSc (Bus Admin), MSc (Acctg), MIPA, CPA

- All types of tax returns
- Financial reports
- Self Managed Super Funds (SMSF)
- Business Activity Statements (BAS)
- Business setups
- Business planning
- ASIC compliance
- Bookkeeping
- Audit services
- Financial Brokering

Ph: (07) 3180 2300

Email: contact@rainbowaccounting.com.au

Clemwell House, Unit 3, 1155 Wynnum Road, Cannon Hill Qld 4170

PO Box 210 Cannon Hill Qld 4170

www.rainbowaccounting.com.au

Where numbers and knowledge meet

Monthly News Digest: October 2021

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

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. Saundra 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 with the subject header 'CPD12'. We will then send you the log-in details.

Please contact: Chanaka Abeysinghe 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

ක්විත්ස්ලන්ත බොද්ධ විහාරය - ගුඩනා



2021 නොවැම්බර් මස 6 වන සෙනසුරාදා

සවස 6 ට ආරම්භ වන

විශේෂ ශිල්ප පාඨමාලා පුජාවෙන් අනතුරුව

මහා පරිත්‍යාග ධර්ම දේශනාව

ගුඩනා බොද්ධ විහාරස්ථානය

108 Eric Street, Goodna

විහාර සංවර්ධන අරමුදලට ආධාර පිණිස
ආහාර සල්ලිල ද එළින පැවැත් වේ

2021 නොවැම්බර් මස 7 වන ඉරිදා

කඨින විවර පුජාව සහිත

දහවල් සංඝගත දක්ෂිණාව

FRANK MCGREEVY BUILDING

112, Brisbane Terrace, Goodna

සංවිධානය - විහාර සංගම් සහ කඨින පිංකමේ දායකත්වය දරන පින්වත් පිරිස විසින්

වැඩි විස්තර සඳහා අමතන්න

උදිත මානගේ - 0402 143 051

පවතින කොවිඩ්-19 තත්ත්වය යටතේ ක්විත්ස්ලන්ත රජය විසින් පනවා ඇති නීතිරීති ප්‍රකාරව කටයුතු කිරීම සඳහා ඔබගේ සම්පූර්ණ සහයෝගය දක්වා විහාරස්ථානයේ ගෞරවය සහ කීර්තියාමය රැකගැනීමට ඔබගේ සුදුසුම ඉටු කරන මෙන් ගෞරවයෙන් ඉල්ලා සිටිමු.



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 13TH 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 Weerasekera, 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 SLAQ 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 SLQA 0449047409

ප්‍රීතිවන්ත ශ්‍රී ලංකා රංග මහා විහාරයට ප්‍රවේශය
 ශ්‍රී ලංකා කලා කවය 30 වැනි වරටත් සාඩ්ලිවරයෙන් ඉදිරිපත් කරන

ප්‍රතිභා සන්ධ්‍යාව 2021

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

Saturday 27th 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
 UNDER 5 YEARS - FREE
 6 - 12 YEARS \$20
 ADULTS - \$45

DRESS CODE - SMART CASUAL
CONTACT : PRABHASH 0406 780 850
NISHI 0444 547 890

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 |
|----|--------------------------|---------------------|

February 2022

| | | |
|----|----------------------|------------------|
| 13 | Valentines Day Lunch | Silver Fawn Club |
|----|----------------------|------------------|

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 Samarasinghe/ Ananda Samarasinghe |

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 Samarasinghe |
| 10 Nov | Thisara Pathirennelagage & Guest/ Thisara Pathirennelagage |
| 17 Nov | Yashan Thilakarathe/ Yashan Thilakarathe |
| 24 Nov | Himaya SWA and Youth Arm/ Mihika Samarasinghe |
| 01 Dec | "Yowun Sandella" Shyam, Pulith, Shamma, Chathurika, Darshika, Mithila/ Mithila Wanigathunge, Achira Samarasinghe |

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

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
\$1000 per person at the private bar

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

Please contact an organising member or email qmoraalumni@gmail.com for bookings:

| | | |
|-----------------------|-----------------------|------------------------|
| Kamal 0470 414 711 | Jayanath 0455 933 721 | Indrajith 0416 849 596 |
| Wasantha 0412 095 105 | Sandun 0407 126 016 | Jaraka 0411 586 901 |
| Sena 0429 086 195 | Chaminda 0434 088 037 | Sarath 0403 424 807 |
| Sumith 0481 505 117 | Anura 0427 574 035 | |

DISCLAIMER: All material in this E-newsletter is circulated in good faith and is distributed as an information source only. The Sri Lankan Group, Radio 4EB and the editors of the E-newsletter disclaim all responsibility and all liability (including without limitation, liability in negligence) for all expenses, losses, damages and costs you might incur as a result of the information being inaccurate or incomplete in any way for any reason. Your use of E-newsletter is at your sole risk. E-newsletter is not liable for any loss resulting from any action or decision made by you in reliance on the information on E-newsletter, any interruption, delay in operation or transmission, virus, communications failure, internet access difficulties or malfunction in hardware or software. E-newsletter may include third party content which is subject to that third party's terms and conditions of use. Users of E-newsletter will not use the material contained in it for any purpose or in any way which is unlawful.

Editors: Wimal Kannangara and Jayantha Amerasingha

Advisory Committee: Vasantha Vithanage, Jayantha Weerasekera, Thisara Pathirannehelage, Samanmal Gunaratne and Himaya Siddihulu Wickramabewage