



International Literacy Day 2022

This year's International Literacy Day will be celebrated worldwide on Thursday, 8th of September, under the theme Transforming Literacy Learning Spaces, with the intention of bringing the ownership of the challenges of literacy back home to the local community.



So why has the UNESCO devoted a specific day to recognize literacy since 1967? Traditionally, literacy has meant the ability to read and write. Miriam Webster Dictionary defines it as the 'quality or state of being literate; educated...able to read and write'. But these days, this meaning has been expanded to include the knowledge and skills people need to listen to, read, view, speak, write and create oral, print, visual and digital texts for different purposes in a range of contexts. It now includes the skills and abilities to access, understand, analyse, evaluate information, make meaning, express thoughts and emotions, present ideas and opinions, interact with others and participate effectively in the world around them.

In the 21st century, literacy is a fundamental human right. Yet, according to the UNESCO there are 781 million illiterate adults (over the age of 15) around the world. Over 63% of these adults, are women. There is increasing research evidence to show that literacy learning should not stop at school but should continue throughout a person's life enabling life-long learning and better social and economic outcomes. Literacy is a vital tool for breaking the cycle of poverty and for delivering improved outcomes in health, employment, economy, gender equality, self-esteem and overall quality of life. It is a vital tool for effective participation in democracy and promotion of peace. This year's theme of transforming literacy learning spaces aims to raise the awareness of community learning spaces that are needed to encourage life-long learning in all members of our local community.

According to OECD, 40-50% of adults in Australia have literacy skills below the international standard required for participation in work, education and society. Having a low level of literacy is not the same as being illiterate which is the inability to read or write. A low level of literacy is more complex and relates to people's difficulties in reading, writing and understanding a range of information and texts that allows them to participate fully in society. In Australia, people from migrant and aboriginal communities, people with learning difficulties, people who have experienced frequent school changes or absences from school due to economic or social reasons are particularly vulnerable to having low literacy skills, thereby entrenching the cycle of poverty in particular sections of our community. The International Literacy Day aims to raise our awareness of gaps within our local community which we can all help to address.

Dr Shan Haines, M.Ed (Literacy), Doctor of Education

Australian Citizenship Day



Australian Citizenship Day is celebrated each year on 17 September. Managed by the Australian Department of Home Affairs, Australian Citizenship Day is an opportunity for all Australian citizens, whether by birth or by choice, to reflect on the meaning and importance of their citizenship. The day is used as an opportunity to think about what unites all Australians, to take pride in Australia's democratic values and to celebrate the role citizens play in shaping the nation.

The 17th of September was chosen as Australian Citizenship Day as it is the anniversary of the renaming, in 1973, of the Nationality and Citizenship Act 1948 to the Australian Citizenship Act 1948.

Courtesy: <https://en.wikipedia.org/>



Inside this issue:	
Travis Sinniah Honoured, Farewell to Nawroos Naem	2
Children's Corner, App of the Month, AGM: Old Joes,	3
Book Review: A Life on Our Planet, Annual Meeting Sri Lankan Group of Radio 4EB	4
The Afghans of Sri Lanka	5
ජන සවිසකි අරගලේ, Stories Behind Names of Places in Sri Lanka	6
රස කතා	7
Ten Ss to Keep the Doctor Away, ICC Men's T20 World Cup, Cricket Asia Cup 2022	8
Colombo Medical School Alumni Association, SBS සිංහල ගුවන් විදුලියේ විනිවිද ජනතා මත විමසුම, Veteran Cinematographer Donald Karunaratne Passes Away	9
Monthly News Digest: August 2022	10
Qld Event Flyers	11-15
Brisbane/SE Qld Events Calendar, Program Schedule	16

Travis Sinniah Honoured by National Defense University

On August 9, the National Defense University in Washington DC welcomed three new CISA alumni to the International Fellows Hall of Fame in a ceremony held in Sydney, Australia during NDU's 16th Alumni Continuing Education Security Seminar, the statement issued by College of International Security Affairs of National Defense University (NDU).



During the event, Admiral (Ret) Travis Sinniah has been recognized for his service as Commander of the Sri Lankan Navy. He is the first Sri Lankan to be inducted.

Admiral Travis Sinniah, WWV, RWP, RSP, USP, ndu, psc was a Sri Lankan admiral and the 21st Commander of the Sri Lanka Navy. He has served as the Commander of Sri Lanka's Eastern

Naval Area and as Flag Officer Commanding the Naval Fleet. He was the second Tamil to be appointed the commander of the Sri Lankan Navy after Rajan Kadiragamar in the 1960s.

