

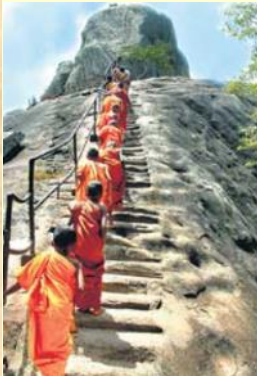


Poson Full Moon Poya

Aside from the Vesak festival, the Poson Poya, scheduled annually in June, is the most celebrated full moon day for Buddhist devotees in Sri Lanka. It marks the arrival of Arahant Mahinda Thero from India with the noble teachings of the Gautama Buddha, and commemorates the beginning of the spread of Buddhism in Sri Lanka. Having been passed on through the generations, the very essence of Buddhism is still there for everyone to freely understand and put into practice. Passing on these teachings without dilution and preserving the integrity of them for future generations is our duty.



At the core of Buddhism is the exploration of human suffering (Dukkha), its origin (Samudāya), cessation (Nirodha) and the path out of suffering (Magga, as outlined in the Eightfold Path) through the Four Noble Truths. Attempting to gain at least a rudimentary understanding of these concepts, and other Buddhist teachings, provide us lay people a foundation to view life and navigate its challenges in a pragmatic manner. Although this exploration must occur from within us, the path that we need to follow is already there and has been for more than 2500 years.



Poson Poya is also a time when widespread generosity is practiced among Sri Lankans. From the main cities to the regional areas, Poson Poya in Sri Lanka is filled with alms-giving stalls known as 'Dansal', established to provide free food to anyone who needs a meal. It is a time when one's ethnicity, religion, class or any other social status makes no difference, only that one human being is simply helping another, without expectation or reward. Such an extensive level of kindness has the effect of bringing peace and unifying

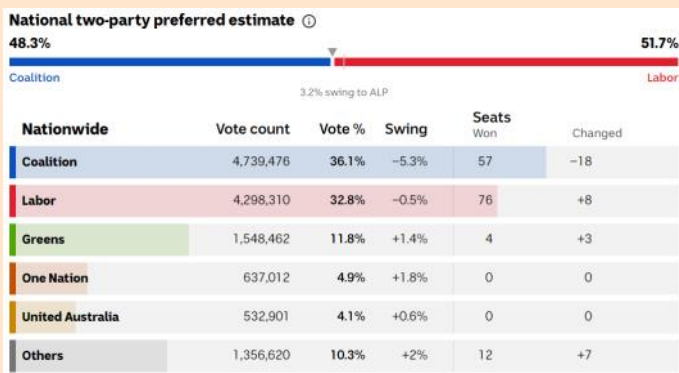
the masses, a virtue that has become much needed in a world currently filled with heightened tension and unrest.

Rakith Senanayake

Rakith works in economic forecasting for the Queensland Government, and is a keen follower of cricket and tennis.



Australian Elections: Labor Wins the Elections after 10 Years



Results as at 31 May 2022, with 2 seats still in doubt

Declaring "I am ready to serve", Anthony Albanese, the first non Anglo-Celtic to become the Prime Minister of Australia, accepted victory at the 2022 general elections, breaking a 10 year drought for Labor.

A campaign more based on personalities rather than policies, resulted in a strong swing for the Greens and Independents (called Teal Candidates) who campaigned on Climate Change, Women's Rights and Integrity of politicians.

Courtesy: <https://www.abc.net.au/> and other Internet sources

Inside this issue:	
The Enchanting Gypsies of Sri Lanka	2
Book Review: Pemulwuy	3
අනුමුද්‍ර ඊස් ගම ගලන තුරා, Stories Behind Names of Places in Sri Lanka	4
රස කතා	5
Sri Lankan Community Eid Celebration in Brisbane	6
Men's Health	7
Make The Best of the End of Financial Year	8
Sydney Consul-General Lakshman Hulugalle Passes Away, Queensland Drivers Over 75 Years, Old Anandians AGM, App of the Month	9
Monthly News Digest: May 2022	10
Qld Event Flyers	11
Brisbane/SE Qld Events Calendar, Program Schedule	12

The Enchanting Gypsies of Sri Lanka

From the iconic nomads of Mongolia to the effervescent Romani of Europe and India, the famous Travellers of the British Isles to the resolute Sami reindeer herders, nomadic communities are ubiquitous. These communities are identified by their fierce independence and their unquenchable drive to remain mobile.

Amongst these iconic global nomadic communities is our very own community of gypsies, the Telugu or Ahikuntaka people. Thought to be descendants of ancient Indian nomadic communities, the Telugu live throughout the island and are often renowned for their ornate and colourful clothing. As the community has often reported wishing to be known as "Telugu", I will continue to use this term hereafter.

Readers who have lived in Sri Lanka may recall interactions with fortune tellers or snake charmers, which are amongst the most common professions the Telugu community engages in. Readers may also recall brightly dressed communities brandishing peacock feathers indicating their capacity to read fortunes. These memories were likely of the gypsy community of Sri Lanka.

The Telugu use a language that is rarely acknowledged in Sri Lanka's linguistic landscape. They speak the musical language of Telugu, which is an ancient language originating in the South East of the Indian mainland, and one of the six classical languages of India.

The Telugu practice spirituality unique to their communities, worshipping deities such as Kanna Sami, Angate Sami, Madu Meniyo who are thought to assist the community with health, wealth, and security. The communities interact with their deities via a range of offerings and figurines.

