



NEWSLETTER

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Message from the President

As you all know it has been a couple of chaotic years for the whole world. A world as we have never known. It has brought a lot of pressures to our lives. Amidst all this SLSQ managed to host our New Year function very successfully. Tickets were sold out quickly and all those who attended enjoyed themselves immensely.

We also participated in the Sri Lanka Day organised by the FSOQ. Again, the hopper stall run by the SLSQ was very popular and we raised a considerable amount of money for a worthy cause.

I am proud to say that we managed to keep the dancing classes going through these difficult times. The students performed at the Sri Lanka Day, with great reviews being received for their performances.

A big thank you to our loyal members for their continued membership. Please do not hesitate to reach out to any committee member if there is anything we can do to help you navigating through these uncharted turbulent waters. Stay safe.

I wish you all a very happy New Year.

Mrs. Sandhya Abeysekera

Acting President

Annual General Meeting 2022

Date: Sunday, 27th February 2022

Time: 4:00 pm

Place: Toowong Community Hall

AGM will be followed by afternoon tea.

Please renew your membership for 2022.

Sri Lanka Day

The inaugural Sri Lanka Day organised by FSOQ was held on the 13th of November and was attended by an estimated crowd of over 2,000 people. The event was a wonderful opportunity to showcase the variety of culinary delights from Sri Lanka as well as our valuable cultural heritage. The food stalls were swamped as the crowd surpassed all expectations. It was very rewarding to see the number of people who stayed on to watch the cultural show, again surpassing the expectations. It was wonderful to see so many Sri Lankan Organisations under one banner and the unity and friendship with which the event was organised.



Many of our traditional songs and dances were performed and the standard of the performances was commended by those who attended. The comperes, singers and the dancers showcased the abundance of talent available in the community and the commitment of the performers and the teachers. We were also able to watch wonderful



performances by other community groups. Filipino, Portuguese, Vietnamese and Indian dances were performed which added much colour and variety to the event. It was also a lovely opportunity to meet and mingle with the multi-cultural communities in Australia.

Sri Lanka Society was very well represented at the Sri Lanka Day. Our Hopper Stall had a long line of customers from beginning to end and the helpers worked extremely hard to keep up with the demand. As mentioned earlier, the profit from our Hopper stall will go to Sri

Lanka to support the 'Nilgiri Aaranya Senasanaya' in Kumbukkadawala, Moragollagama to distribute packs of dry rations to people in need during this difficult period.

Sri Lanka Society contributed to the Sri Lanka Day in many other ways as well. For many of the students of the SLSQ Dance Academy, this was the first time they had performed in public. It was a thrilling experience for them and much appreciated by the spectators. It was also a proud moment for their teacher Eshanie who also designed the costumes and choreographed the item.

A few parents from the SLSQ Dance Academy, worked very hard to organise the highly acclaimed Bridal Fashion Show. The Bridal Show showcased the different ethnic cultures and their bridal fashions as well as a bridal from the last century. The beautiful brides accompanied by the flower girls were much appreciated by both the Sri Lankan as well as the wider community who found the different traditions fascinating. We would like to thank all the parents of the Dance Academy who gave their support by bringing the children to all the extra rehearsals and for doing the hard work required for the Bridal Show.



There were numerous other members who took part in the show and helped behind the scenes and we thank them all. We are very pleased that SLSQ could be a big part of the Sri Lanka Day organised by the Federation of Sri Lankan Organisations of Queensland (FSOQ).

Photo Credits – Ajantha Vithanage

Off to School on a Red Double Decker Bus

An excerpt from the poem by Mahesa Abeynayake

For those who remember life in Sri Lanka during the 70s & 80s!