Admiral Sinniah was the senior-most naval officer to be in active combat operations at sea during the war. He was awarded the highest combat medal (granted to a living officer) for exceptional valour and gallantry, the Weera Wickrama Vibhushanaya (WWV), and recommended for field promotion to the rank of Rear Admiral on account of his exceptional contribution to the war effort.

Daehaena congratulates Admiral (Rtd) Sinniah on his very significant achievement.

Courtesy: <http://slguardian.org/travis-sinniah-first-sri-lankan-to-be-honoured-by-ndu/>

Radio 4EB Sri Lankan Group Bids Farewell to Nawroos Naeem

On Sunday, 21 August, the Radio 4EB Sri Lankan Group bid farewell to Nawroos Naeem and wished him good luck in his future endeavours.

He leaves for a senior role in Finance with a New Zealand organisation.



An accomplished broadcaster, master of ceremonies and an administrator, Nawroos served the group as the Treasurer and Convenor and also served Radio 4EB as a Board Member.

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Children's Corner

Land of Stories - The Wishing Spell (Book One) by Chris Colfer

Alex and Conner Bailey are twins who accidentally fall into a portal that leads them into a fairy tale world. However, in the Land of Stories they are chased by a menacing wolf pack and evil trolls. Alex and Conner want to go home, but how? Their new friend Froggy gives them an old book. Now they must collect several key items, such as a fairy's tear, a spindle, a troll crown and more, in order to break the Wishing Spell which will help the twins travel back home. During the process they meet fairy tale characters. For example, Goldilocks is on the run, Cinderella is expecting a baby and Queen Red Riding Hood wants to marry Jack (of beanstalk fame). As they try to fight off trolls and beat a ferocious wolf in a battle, will the twins ever be able to go home to see their mother?



I like this book because it is very exciting and full of mystery and wonder. There are many epic fairy tale twists and reimagining of well-known fairy tale characters. Alex and Conner are very brave, adventurous and determined characters which made this book very interesting to read. This book is part of a series of six books. Start your adventure now!

Saranya Britton

Saranya, aged 9 is a student at Bardon State School

App of the month

EasyVisit



The EasyVisit App enables patients to manage their medical appointments from their smartphones. It connects Australians to thousands of healthcare practitioners around the country.

EasyVisit is the online booking platform for:

- Practices within IPN Medical Centres
- Australian Skin Cancer Clinics
- Medical centres within Sonic HealthPlus

Patients can use the app to:

- Book, reschedule or cancel a GP appointment

Old Josephian's Club of Queensland Inc. Annual General Meeting 2022

Date Sunday, 25 September 2022
 Time 4.00 pm
 Venue Wynnum Municipal Hall
 Cnr Bay Terrace & Cedar Street, Wynnum

Light Refreshments will be served after the meeting. Catering by Sumudu. Please inform us of your attendance for catering purposes.

RSVP

Niroshan de S Wijeratne 0400 187 146 or nirowije@hotmail.com by Sunday 18 September.

SRI LANKAN STYLE

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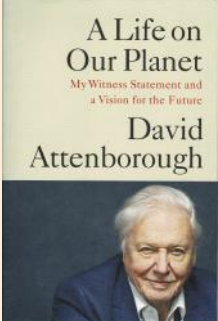
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BOOK REVIEW: A Life on Our Planet – My Witness Statement by David Attenborough

To anyone interested in nature and conservation, David Attenborough needs no introduction. Sir David Attenborough is Britain's, if not the world's, best known natural history documentary maker. Having joined BBC as a trainee producer in 1952, he rose to become the Controller of BBC2 during which time he introduced colour television to Britain and then to be the Director of Programmes for BBC Television. Then in 1973, he abandoned administration to be documentary making and writing. The rest is history.



His witness statement covers the period 1937 when he was 11 years old to 2020 when he was 94 when this book was written. During this period, the world population grew from 2.3 billion to 7.8 billion and the remaining wilderness declined from 66 per cent to 35 per cent.

The book explains the development of life on earth, slow and steady for the most part, interrupted by five mass extinctions. Each time the nature collapsed leaving only a few survivors to start the process again. The last time it happened was 66 million years ago changing the course of natural history, wiping out three-quarters of all species including the 175-million-year reign of the dinosaurs. For 66 million years since then, nature has been at work reconstructing the living world, creating and refining a diversity of species. One of those species is humanity.