The Telugu community of Sri Lanka have developed a democratic and intriguing method of conflict resolution which integrates the input of various elders as well as the will of the majority into decisions. Combined with their rich repertoire of herbal remedies, these practices depict a sophisticated culture. An important part of nomadic life is the ease of moving, and the Telugu are often associated with their characteristic huts made of Palmyra leaf, which are both mobile and easy to erect, whilst being ecologically responsible. It is also important to recognise the nomadic spirit that is a uniting factor amongst gypsy communities worldwide. This desire to move is often difficult to comprehend for many communities of Sri Lanka who prefer a settled life.

Accordingly, among the challenges faced by this vibrant and colourful community is the strong pressure to settle and assimilate into mainstream society. As one Telugu elder reports, "Us elders are saddened by the loss of culture we witness". Sri Lanka is a multicultural country and communities such as the Telugu deserve the respect and recognition for their unique contributions to Lankan society. To this extent, it is important to support and preserve the rights of the Telugu to preserve their history whilst embracing their right to self-determination and nomadism.

Randika Jayakody & Jerome Perera

Among Randika and Jerome's many interests is a deep passion to understand Sri Lankan history and culture.



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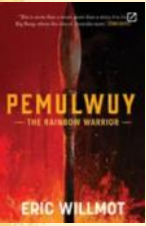
Where numbers and knowledge meet

BOOK REVIEW:

Pemulwuy The Rainbow Warrior by Eric Willmot

The story of Pemulwuy is both a part of the Aboriginal belief system and oral history as well as a part of history of modern Australia. Pemulwuy led a war against the British for 12 years until he was killed in 1802.

The name Pemulwuy means earth: man of the earth. Born around 1756 to a people who believed that their world was brought into being by a creator to the form of a rainbow. Hence, he was the rainbow warrior.



In 1788, the British landed on the shores of the bay of Kamey, now called Botany Bay. The area surrounded by that bay and the great harbour of Tubbogule, around which the city of Sydney is now built, was inhabited by indigenous people who called themselves Eora. The Eora land extended along the coast from the Hawksbury River in the north to the Georges River in the south and to inland towns of present-day Campbelltown and Camden.

The Eora people comprised of many subgroups who occupied different areas of the Eora land and has somewhat different economies. The Kamergel, for example, concentrated on fishing while the Bidjigal were concerned with hunting animals in the forests of the region. Pemulwuy belonged to the Bidjigal.

The conflicts arose when the settlers started expanding the occupied areas with farming crops and livestock encroaching the Eora land and it particularly affected the lands occupied by the Bidjigal. Pemulwuy united the neighbouring people, runaway convicts, bushrangers and an escaped African known as Black Caesar, and led a guerrilla war for twelve years that pushed the invading English to the brink until his death in 1802.

There are two things that set Pemulwuy apart from others. The first is that he was the first to launch a major response against British invasion. The second is the attitude of his enemies towards him. The British not only wanted to destroy him physically but attempted to destroy the evidence of his existence. Until recently, Pemulwuy's name has never appeared in any white Australian history, yet lives on in the unpublished records of his enemies and in the minds of Aboriginal Australians.

The Author

Dr Eric Willmot AM was an authority on the life and times of Pemulwuy. He wrote the novel, Pemulwuy: The Rainbow Warrior, which was a landmark publication, a best seller, and has been included in secondary and tertiary education curricula across Australia.

A visionary and a dreamer, a scholar, educator, inventor and engineer, Eric was born in Queensland and spent his childhood on an island (Crib Island) which no longer exists. He spent his youth as a drover (one who drives cattle and sheep), working in Queensland, New South Wales, Western Australia and the Northern Territory. At the age of 20, Eric was seriously injured in a rodeo accident and spent a year in hospital. During that period, he studied for his matriculation, won a scholarship, and attended the University of Newcastle, where he took his first degree in science.

Eric was also an engineer and prolific inventor. During his lifetime, Eric held over 90 international patents. In 1981 Eric was named Australian Inventor of the Year, and twice won the Medaille d'Or Genève of the Salon des Inventions in Geneva, Switzerland.

He died in 2019.

(Author Note: Courtesy Booktopia)

Wimal Kannagara



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Stories Behind Names of Places in Sri Lanka ULHITIYAWA

Ulhitiyawa is a famous village situated in Mahiyanganaya. Ulhitiyawa became famous with the commencement of the Mahaweli Ganga development project for it was a key launching point of the programme.

The formation of the name of this village is also linked to a story of Sinhala Kings. There lived a petty officer appointed by the state to attend to the needs of the people of this area. Instead of helping the people he was extremely rude to the people abusing his powers. The people were very angry with him. Suddenly, this person fell badly ill and needed the help of the people of the village for his existence. People were in some ways were happy of his sickness and thought that it was the curse of nature for his pride.

However, the people gradually began to help him in sympathy, but they were condemning him for his past deeds. The man began to pretend repenting on his past deeds. When this man was nearing his death he made a unique request from the people of the village.

“When I die, I wish my body stays peacefully by the roadside. Please pierce my dead body with a sharp pole and let it hang by the roadside enjoying the natural breeze of the village I lived with you people.”

As this was his last request the people performed his last request after his death and his dead body was hanging on a pole by the roadside. The same day the Kandyan King happen to cross the village with soldiers on some mission. He was shocked to see a man being hung by the roadside and was very angry as only the King could order such punishment. The angry King ordered that all the grownup males of the village be killed placing them in the similar manner for violating the law of the land acting above the King.