The ride was a must in a CTB bus
One leg on the foot board
Other dangling free
Eminent danger a mere glee

A pole to hold on a one-meter square
On the foot board no room to spare
20 kids plus the conductor
The odour of sweat unable to bear

As the red bus chugs down Galle road
At a maximum speed of 20 MPH
One mile trip cost only 5c
Season ticket punched for the day
Often saved for another time

Cut the math class
Hop on the bus
Destination Liberty
At ABBA the movie

10.30 show was the place to be
The queue down the street hide in vain
A couple of young lovers brave the heat The
“kude” a cover from prying eyes

Gallery the cheapest seat
50c for the bench of wood
Bugs on your bum sweat down the chin
Dancing girl you were my queen

Gallery was for the lower class
Rs 1.10 for the second class
Never could afford the first class
Balcony was way out of class

ODC was for the upper class
Been there free of charge
Once thrown out by security guards
Caught sneaking into the upper floor
Balcony was certainly no go
There was always not enough dough

Dad drove a Morris
His friend a Ford Prefect
Uncle had a car as well
“Thallu” start down the hill



Projections

Have you ever thought about why something or someone triggers you so much? 😞

Well, it's a nifty little concept called projection. ✨

Our surroundings are a constant reminder of what we need to work on within ourselves. When something external to you is triggering your emotions, thoughts and even behaviours, it means that something within you still requires work. ✨

It can happen in the reverse, so you must also be careful of the projections you hold of yourself internally. This can influence your emotions and thoughts and therefore your behaviour, so you create those projections in your reality, whether good or bad.

When you want to create a better future for yourself, think of your thoughts and feelings, and how they influence your behaviours. Do they align with your goals? Or are you stopping yourself before you have even started? 🛑

Look to your surroundings for reminders, and ask yourself 'What is this person/event/thing telling me?'
These are a few tips and tricks you can implement in your day.

Everything is a mirror.

Everything is a clue.

Everything is a reminder.

When you increase awareness of your surroundings, you increase awareness of yourself.

This is how you start to cultivate a life that is in alignment ❤️

Dr. Semini Wickramatunga

"I am a Mindset Coach, Registered Doctor and a Master of Neurolinguistics and Emotional Change Technique. My mission in life is to guide people towards a life of abundance, self-awareness, and balance. To do so, I facilitate my clients towards their desired goals through implementing strategies, and releasing emotional traumas, major negative emotions and limiting beliefs. I am passionate about philosophy and the depths of the human mind, and I hope for everyone to discover their own clarity, creating ripple effects to their community and beyond."

Australia Day Awards



*Congratulations to **Dr. Dr Harold Gunatillake** who received the Order of Australia Medal for service in Medicine and the Service to the Sri Lankan Community.*

Dr Harold Gunatillake is a regular contributor to many Sri Lankan publications and we are very grateful for his timely and helpful articles on many health issues.



Farewell Desmond De Silva - by Phyllis De Silva

(Wife of late Mr. Desmond De Silva)



We are deeply saddened by the sudden passing of my husband Desmond de Silva on 9 January 2022.

Desmond passed away after suffering a massive heart attack. His family and friends want to thank the paramedics and hospital staff for doing everything they could for him until it was time for him to go and be with God.

There will be a time for all of his family, friends and fans around the world to celebrate his life and to remember the joy that he brought to all of us.

At this time we ask that his heartbroken family be given the time and privacy to mourn his passing.



Photo taken on New Year's eve – 31st December 2021 -Desmond De Silva with wife Phyllis De Silva

Phyllis requests that there be no floral tributes. She is following Desmond's desire and will be setting up a Musicians Trust Fund for any donations which will be used to help his fellow musicians through this Pandemic and to identify and assist children from underprivileged backgrounds to be inspired by him to live their dreams of being a Singer/Entertainer.

Book launch of 'Inspired Success: Designing Your Own Definition OF Success'

by Rashan Senanayake



The tools to your success, happiness and health.

Inspired Success is the guide every young (or seasoned!) adult needs to start designing their own life choices and successes. It's the ultimate playbook to start climbing the ladder to personal success, health and wealth through a step by step, action orientated methodology.

- Explore what designing your own life means and how to do it
- Challenge conventional beliefs that you should follow a certain path in life
- Understand how you learn and the crucial elements to finding your success
- Learn about the key elements your body needs to thrive
- Explore suggested books to grown and learn how to attain your definition of success

The book can be purchased from over 40,000 + retailers around the world – simply head to www.rashansenanayake.com/inspiredsuccess and choose your preferred retailer.