Since the retrieval of the glaciers, past 10,000 years or so known as Holocene has been one of the most stable periods of the planet. This stability led to the rhythm of the seasons and humans made use of these to start farming. Farming transformed the relationship between humans and nature.

Identifying the use of fossil fuels as the greatest challenge the author identifies vested interests as the most formidable challenge with six of the ten major companies in the world being oil and gas companies. The quest for perpetual growth and measurement of development using crude measures such as GDP leading to the rapid decline in the balance with nature

Right now, per UN's earth overshoot day, humans consume 1.7 times the amount of resources that the planet can produce. If this trend continues the planet will come to an irreversible tipping point.

In the section "Vision for the Future", the book discusses the measures for a sustainable economy as three "P"s – profit, people and planet. The hope is that a "sustainability revolution" will bring products and services that reduce the impact on the planet just the way, industrial revolution and digital revolution brought prosperity.

The book concludes that Anthropocene (the geological period in which the human activity has been the dominant influence on climate and the environment) which some say started in 1950s, could be a uniquely brief period, one that ends the human civilisation unless the human species come together to save the planet and indeed themselves.

Wimal Kannangara

Sri Lankan Group of Radio 4EB Annual Meeting 2022

Date Sunday, 18 September 2022
Time 10.00 am
Venue 140, Main Street, Kangaroo Point, QLD 4169

Refreshments and lunch will be served after the meeting.
RSVP: Samanmal Gunaratne 0439 226 445



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- Our team consists of well-qualified and trained professionals who have over 12 years' experience supporting people with Physical and mental impairments, MS, MND, Speech impairment, Brain injury, Autism, Quadriplegic and all support needs.
- We provide Support Workers for transportation in daily community activities. (SIL)
- We offer high-quality in-home nursing care service, ranging from four-hour visits to overnight home care.
- Our experienced disability Support Workers encourage participants to engage in social or recreational activities with full enthusiasm.
- We provide our services to NDIS plan-managed and self-managed participants 24/7.

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

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Dinesh 0400894252



The Afghans of Sri Lanka

Sri Lanka and Afghanistan share a deep history and connection through a little known ethnic group called the Ceylonese Afghans.

The Ceylonese Afghans trace their ancestry to the regions of modern day Afghanistan and Central Asia. The community is part of the larger Pashtun ethnic group making up a significant population in modern day Pakistan and Afghanistan. Also known as Pathans, the Ceylonese Afghans were recorded in Ceylon's first census in British Ceylon. Known as Kabul Manushiyan and Afghan Manushiyan in Ceylonese and Moor Tamil, Afghan Karayo in Sinhalese, Orang Bengali in Sri Lankan Malay indicates that their presence was known to all communities.

Ceylon Afghans arrived as horse breeders and keepers, labourers, elephant keepers, and mercenaries from as early as the 1st century. However, they continued to immigrate to Ceylon throughout its history.



As Sunni Muslims, Ceylonese Afghans have contributed to the erection of mosques including the iconic Red Mosque on Castle Hill Street in Colombo. A little known fact is that many of Sri Lanka's railroads were also constructed using Ceylonese Afghan labour. Transport across old Ceylon was a domain within which

they featured prominently as coachmen connecting various communities.

Afghans also played an important role in Australia with many significant communities being established through the skilful camel caravans of Afghan Cameleers. One such Cameleer and national Australian icon is Gool Mahomet, a fascinating character who worked in Central Australia and established the Adelaide Mosque. Gool Mahomet began his career as a cameleer in Ceylon before migrating to Australia in the late 18th century. Gool Mahomet's story is reflective of the modern story of many migrants. Our ancestors converged from around the world onto the paradisiacal islands of Ceylon, before lamentably leaving once more to seek security in another country.

Severely affected by post-independence nationalism, many Ceylonese Afghans were deported from Ceylon as they were deemed non-citizens despite living on the islands for centuries. The Citizenship and Repatriation Act deemed individuals unable to prove their father's birth in Ceylon or their status as third generation descendants to be ineligible for citizenship. At a time during which birth registration was uncommon, this led to the mass deportation of Afghans along with many other communities from Sri Lanka.

Ceylonese Afghans continue to contribute in the present. A prominent Ceylonese Afghan is Kareem Zameer, a medical and political historian and presenter of "Lost and Forgotten". Kareem has been significantly involved in documenting the history and diversity of ethnic groups in Sri Lanka and has authored several books on the subject including "Afghans of Sri Lanka, an Untold Story".