The people then realized that it was a trick of the petty officer to take revenge from those who criticized him when he was sick.” ULE HITIYA GAMA” over time became “ULHITIYAWA”

Dr. Nimal Sedera

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



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CONTACT: Jay Weerawardena, FSOQ 0422286548; Wipula Dharmasooriya, SAQ 0404810148, Sunil Gunarathne 0412719979/Lal Mendis SLSAQ 0411275077; Jayantha Pathikirikorale, FSOQ 0412438283; Sandhya Abeysekera SLSQ 0422932366; Samanmal Gunaratna Radio 4EB SL Group 0439 226 445; Sarath Weerasinghe SPURQ 0402421530; Kanaji Wijesekera EX Services 0417620758; Laurensz Manricks Silver Fawn Club 0408414973; Bill Deutrom 0408749949; Kalum De Silva SLACC 0414685903

වෙදිකාව, රිදී තිරය, පුවි තිරය, 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, රුවිකත්වයක් දක්වනවා කියලා. කෙලින්ම නොකීවට, අපි කවුරු කවුරුත් gossip අහන්නත් මනාපයි නේ.

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



වික්ටර්, විල්සන්, අනුෂා, සුබ ගමන් ඔබට...!!

ගෙවී යන මැයි මාසයේ, ශ්‍රී ලාංකීය කලා ක්ෂේත්‍රයේ බිහිවූ තවත් ප්‍රවීණයන් කිදෙනෙක් දැයෙන් සමුගත්තේය. මෙම කෙටි සටහන ඔවුන් කිදෙනා වෙනුවෙන් පිදෙන උපහාරයකි.

ඔහු මුලින් ගුවන්විදුලියේ 'සරල ගී' ගායකයෙක් විය. මා දන්නා තරමින් ලාංකීය සංගීත ක්ෂේත්‍රයේ ශෛනායි (Shehnai) සංගීත භාණ්ඩය වාදනය කළ එකම වාදකයා වූයේද ඔහුය. ශෛනායි යනු උත්තර භාරතයේ බිහිවූ විශේෂිත සංගීත භාණ්ඩයකි.

කඩවසම් සුන්දර රුවක් හා සිනහවක් තිබූ ඔහු පසුකාලීනව චිත්‍රපට කිහිපයක රහපෑමෙන්ද දායක විය.

බමුණුආරච්චිගේ වික්ටර් පෙරේරා ඔහුගේ උප්පැන්නයේ සඳහන් නමයි. B. වික්ටර් පෙරේරා නමින් මුලින්ම සංගීත ලොවට පිළිපත් ඔහු පසුව සිනමාවට සම්බන්ධවීමේදී තම නමේ වෙනසක් කර ගන්නට සිතුවේය. තම ප්‍රිය බිරිද වන ජනප්‍රිය ගායිකා මායා දමයන්ති නමට කිට්ටුවෙන් යන අකුරු සහිත නමක් ලෙසින්, වික්ටර් විජයන්ත නමින් ඔහු සංගීත ක්ෂේත්‍රයේ ප්‍රසිද්ධ විය. .



ප්‍රවීණ, ජනප්‍රිය ගායන ශිල්පී වික්ටර් විජයන්ත පසුගිය 9වෙනිදා තම දිවි සැරිය නිම කළේය. තම ජීවිතයේ අවසාන කාලය තම දියණිය සමඟ කැනඩාවේ දිවි ගෙවූ මෙතුමා මිය යන විට 77වන වියේ පසු විය.

වික්ටර්ගේ පවුලේ සියළුදෙනම වාගේ කලාවට සම්බන්ධව, එම ක්ෂේත්‍රයන්හි ප්‍රවීණයන් වීම විශේෂයකි. සංගීතවේදී මුත්තුසාම් මාස්ටර් හා විවාහ වූ නීලියා වික්ටර්ගේ අක්කයා. 'මං පොඩිකාලේ දැක්කට පස්සේ' ජනප්‍රිය ගීතය ගැසූ ගායක හෙන්රි පෙරේරා වික්ටර්ගේ අයිියාය. ප්‍රවීණ ගායිකා මායා දමයන්ති පෙරේරාගේ සැමියා වන වික්ටර් විජයන්ත තරුණ පරපුරේ ජනප්‍රිය ගායිකා කුෂාති සඳරේබා සහ කතක් (Kathak dancing) නර්තන ශිල්පිණියක හා නිලියක වූ සවිනි නිරාෂාගේ පියාණන්ය.



විල්සන් කරු යන ආදරණීය නාමයෙන් සිංහල සිනමා රසිකයන් විසින් හඳුන්වනු ලැබූ විල්සන් කරුණාරත්න රංග ශිල්පියා පසුගිය මැයි මාසයේ 3වනදා තම හතළිස් අට වසරක රංගන දිවියට සමු දුන්නේය.

ශ්‍රී ලාංකේය සිනමාවේ දක්ෂ සටන් නළුවෙකු මෙන්ම සටන් අධ්‍යක්ෂකවරයෙකු වූ විල්සන් කරු රංගනයට පිවිසෙන්නේ 1974 වසරේය. එවිට ඔහුගේ වයස අවුරුදු 32 කි. ඒ 'හදවත් නැත්තෝ' චිත්‍රපටයෙනි. එදා මෙදා තුර ඔහු සිංහල චිත්‍රපට 250 ක පමණ වර්තයන්ට පණ පොවා තිබේ. ඒ හැරුණු කොට ටෙලිනාට්‍ය 15කට ආසන්න සංඛ්‍යාවක

ඔහු රංගන දායකත්වය දැරුවේය. මාලිනි ෆොන්සේකා අධ්‍යක්ෂණය කළ 'සසර වේතනා' චිත්‍රපටයේ නිකොලස්ගේ වර්තයට පණ දුන් ඔහු ඒ සඳහා රංගන කුසලතා සම්මානයක් දිනා ගත්තේය.