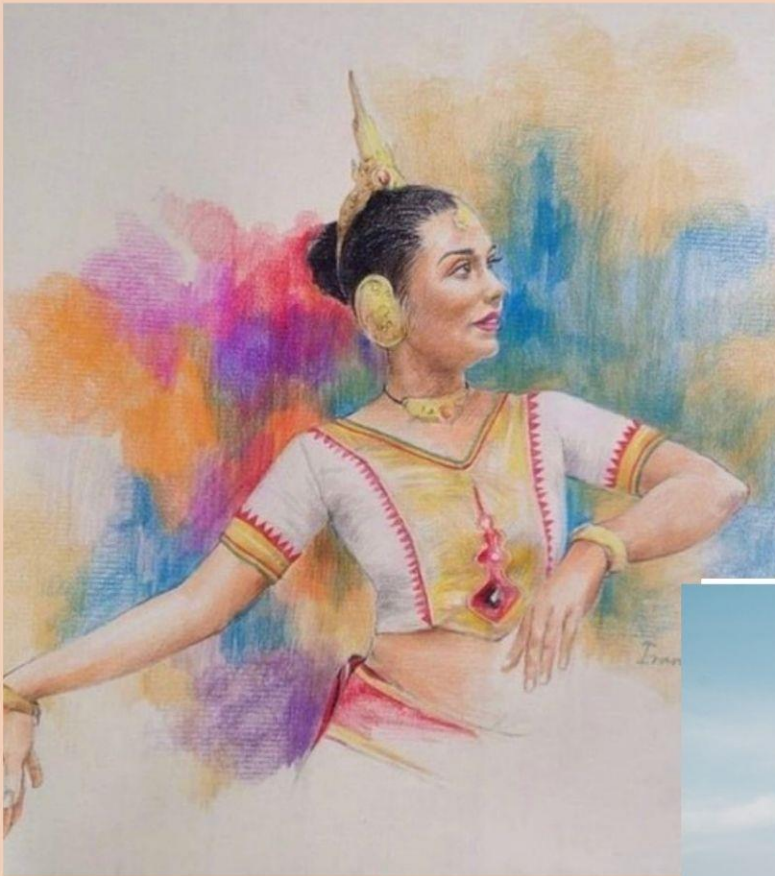


First lesson Free

SRI LANKAN DANCING

SRI LANKA SOCIETY DANCE ACADEMY

Clayfield



For inquiries,
Eshanie - 0415 461 613
Gothami - 0421 635 353
Chamitha - 0430 047 664

SUNDAY: 3:30 - 4:30

CLAYFIELD UNITING CHURCH HALL
170 BONNEY AVENUE, CLAYFIELD

TEACHER -MRS. ESHANIE THAJUDEEN



Sri Lanka Society of Queensland Inc

Membership Application Form

Objectives of the Society

1. To promote harmonious co-operation and friendship amongst immigrants from Sri Lanka and Australians irrespective of racial, religious, political and other differences.
2. To preserve, promote and project the culture of Sri Lanka.
3. To render assistance to students and immigrants from Sri Lanka.
4. To encourage and foster recreational, sporting and social activities.
5. To publish and circulate news of Sri Lanka and local events.
6. To render assistance to the people of Sri Lanka in times of need, at the discretion of the Management Committee.

Name (with preferred title)

Name of Spouse (for family membership)

Postal Address:

.....

Telephone:

Email (s).....

Category (please tick) Family (\$20) ☐ Single (\$10) ☐ Concession Family (\$10) ☐

Concession single (\$5) ☐

I apply for the membership of Sri Lanka Society of Queensland Inc under the category marked above.
I agree with the objectives and the rules of the society.
The relevant fee is enclosed, herewith.

.....

Signature

.....

Date

I need a printed copy of the newsletter ☐

(This option is for those members who have no access to email)

Payments can be made by Electronic Funds Transfer (EFT).

Account Name : Sri Lanka Society of Queensland Inc

BSB : 06 4000

Acc: Number : 10725278

Bank : Commonwealth Bank, Queen Street, Brisbane.

Please include your name in reference field and email completed membership form.

Sri Lanka Society of Queensland

PO Box 15099, CITY EAST, BRISBANE , QLD 4002

Email: secretary@srilankansqld.org