Let's end with a beautiful quote from Kareem Zameer himself: *"Nevertheless, we haven't forgotten our roots; we still love our Kabuli Palao, kebabs, mantus, yoghurt, almonds, dried fruits, nuts, Bonjan, Masteh, etc. and our Pashto mores have survived to this day. Just like our Afghan brethren, we too believe in sainthood and Sufism. Despite the checkered history, I am very proud of my Afghan, Indian and Malay roots, but I am through and through Sri Lankan"*.



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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- Entrance fees at the above-mentioned sites
- Services of Professional English-speaking Guide
- 04 UNESCO world heritage sites
- Portage fees
- Government Taxes

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- Galway Heights, Nuwara Eliya (4*)
- Cinnamon Wild, Yala (5*)
- Cinnamon Bay, Beruwela (5*)
- Cinnamon Lakeside, Colombo (5*)

Tour Itinerary

- 01 ARRIVAL
- 02 NEGOMBO CITY TOUR
COOKERY DEMONSTRATION
- 03 HABARANA | DAMBULLA CAVE TEMPLE
- 04 POLONNARUWA | MINNERIYA
- 05 SIGIRIYA | HIRIWADUNA
- 06 KANDY
- 07 TEMPLE OF THE SACRED TOOTH RELIC
- 08 NUWARA ELIYA
- 09 HIGH TEA AT GRAND HOTEL
- 10 11 YALA
- 12 DOWN SOUTH
- 13 COLOMBO
- 14 DEPARTURE

AUD 1995
Price per person sharing
Double/Twin room

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Stories Behind Names of Places in Sri Lanka: NEBODA

Neboda is a growing village in the Western Province between Horana and Kalutara.

The story behind this village is surprisingly not connected to a King or a ruler but to an incident linked to Ayurveda medicine.

People lived healthy lives and only the native medication system known as Ayurveda prevailed in the country. There lived a village chief closer to the area where we now call Neboda. He was suffering from gastritis and the native doctor, the vedamahaththaya, prescribed him to drink “Kithul piti kenda” every morning.



Kithul is a common palm tree in Sri Lanka and its flower is tapped to make toddy and treacle for making of sweets. The Kithul timber is extremely strong and lasts for generations. Making Kithul piti (Kithul flour) was a hard job and time consuming.

The Kithul tree has to be cut down and fallen tree is opened and split into two longitudinally. The flour is made from the soft centre material which is called the “Kithul Boda”. This softer material is chopped, pounded, mixed with water and poured into cloth buckets and hung overnight to drain the water. What is left in the cloth buckets is dried in the sun for days. That powder is called “Kithul piti”.

The villagers went to the jungle and selected the best tree visible and fell it. When they split the trunk of the tree it was a surprise. There was no “KITHUL BODA” and the middle was empty. Everyone said “නෑ බොඩ”. So with this incident people called this village “NEBODA”.

Dr. Nimal Sedera

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



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වේදිකාව, 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, රුචිකත්වයක් 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, දුක්පුදු කතා බහත් තියෙනවා. කතාවේ මුණ ගැහෙන, ඒ කාටවත් උපහාසයක්, අපහාසයක් නොවන විධියට, අපි ලියමු.



පතා පුත්‍ර කුහුඹු පැණියා

අසූව දශකයේ ශ්‍රී ලංකාවේ රූපවාහිනී නාලිකාවේ ප්‍රචාරය වූ 'සනීදා ආයුබෝවන්' වැඩ සටහනේ ඇතිවූ එක් රසවත් කතාබහකි මේ. වැඩ සටහන ඉදිරිපත් කළේ, එවකට ලංකාවේ සිටි විශිෂ්ඨතම මාධ්‍යවේදියෙකු වූ ජේමකීර්ති අල්විස්. ජේමි කවදන් තම වැඩ සටහනට, යම් නවතාවයක්, විප්ලවකාරී අලුත් යමක් ඉදිරිපත් කළ, ක්ෂේත්‍රයේ පෙරලිකරුවෙක්. එදා මැදිරියේ තවත් නවක වැඩ සටහන් ඉදිරිපත් කරන්නෙක්ද වූ අතර ඔහු නමින් ජැක්සන් ඇන්තනී විය. වැඩ සටහන තුළ, ජේමි තම නිර්මාණශීලී කවි බසින් ජැක්සන් ඇන්තනීව හඳුන්වා දෙනු ලැබුවේ 'පතා පුත්‍ර කුහුඹු පැණියා' යන අන්වර්ථ නාමය යොදා ගනිමිනි. ජේමි විසින් අරුත් ගැන්වූ පරිදි ඒ ඔහුගේ නමෙහි සිංහල අනුවර්තනයයි. ඉංග්‍රීසියෙන් jack යනු කොස්වලට නමකි. 'පතා' යනුද කොස්වලට තවත් සිංහල නමකි. son යනු පුත්‍රයාය. ant යනු කුහුඹුවා වන අතර honey යනු පැණි යන අරුතය.