තම මුල්ම ආදරය අහිමි වීම නිසා මුළු ජීවිතයම තනිකඩව ගෙවූ කලාකරුවන් අතරින් අප්‍රකට වර්තකී විල්සන් කරු. කරුට යොවුන් වියේ පෙම් කළ පෙම්වතිය අහිමි වීමෙන්, ඇය අන්සතු වීමෙන් පසු, වෙනත් ආදරයක් නොපැතු කරු පසුගිය මාසයේ මිය යන තුරුම තනිකඩයෙකු විය.

විල්සන් කරු මියගිය පුවත කණ වැකෙන්ම ඔහුට ආදරය, ගෞරවය දක්වන ප්‍රේක්ෂක සටහන්වලින් මුහුණපොන පිරී ගියේය. ඔහු රිදී තිරයේ දුෂ්ටයාවූවද, සැබෑ ජීවිතයේ සියලු කලාකරුවන් සමඟ සහයෝගයෙන් කටයුතු කළ සුහද වර්තයකි. ඔහුගේ වියෝව වෙනුවෙන්, නාට්‍යවේදී/ගීත රචක ඩබ්ලිව් ජයසිරි මුහුණපොතට එකතු කළ සටහන මෙසේය.

"ඔබ සමඟ රහපෑ එක් අවස්ථාවක් මතකයි. එදා තමයි මම හරියටම දැනගත්තේ ඔයා වණ්ඩියෙක් නොවෙයි අහිංසකයෙක් කියලා. ඉතින් විල්සන් කරු, ඔබට සුබ සිහින දකින දිගු නින්දක් පතමි".

ප්‍රකට සිනමා නිළි අනුෂා සොනාලි පසුගිය අප්‍රේල් 28 වෙනිදා තම ජීවිතයෙන් සමුගත්තාය. මිය යන විට ඇය 47 වැනි වියෙහි පසුවූවාය.



සහජයෙන්ම, විශිෂ්ට රංග ප්‍රතිභාවකට උරුමකම් කී අනුෂා, අනාගතයේ සිනමා නිලියක් වීම ඇගේ ජීවිතයේ මූලික බලාපොරොත්තුව, එකම සිහිනය විය. ඇය රහපෑමට යොමුවන්නේ තම පාසල් කාලයේදීමය.

අනුෂා සොනාලිව මට මුලින්ම මුණගැහෙන්නේ 'ගැහැනු ළමයි' ටෙලිනාට්‍යක මාලාව සඳහා නළුනිලියන් තෝරාගැනීමට කැමරා පරීක්ෂණය දවසේ.

මට මතකයි, එදා විශාල ආධුනික තරුණ, තරුණියන් පිරිසක් සුමිත්‍රා පිරිස් මැඩම්ලගේ සික්මන් පාරේ නිවසට රැස්වෙලා හිටියා.

මේ අතරතුරේ, හෙමින්සැරේ මගේ ලඟට ආපු සුන්දර සිසුවියක්, "අනේ අයිගේ... මට ඉක්මණින් යන්න ඕනේ".

"එහෙම ඉක්මණින් යන්න දෙන්න බැහැනේ, මෙතන දැන් තව 100ක් විතර පෝලිමේ ඉන්නවානේ" මම කිව්වා.

"අනේ අයිගේ මං ආවේ ගෙදරට හොරෙන්... යාලුවෙක් හම්බුවෙන්න යනවා කියලා" ඇයගේ හැඩුම්බර අහිංසක ආයාචනය මට ඇයව මග හරින්නට හිත දුන්නේ නෑ.

මම ඇයට ඊළඟ අවස්ථාව උදාකර දුන්නා. ඇය පරීක්ෂණයෙන් ඉතා ඉහලින් සමත් වුණා. ටෙලි නාට්‍යයට තෝරා ගැනීමෙන් පසුව, රූ ගත කිරීම් සඳහා ඇය පැමිණියේ තම මව සමඟ.

එදා, ඒ මගේ තේරීම, පෝලිමට පිටතින් ඇයට උදව් කිරීම, සිංහල සිනමාවට පසුකාලීනව මිල කළ නොහැකි වටිනා ආයෝජනයක් වුණා. ඇය 'ගැහැනු ළමයි' ටෙලි නාට්‍යය මාලාවේ, ඉතා විශිෂ්ට රංගනයක් ඉදිරිපත් කළා. ඒක තමයි ඇගේ දොරට වැඩුම. ඇය සිනමාවේ හා රූපවාහිනියේ දීර්ඝ ගමණක් ගියා.

අනුෂා සොනාලිගේ සමුගැනීම වෙනුවෙන් 'ගැහැනු ළමයි' ටෙලිනාට්‍යයේ සහාය අධ්‍යක්ෂ විපුල සුමනසේකර තැබූ සටහනකි ඒ.

'හඩන කිංකිණි', 'ලොකු දුව', 'සළුපට අහසට 2', 'වසන්තේ කුණාටුව', 'ගිනිගත් හෝරාව', 'සුන්දර වරද', 'පුතා මගේ සුරයා', 'විසි දැල', 'මමත් ගැහැණියක්', 'දරු උපතක්' සහ 'සංගිලි' වැනි චිත්‍රපට ගණනාවකට අනුෂා සොනාලි රංගන ශිල්පිනිය සිය රංගන දායකත්වය ලබා දී තිබෙනවා. මේ අතරින්, 'විසි දැල' චිත්‍රපටයේ ඇය දැක්වූ රංගන කුසලතාවය තුලින් ඇය සිනමා රසික රසිකාවියන් අතර ඉමහත් ප්‍රසාදයට පත් විය.