චිත්‍ර ශිල්පය, රංගනය, ලේඛනය, භාෂණය, දේශනය, සන්නිවේදනය ආදී විවිධ ඉසව්වන් මත, තම සහජ කුසලතාවය වගේම දැන උගත් හැකියාව තුළින්, ගෙවී ගිය දශක කිහිපයක් පුරාවටම අප ශ්‍රී ලංකේය කලා ක්ෂේත්‍රය උන්නතියට අනුපමේය සේවයක්, දායකත්වයක් ලබා දෙන, ඒ අසමසම කලාකරු ජැක්සන් ඇන්තනී නොහොත් 'පතා පුත්‍ර කුහුඹු පැණියා' ඇගයුමට, ඒ වගේම, මේ වනවිට හදිසි අනතුරකින් රෝහල් ගතව සිටින ඔහුට, ඉක්මන් නිරෝගී සුවය පැතුම් ගෙනෙන්නටයි අද රස කතා කොලට් වෙන්වෙන්නේ.

“...ලොකු වුණාම චිත්‍ර ශිල්පියෙක් වෙන්න තමයි මගේ මුල්ම බලාපොරොත්තුව වුණේ...මගේ අත පින්සලට හුරුවෙලා තිබුණෙ හුඟක් පුවි සන්දියේ ඉදන්මයි. ඒ දවස්වල 'සුභද' පත්‍රයට මම ඇදපු 'සාතන්ගේ පුත්තු' චිත්‍ර කතාව හුඟක් ජනප්‍රිය වුණා...”

“...ඒ පිළිබඳ වැඩිදුර ඉගෙනගන්න 'හේවුඩ්' එකට ඇතුළුවෙන්න තමයි මගේ බලාපොරොත්තුව තිබුණේ, ඒ සඳහා සාමාන්‍ය පෙළ විභාගය පමණක් සමත්වීම ඒ කාලේදී සෑහුණා. කොහොමත් හරි මට 'හේවුඩ්' application එක දාන්න දින පමාවුණා...”

“...ඊට පස්සේ තමයි මම හිතා ගත්තේ, උසස් පෙළ හොඳට කරල කොහොම හරි විශ්ව විද්‍යාලයට යන්න ඕන කියලා. මගේ පාසලේ ගුරුවරු මට ගොඩක් උදව් කළා, ඒ තීරණය ගන්න...”

පාසල් කාලය පිළිබඳ, කලා ලෝකයට පිය මැනීම පිළිබඳ, ජැක්සන් තම සොදුරු මතකයන් සිහිපත් කළ මොහොතකි ඒ.

රංගනය කෙරෙහිවූ තම සහජ හැකියාව මතු කරමින් ජැක්සන් ඇන්තනී රංගධරයා කළඑළි දුටුවේ 1981 වර්ෂයේ විශ්ව විද්‍යාලීය අන්තර් පිය නාට්‍ය උළෙල තුළිනි. පසුව, ඔහු ප්‍රසිද්ධ වේදිකාවට අවතීර්ණ වූයේ, තම විශ්ව විද්‍යාලීය කණ්ඩායමේ නිර්මාණයක් වන E.M.D. උපාලිගේ 'මෙතනින් මැරුවෙනු' නාට්‍යය රංගනයෙනි. කලා ක්ෂේත්‍රයේ වගේම, රසික, රසිකාවියන් බොහෝදෙනෙක් ඔහු හැඳින්වූයේ 'ජැකා' යන කෙටි නාමයෙනි. ජැකා ඉන්පසුව, 'තාරාවෝ ඉගිලෙනි', 'මරාසාද', 'මධුර ජවනිකා', 'ලෝම හංස', 'ධවල භීෂණ', 'අත්', 'මෝරා', 'පැන්ස දෙකේ හංසයා' වැනි ජනප්‍රිය වේදිකා නාට්‍ය රැසක, ජ්‍යෙෂ්ඨකයන්ට සදා මතකයේ රැඳෙන අපූර්ව රංග කුසලතාවයන් නිරූපනය කළේය. මේ අතරින්, සුගතපාල සිල්වාගේ 'මරාසාද' වේදිකා නාට්‍යයේ ඔහු ඉදිරිපත් කළ

'මරා'ගේ වර්තය සඳහා 1986 රාජ්‍යය නාට්‍ය උළෙල හොඳම නළුවාට හිමි සම්මානය හිමිවීම, ජැකාගේ කලා ජීවිතයේ සුවිශේෂී සන්ධිස්ථානයක් විය.

අසූව දශකයේ රූපවාහිනියේ විකාශණය වූ ජනප්‍රිය 'සුසීමා' ටෙලි නාට්‍යයේ 'අසේල' ගේ වර්තය සමඟින් පුවි තිරයට පිවිසි 'ජැකා', එහිදී රංගනය වගේම ගායනය සඳහාද, විවිධ ක්ෂේත්‍රයන්ට පිහිටියාවූ තම නිසඟ හැකියාව විදහාපාමින් තාරුණයේ ජ්‍යෙෂ්ඨත ආදරය දිනා ගත්තේය. පුවි තිරය තුළ ජැකා පණ පෙවූ ටෙලි නාට්‍ය අතරින් 'සුසීමා', 'පළිඟු මැණිකේ', 'ඇල්ල ලහ වලව්ව', 'වෙද භාමිනේ', 'කවුල්ල', 'අකාල සන්ධ්‍යා', 'පිටගම්කාරයෝ' යන කතාමාලා හරහා රහ දැක්වූ වර්තයන් ඉමහත්වූ ජ්‍යෙෂ්ඨත ප්‍රසාදයට පත්වූ අතර මෙයින් 'පිටගම්කාරයෝ' රංගනය සඳහා සුමනි ටෙලි නාට්‍යය සම්මාන උළෙලේ හොඳම නළුවාට හිමි සම්මානයට පාත්‍ර විය.

1993දී පමණ සිනමා රංගනයට පිවිසියාවූ ජැකා, 'ගුරු ගෙදර', 'විත්ති', 'අයෝමා', 'ලොකු දුව', 'හව දුක', 'හව කර්ම', 'ගිනි අවි සහ ගිනි කෙළි', 'අස්වැසුම', 'අග්නිදාහය', 'සුරිය අරණ', 'මිල්ලේ සොයා' සහ 'රන්දිය දහරා' වැනි චිත්‍රපටවල දැක්වූ තම රංග ප්‍රතිභාව තුළින් ජ්‍යෙෂ්ඨත ආදරය දිනා ගත්තේය. පසුකාලීනව චිත්‍රපට අධ්‍යක්ෂණයට පිවිසි ජැකා 'ජූලියටගේ භූමිකාව', 'පාරාදිසය', 'අබා', 'ඇඬුස් නැ' චිත්‍රපටයන් ජ්‍යෙෂ්ඨකයන්ගේ වගේම විවාරක පැසසුමට ලක් විය.

රංගනය, ගායනය, නර්තනය, කථනයේ වතුර බව, සෑම කලා ක්ෂේත්‍රයකම පෙළහර පානා ජැකා, තම පියා, තම කලා දිවියේ පරමාදර්ශය වශයෙන් සැවිටෙකම ඉතා ආදරයෙන්, ආඩම්බරයෙන් සිහිපත් කරයි.

“...මගේ ජීවිතයේ වීරයා, මගේ පරමාදර්ශය තාත්තා. තාත්තා මගේ ලෙයට චිත්‍රක් නොවෙයි රංගනයටත් කෙළින්ම සම්බන්ධයි. ඔහු රාගම නේ වත්ත පාර, පරණ පල්ලියේ පාස්කු නාට්‍යවල රහපාලා තියෙන ප්‍රසිද්ධ, දක්ෂ නළුවෙක්. තාත්තගේ පරම්පරාවේ බොහොම දෙනෙක් පල්ලියේ පූජාවට, ගීතිකාවට, සංදේශයට සහභාගී වූ කට්ටිය, ඒ වගේම තාත්තා හරිම හිත හයිස, උපේක්ෂාවෙන් ජීවිතය දිනා බලන කෙනෙක්...”