'හඩන කිංකිණි', රංගනය වෙනුවෙන් 1995 සරසවි චිත්‍රපට සම්මාන (Sarasaviya Film Awards) උලෙලේ නැගී එන හොඳම නිලිය සම්මානය දිනාගන්නේ අනුෂා සොනාලි ද සිල්වා.

සමන්මල් ගුණරත්න

මෙම සටහන, ප්‍රසිද්ධ පුවත්පත්, අන්තර්ජාලය තුලින් ලබාගත් ලිපි ඇසුරින් නිමවූ බව කරුණාවෙන් සලකන්න.

Sri Lankan Community Eid Celebration in Brisbane

Muslims across the world celebrate the Eid festival every year at the completion of a month of fasting during the holy month of Ramadan. On 7 May 2022, Sri Lankan Muslims celebrated this year's Eid festival with a wide cross section of fellow Sri Lankans living in Brisbane. This was the first time such an event has taken place in Brisbane.



The event was held at the Darul Uloom Mosque in Woolloongabba and attended by about 100 members of the wider Sri Lankan community in Brisbane including representatives of several Sri Lankan organisations, together with about 50 members of the Sri Lankan Muslim community. Mr Anton Swan, Sri Lanka's Honorary Consul for Queensland was the chief guest.

The event featured a tour of the Darul Uloom Mosque, presentations on the history of Sri Lankan Muslims in Australia and the significance of Ramadan, a virtual tour of Islam's two holy mosques in Mecca and Medina and a panel discussion. The panel discussed topics such as 'Community in Islam' and what that means to Muslims, personal experiences of the panel members on living as a Muslim in Australia, importance of (both religious and secular) education in Islam and the role of women in Islam. The panel discussion was followed by a lively question and answer (Q&A) session on Islam and Muslims.

The morning's formalities were followed by a traditional Sri Lankan Muslim celebratory lunch, which included Buriyani, Wattalappam and Faluda, and casual interaction among the participants. The organisers believe the event was a great success and the active participation of everyone helped us build bridges of communication and strengthen relationships, as well as harmony and integration between all Sri Lankans living in Brisbane.



A number of participants have sent messages with positive feedback on the event and their appreciation of being able to be a part of the event. The organisers appreciate the feedback received and believe that the event would not have been a success without the support they received from the wider Sri Lankan community.

The organisers thank the Imam of the Darul Uloom mosque, Imam Ahmed Azhari, for letting them use the mosque as venue for the event and for his gracious welcoming speech, Mr Anton Swan for being their chief guest and the support provided for the event, Imam Mohamed Azhari for his participation in the panel discussion, the volunteers who helped to organise the event, and everyone who participated in the event.

Organising Committee

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2022 INTERNATIONAL MEN'S HEALTH WEEK

#menshealthweek

Men's Health: It's not all about the Prostate...

Men unfortunately bare more disease burden (54% of all diseases) vs 46% by women but more so with cardiovascular and endocrine (mainly diabetes) diseases - 20% more than women and even though the total number is less, men account for 70-75% of all suicides.

The leading 5 causes of death in Australia are:

- 1) Heart disease
- 2) Dementia
- 3) Stroke
- 4) Lung cancer
- 5) Other chronic lung diseases including asthma/ COPD.

Males dominate in all except Dementia. Your lifestyle is the main determinant of your long-term general health.

Starting from maintaining your weight between BMI 18.5 - 25 and lowering your cholesterol with a healthy balanced diet (Low carb / Low fat / high in fresh fruit / vegetables / fish and minimising processed food) are key factors. Regular exercise (at least a brisk walk) for 30 min 3-5 times a week and sufficient sleep (at least 6-8 hours a day) will ensure your optimal cardio-vascular and mental health minimising your risk of getting the top 3 conditions of the list.

Avoiding / giving up smoking will protect you from the next 2 lead-

ing causes of death and it's not only protecting yourself but your family too. When it comes to alcohol, the latest recommendation is for less than 10 standard drinks a week.

Now more specific for men – Prostate Health – it is recommended to start PSA blood test plus Prostate Examination by a doctor starting at 50 years of age or earlier if:

- 1) a first degree family member (father or brother) had prostate cancer or
- 2) symptomatic (hard to start urination/ poor stream/ dribbling in the end and needing to wake up through the night to urinate and inability to hold the bladder when full). Most often those symptoms are due an enlarged Prostate without cancer but worth a check. However, neither of the above tests are very accurate hence both together will give a better pick up rate.



Finally, please don't neglect your mental health. If you are worrying over minor things such as feeling anxious, have lost interest in your usual pleasurable activities, please don't hesitate to talk to your GP because men get depressed too. If you haven't had a blood test in the previous couple of years make Men's Health Week the time to get your "service and maintenance" done.



Dr. Gihan Gunawardena

Dr. Gunawardena is a Rural Generalist covering Emergency and Obstetrics, a General Practitioner and a Senior Lecturer at University of Queensland - Rural Medical School.

SRI LANKAN STYLE

“හිතව ලග රස”
දැකකයක විශ්වාසය
නව මුහුණුවරකින්

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Made in Australia from 100% Australian Ingredients

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Make The Best of the End of Financial Year (EOFY)

For Businesses

EOFY prompts us to tidy our financial affairs of the old year and plan for a prosperous new financial year. EOFY can be a demanding time. But it doesn't have to be stressful. Prioritising time to plan is the key to seamlessly moving from one year to the next. Here are five things to consider.



Up to date and accurate accounting records are a must for business success

Good financial records encourage potential partnerships and good business decisions. For example, an investment loan application accompanied by up to date and complete financials will increase a business's chances of getting the funds.

Reviewing your numbers can help identify opportunities to improve profits

Focus on spending to grow. Invest in equipment and other items that help create future income and improve efficiency. Reduce expenses that don't create value.

It is a good time to collect receivables

Encourage slow-paying customers to pay before 30 June by reminding that they may benefit from a tax deduction.

Good cashflow is key to business success

Healthy cash flow allows a business to spend at the right time. Paying before 30 June any amounts due in early July or paying April to June superannuation in mid-June will get you an extra tax deduction in this year's return.

Take the time now to plan for a better new year

Now is the time to consider changes to business structure, software, processes and practices, costing and pricing, budgets and cash flow. It is time to reset, reboot and restart.

For Individuals

Check what is allowed as a deduction in your industry and the work you do.

Start collecting receipts that qualify as a deduction. The free ATO app or a simple spreadsheet can help keep records.

Think of all the tax related activities you may have done during the year, like purchasing shares, receiving dividends, and payments relating to investment properties.

Wait for "tax ready" on your myGov before completing your return.

Get professional help from a registered practitioner if necessary. Your tax position is unique to you. What applies to your friends and family may not apply to you.

Rohan and Gita Hettiaratchi

Rohan and Gita are management accountants based in Middle Park. They help Small and Medium Enterprises (SMEs) plan and monitor performance to improve business outcomes. They can be contacted at middle-park@firstclassaccounts.com.



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Website:
<https://sites.google.com/view/gdaycarers/home>

Email: gdaycarers@gmail.com



Dinesh 0400894252



Sydney Consul-General Lakshman Hulugalle Passes Away

Consul-General of Sri Lanka to Sydney, Australia, Mr. Lakshman Hulugalle passed away on 14 May in Sydney.

He has also served as the Director-General of the Media Centre for National Security (MCNS), General of the NGO Secretariat and Deputy Chairman of the National Livestock Development Board (NLDB).



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

Queensland Drivers Over 75 Years: A note from Transport and Main Roads Qld (TMR)

In April 2020, due to the risks of COVID-19, TMR introduced a temporary relief measure to exempt licence holders aged 75 and over from holding a current medical certificate. Since this time, a lot has changed. Vaccines are now widely available and vaccination rates in Queensland are high. You can now attend a TMR Customer Service Centre and visit your local GP as you could prior to the COVID-19 health emergency.

From 1 August 2022, all Queensland driver licence holders aged 75 and over must carry, and drive according to the conditions of a current medical certificate.

What do you need to do?

Get a medical certificate if you want to keep driving after 31 July 2022.

Carry a current medical certificate when driving and get a new certificate before it expires. Certificates are valid for a maximum of 13 months.

If you don't have a medical certificate when driving after 31 July 2022 you may be fined.

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



Queensland
Government

Old Anandian Association of Queensland (OAAQ) Annual General Meeting 2022

OAAQ invites Queensland Old Anandians to the 2022 Annual General Meeting.

Date Sunday, 19 June 2022

Time 06.00 pm

Venue Mount Ommaney Library Hall
171 Dandenong Road, Mt Ommaney.

Refreshments will be served.

Please contact Mithila Wanigathunge, President, OAAQ on 0425 837 197 for further details

App of the month

My 7-Eleven



My 7-Eleven is an IOS and Android based App, that facilitates you to access exclusive deals, collect reward points and more importantly, seek the best fuel price at a given 7-Eleven fuel station, lock the price and claim that price at any 7-Eleven service station. Prices could be locked for a week.

Award Winning Actress Swarna Kahawita Passes Away



Veteran actress Swarna Kahawita, a popular actress in Sinhala cinema in the 60's and 70's, passed away on 23 May.

She nurtured Sri Lankan cinema for more than 50 years and started her acting career in 1969 by starring in the film Binaramali.

She then starred in 35 films, including 'Onna Mame Kella Panapi', 'Rana Giraw', 'Pujithayo', 'Ranonchilla', 'Abhirahasa', 'Hondai Narakai', 'Cyril Malli', 'Suraya Surayamai', 'Harima Badu Thunak', 'Unnath Dahai Malath Dahai', 'Lassana Dawasak'.

She made her acting debut as Binaramali character in the film 'Binaramali' and won the Sarasaviya Award for the Best Actress in 1970 for her role.

Courtesy: <https://en.newswave.lk/28054/>

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Dæhæna (Newsletter) Archives

Past copies of Dæhæna are found at the following location

https://drive.google.com/drive/u/1/folders/1PS0kFSXRCXSga-FrdtDMH_WpeReaT1Sn

Please email "DaehaenaEditor@gmail.com" if you encounter access issues.