“...අපේ පවුලේ කොල්ලො පස් දෙනෙක්. ඒත් ගමේ අය කීවෙ කොල්ලො 6 දෙනාගේ ගෙදර කියලයි. තාත්තත් එක කොල්ලෙක් හැටියට තමයි ගැමියන් ගණන් බලලා තිබුණේ. ඒ තරම් ක්‍රියාශීලිය...”

“...අපේ ඉඩමේ පිටුපසින් පසු කාලයක ගෙවල් මණ්ඩියක් හැදුවා. ඒ අයට යන්න පාරක් තිබුණේ නැ. දවසක් ෆිලික්ස් පෙරේරා ඇමැතිතුමා ආවා. ඒ ගෙවල් මණ්ඩියට පාරක් ගන්න කතා කරන්න. තාත්තා එකපාරටම කීවේ 'ගන්න... ගන්න...ඒ මිනිසුන්ටත් පාරක් තියෙන්න ඕනෑනෙ...' එහෙම තමයි තාත්තා කීවේ. අඩි 20 ක පාරක් අපේ ඉඩමෙන් දුන්නා. ඒ කළ උපකාරයට ඒ පාර නගර සභාවෙන් නම් කළේ 'බෙනඩික් ඇන්තනී මාවත' නමින්. තාත්තගේ නම කොන්ගනීගේ බෙනඩික් ඇන්තනී...”

ජැක්සන් ඇන්තනී ප්‍රතිභාපූර්ණ රංගධරයෙකු වගේම වීරල ශාස්ත්‍රීය ගවේෂකයෙක්, ඒ වගේම ශ්‍රී ලාංකීය සංචාරක වැඩසටහන් කලාවේ නිර්මාතෘවරයා ඔහුයි. ඔහු අන්තර්ජාලය පවා නොතිබූ කාලයේ 'ගහ දිගේ', 'රෝම පුරාණය', 'සලංහන්නේ', 'පාද යාත්‍රා', 'අවාරේ සිරිපා' වැනි පර්යේෂණාත්මක සංචාරක වැඩසටහන් මගින් ජ්‍යෙෂ්ඨකයා දැනුමෙන් වගේම නැවුම් විෂයන් කෙරේ උනන්දු කරවූවා. මේ අතරින් ජැකාගේ තවත් නිර්මාණශීලී ඉදිරිපත් කිරීමක් වන 'කළගහ දිගේ' 2020 වසරේ විශිෂ්ටතම සංචාරක වැඩසටහන ලෙස රයිගම් සම්මානයෙන් පිදුම් ලැබුවා.

ඊට සමගාමීව "මහා සිංහලේ වංශ කථාව" වැනි රූපවාහිනී වැඩ සටහන් තුළින් ශ්‍රී ලංකාවේ ඉතිහාසය ගැන අපේ දැනුම ඔපවත් කළා.

පසුගිය ජූලි මාසයේ දිනෙක "සිංහබාහු" චිත්‍රපටයේ රූගත කිරීම් අවසානයේ, තම හුරුපුරුදු, අවුරුදු විස්සකටත් අධික කාලයක් තමාව නිරූපිතව එහා මෙහා රැගෙන ගිය 'සුන්දරී' කැබ් රථය පදවාගෙන තවාතැන්පොළට එන අතරතුරේ, අනුරාධපුරයේ, තලාව ප්‍රදේශයේදී, ඉතා අවාසනාවන්ත ලෙස අනතුරකට ලක්වී, මේ දිනවල කොළඹ ජාතික රෝහලේ ප්‍රතිකාර ලබමින් සිටින ජැක්සන් ඇන්තනී ප්‍රවීණ, කෘතභක්ෂ කලාකරුවාට, තෙරුවන් සරණින්, සියලු දේව රැකවරණින් නිදුක් නිරෝගී ඉක්මන් සුවය ලැබේවා යැයි, අපි ප්‍රාර්ථනා කරමු.

සමන්මල් ගුණරත්න



මෙම සටහන, ප්‍රසිද්ධ පුවත්පත්, අන්තර්ජාලය තුළින් ලබාගත් ලිපි ඇසුරින් නිමවූ බව කරුණාවෙන් සළකන්න.

Ten Ss to Keep the Doctor Away

Everything changes and as a result ageing is inevitable.

Yet, we can slow the ageing process significantly by avoiding things that accelerate ageing.