Monthly News Digest: May 2022

03	Malwathu Mahanayake decides not to meet politicians	https://www.dailymirror.lk/breaking_news/Malwathu-Mahanayake-decides-not-to-meet-politicians/108-236141
03	Jaishankar asks Tamil Nadu Govt. to coordinate with Centre for supporting Sri Lanka	https://www.ft.lk/news/Jaishankar-asks-Tamil-Nadu-Govt-to-coordinate-with-Centre-for-supporting-Sri-Lanka/56-734265
03	Tea crop slumps to 13-year low	https://www.ft.lk/front-page/Tea-crop-slumps-to-13-year-low/44-734197
04	SL's foreign liquidity reserves less than USD 50mn	https://www.themorning.lk/sls-foreign-liquidity-reserves-less-than-usd-50mn/
04	Australian documentary contends corrupt transactions in Hambantota hospital project	https://www.dailymirror.lk/recomended-news/Australian-documentary-contends-corrupt-transactions-in-Hambantota-hospital-project/277-236228
09	Banks barred from declaring cash dividends for 2022	https://www.dailymirror.lk/business-news/Banks-barred-from-declaring-cash-dividends-for-2022/273-236557?
09	Mahinda Rajapakse resigns	https://www.dailymirror.lk/latest_news/MR-RE.SIGNS/342-236618
12	Travel ban on MR, Namal, Johnston and several others	https://www.dailymirror.lk/latest_news/Travel-ban-on-MR-Namal-Johnston-and-several-others/342-236873
12	Ranil Wickremesinghe sworn in as new Prime Minister	http://www.adaderana.lk/news/82388/ranil-wickremesinghe-sworn-in-as-new-prime-minister
14	Four new Cabinet ministers sworn in	http://www.adaderana.lk/news/82429/four-new-cabinet-ministers-sworn-in
18	Moratuwa Mayor & several PS members arrested over May 9 incident	https://www.themorning.lk/moratuwa-mayor-several-ps-members-arrested-over-may-9-incident/
18	Sri Lanka misses payment to Asian Development Bank: Prime Minister	https://economynext.com/sri-lanka-misses-payment-to-asian-development-bank-prime-minister-94401/
19	Sri Lanka succumbs to hard default	https://www.ft.lk/front-page/Sri-Lanka-succumbs-to-hard-default/44-734989
19	Central Bank warns Sri Lankans holding over 10,000 dollars as notes	https://www.lankabusinessonline.com/central-bank-warns-sri-lankans-holding-over-10000-dollars-as-notes/
19	Mahinda, Namal resurface in Parliament	https://www.ft.lk/front-page/Mahinda-Namal-resurface-in-Parliament/44-734988
20	Nine more cabinet ministers sworn in	http://www.adaderana.lk/news/82545/nine-more-cabinet-ministers-sworn-in
21	State of emergency in Sri Lanka revoked	http://www.adaderana.lk/news/82571/state-of-emergency-in-sri-lanka-revoked
23	Sri Lanka downgraded to 'Restricted Default'	https://www.themorning.lk/sri-lanka-downgraded-to-restricted-default/
23	Several more ministers sworn in before President	http://www.adaderana.lk/news/82613/several-more-ministers-sworn-in-before-president
23	Sri Lanka's inflation climbed to 33.8% in April	http://www.adaderana.lk/news/82620/sri-lanka-s-inflation-climbed-to-338-in-april
23	BASL writes to Prez, PM & Justice Minister on concerns over 21A	https://www.themorning.lk/basl-writes-to-prez-pm-justice-minister-on-concerns-over-21a/
22	Olympian Abeykoon shatters 200m Sri Lanka and South Asian records	https://www.dailymirror.lk/sports/Olympian-Abeykoon-shatters-200m-Sri-Lanka-and-South-Asian-records/323-237496
24	More Opp. members switch allegiance as six more ministers are sworn in	https://island.lk/more-opp-members-switch-allegiance-as-six-more-ministers-are-sworn-in/
24	Ceypetco raises petrol and diesel prices	http://www.adaderana.lk/news/82631/ceypetco-raises-petrol-and-diesel-prices
24	Kimarli Fernando resigns as chairperson of Sri Lanka Tourism	http://www.adaderana.lk/news/82642/kimarli-fernando-resigns-as-chairperson-of-sri-lanka-tourism
24	Sri Lanka picks Lazard, Clifford Chance as advisers for landmark debt restructuring	http://www.adaderana.lk/news/82634/sri-lanka-picks-lazard-clifford-chance-as-advisers-for-landmark-debt-restructuring-report
24	Sri Lanka to receive USD 2 million from WHO	http://www.adaderana.lk/news/82656/sri-lanka-to-receive-usd-2-million-from-who
25	Prime Minister sworn in as Finance Minister	https://www.dailymirror.lk/breaking_news/Prime-Minister-sworn-in-as-Finance-Minister/108-237696
27	Army Commander replaced, Committee to probe military lapses	https://www.themorning.lk/army-commander-replaced-committee-to-probe-military-lapses/



Buddhist Vihara of Queensland

Vesak Day Celebrations 2022

❧ Sri Lankan Experience

Dear Friends,

Vesak commemorates the birth, enlightenment, and passing away of the Lord Buddha, and as such, it is highly significant for all Buddhists.

We warmly invite you to join this year's Vesak Celebration, which will be organised by the Buddhist Vihara (Temple) of QLD Inc. and proudly sponsored by the Brisbane City Council, on 4 June 2022.

Date: Saturday 4th June 2022

Venue: Acacia Ridge State School, Nyngam Street, Acacia Ridge

Time: 5:00pm onwards

Program Highlights: Vesak Procession, Display of Lanterns, and performances of traditional Sri Lankan singing and dancing.

Food stall will also be held on the day to raise funds for the temple activities

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Contact us for further details: 07 3818 8806

Organised by
Rev. Sitinamaluwe Sugathasara Thero
and Committee Members



The Institution of Engineers
Sri Lanka Queensland Chapter Inc.
Presents a Field Visit to
Stapylton Landfill, Yatala



Date: Saturday, 11 June 2022
Time: 10.00 am (Duration approximately 2.0 hours)
Venue: 168 Rossmanns Road, Stapylton

The programme for this field trip is as follows:

- 10.00 am -10.30 am : Presentation on Landfill Basics (Construction, Operation and Remediation)
 - 10.30 am -11.30 am : Landfill Guided Tour
 - 11.30 am – 12:00 noon : Wrap up and Q&A session
- The Chapter will provide light refreshments for attendees.

Dr. Subash Hathurusinghe from Strategy and Innovation - Water Waste and Energy group and Richard Morgan Executive Coordinator Landfill Management of the City of Gold Coast will be hosting and coordinating the event.

Transport: You are welcome to drive to the site and plenty of parking is available. The Chapter has organised a car-pooling service for Brisbane participants who need transport. Please contact [Chanaka Abeysinghe 0429129873](mailto:Chanaka.Abeysinghe@ieqlqld.com.au) to arrange your transport needs. You need to be on site no later than 9:45 am on the day.

Please click the link to register <https://ieqlqld-cpd14.eventbrite.com.au> or Chanaka Abeysinghe - 0429129873 for details.

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.

You are prayerfully invited to
The Annual Feast of Our Lady of Madhu

Saturday, July 23 2022
Holy Mass at 11:00am
Marian Valley Shrine of Our Lady
2541 Beechmont Road,
Witheren QLD 4275.

A special bus service to Marian Valley would be favourably considered subject to sufficient bookings. The likely pickup points would be Redcliffe – Garden City – Logan Hyperdome.

Please contact following for further information:
Isidore Storey – ihstorey@gmail.com or 0435 570 047
Pushpa Jayasekera – jayasekera05@gmail.com or 0418 101 083
Niroshan de S Wijeyeratne – nirowije@hotmail.com or 0400 187 146

If you are interested in making a donation for the maintenance of the shrine, please make your donation to:
Madhu Church Maintenance Account - BSB: 034-093 Account Number: 821662

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Nipuna Fonseka
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Or write to us at
hello@oaaq.org

Sri Lankan Events - Brisbane and SE Qld

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

June 2022

4	Vesak Celebration at Acacia Ridge State School	Goodna Temple
11	Poson Festival: Mihindu Sangamitta Perahera and Mihinthala Display	Forest Lake Temple
11	Poson Pinkama at Goodna Temple	Goodna Temple
11	CPD Event: Field Visit to Strapylton Landfil, Yatala	IESL Qld Chapter
19	Annual General Meeting	Old Anandians' Association of Qld.
25	Poson Dansala	Goodna Temple
29	Bus Trip to Eumundi and Yandina Ginger Factory	Silver Fawn Club

July 2022

09	Vas Aradana	Goodna Temple
09	Vas Invitation Ceremony	Forest Lake Temple
16	Fund Raising Event	Goodna Temple
17	Blood Donation Campaign	Old Anandians' Association of Qld.
23	Vas Aradhana	Gold Coast Buddhist Centre
23	Madhu Festival at Marian Valley	Qld Catholics
31	Christmas in July	Silver Fawn Club

August 2022

13	IESL Qld Chapter - Social Night	IESL Qld
14	Family Fun Day	Silver Fawn Club
27	Annual General Meeting	Goodna Temple

September 2022

03	Stitching of Katina Chevara	Goodna Temple
03	Gala Anniversary Night of Nights	Silver Fawn Club
11	Sri Lanka Day 2022	FSOQ
	Bus Trip to Toowoomba Carnival of Flowers	Silver Fawn Club
24	Annesley Malawana with Indrani Perera	Aradhana Entertainment

October 2022

1	Saralanga	Sinhala Assn of Qld
8	Bollywood Extravaganza	Silver Fawn Club
08, 09	Annual Katina Ceremony & Dana	Forest Lake Temple
15	Blood Donation Campaign	Old Anandians' Association of Qld.
15	Jayasri and Aroh	Private

Continued

October 2022

21,22	Pirith Chanting & Katina Pinkama	Gold Coast Buddhist Centre
22,23	Katina ceremony - Pirith Chanting & Dana	Goodna Temple

November 2022

12	Hantane Nite	University of Peradeniya Alumni
12	Thesatta Nana Puja	Goodna Temple
	Barefoot Bowls	Silver Fawn Club

December 2022

10	Sangamitta Day	Forest Lake Temple
10	Christmas Function	Silver Fawn Club
31	New Year's Eve Dance	Silver Fawn Club

February 2023

12	Valentine's Day Have-A-Chat Lunch	Silver Fawn Club
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March 2023

11	Annual General Meeting	Silver Fawn Club
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Radio 4EB - Sri Lankan Program Schedule

Arunella - Sunday 9.00am - 10.00am FM 98.1

Date	Producer/Panel Operator
05 Jun	Ananda and Nayana Samaratinga/ Ananda Samaratinga
12 Jun	Darshika Kogalahewa/ Janaka Weerasinghe
19 Jun	Nawroos Naem/ Samanmal Gunaratne
26 Jun	Kanthi Wijesoma / Kasun Karunaratne
03 Jul	Lalith Keerthirathna/ Sameera Samarasinghe

Sandella - Wednesday 9.00pm - 10.00pm FM 98.1

Date	Producer/Panel Operator
01 Jun	"Yovun Sandella" - Shyam, Pulith, Shamma, Chathurika, Darshika, Ravihansa & Janaka Dasanayake / Janaka Dasanayake, Samanmal Gunaratne
08 Jun	Ravihansa and Guest/ Sameera Samarasinghe
15 Jun	Prema Weerawardena/ Niraj Kariyawasam
22 Jun	Sameera Samarasinghe and Guest / Sameera Samarasinghe
29 Jun	Nimal Wijesiri and Kumarasinghe Dissanayake/ Sandun de Silva
06 Jul	"Yovun Sandella" - Shyam, Pulith, Shamma, Chathurika, Darshika, Ravihansa, Mithila & Janaka / Darshika & Samanmal

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