Here are 10 things to avoid in order to slow down ageing and live longer and healthier.

1. Sleeping late or sleeping less than 6 hrs at night. Sleeping more than 9 hours is also detrimental because of lack of physical activity, lethargy, inadequate nutrition and hydration, lack of vitamin D etc.
2. Sunshine- Sunshine is essential for health. The natural source of vitamin D is sunshine. But more than 15 to 20 minutes exposure to sun at one time can harm the skin and cause wrinkles and even skin cancer with very long exposure on a daily basis.
3. Standard American Diet (SAD)- a big portion, too much carbohydrates, processed food and fried food. Very little or no vegetables. This type of diet leads to weight gain, type 2 diabetes, high cholesterol, and other metabolic and hormonal imbalances. Reduced thyroid and sex hormones are such examples.
4. Sugar- Sugar is the culprit responsible for a number of chronic diseases such as obesity, heart disease, diabetes, metabolic disorders and some types of cancers. Starchy food such as white bread, white polished rice, pasta, noodles, pizza, cakes and sweets get converted to sugar and therefore understanding the food types is very important to avoid these diseases .
5. Smoking- It ages you faster and kills you slowly. Smoking damages the inner lining of airways and causes airway obstruction. It can also cause lung cancer. Narrowing of blood vessels is another smoking related disease and reduces blood supply to the heart leading to heart attack. Reduction of blood supply to legs limits physical activity due to pain.

6. Spirits and wine -all types of alcoholic drinks increase body weight, reduce cognitive functions, increase the chance of having gallstones and kidney stones They also cause liver disease. Safe dose of alcohol recommended by the National Institute of Clinical Excellence in the UK is zero. The Australian guidelines to reduce harm from alcohol issued by the National Health and Medical Research Council (NHMRC) states that healthy men and women should drink no more than 10 standard drinks a week or 4 standard drinks on any one day. This is only for healthy adults and not for everyone. One standard drink is any type of alcohol that contains 10grams of pure alcohol. The less you drink the lower your risk of harm from alcohol.


7. Substance abuse- addiction to substances masks root causes of stress and they harm the organs in the body.
8. Sedentary lifestyle and sitting- more hours of sitting than standing and walking increases weight gain and reduces oxygenation to tissues.
9. Stress- Imbalanced and disorganised life is chaotic and leads to stress. Stress management is about paying attention inwards to watch how we live life moment by moment objectively. This is the most valuable life skill one can master in order to live a stress free life.
10. Self centred or self orientation- when we think and do things only concerning ourselves, we have more worries, anxiety, depression than when we let go of self centred attitude and cultivate universal benevolence. This way of living fills us with joy without needing external things to make us happy and healthy and we can live a more fulfilled life with connections with others, nature and the planet we live in.

Dr. Sepalika Jayamaha, MBBS, DA, FFARCS(i), MBA, FANZCA, DipIBLM, FASLM

Consultant Anaesthetist, Lifestyle Medicine Physician and Life Coach, Authentic-Life Health Assessment and Stress Management.



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Further Details at
<https://www.t20worldcup.com/fixtures>

SUNDAY 16 OCTOBER 3:00PM	 SL	 NAM	Sri Lanka v Namibia Kardinia Park, Geelong
TUESDAY 18 OCTOBER 7:00PM	 SL	 UAE	Sri Lanka v United Arab Emirates Kardinia Park, Geelong
THURSDAY 20 OCTOBER 3:00PM	 SL	 NED	Sri Lanka v Netherlands Kardinia Park, Geelong
SATURDAY 22 OCTOBER 6:00PM	 NZ	 AUS	New Zealand v Australia SCG, Sydney
TUESDAY 25 OCTOBER 7:00PM	 AUS	 GA1	Australia v Group A Winner Perth Stadium, Perth
FRIDAY 28 OCTOBER 7:00PM	 ENG	 AUS	England v Australia MCG, Melbourne
MONDAY 31 OCTOBER 6:00PM	 AUS	 GB2	Australia v Group B Runner-up The Gabba, Brisbane

Asia Cup The Asia Cup 2022 tournament is underway in the United Arab Emirates with matches being held in Dubai and Sharjah.

The six-team tournament comprising India, Pakistan, Hong Kong, Sri Lanka, Bangladesh and Afghanistan is currently in the group stage phase. Current standings in Group B below.

Pos	Team	VTE	Pld	W	L	T	NR	Pts	NRR
1	 Afghanistan		2	2	0	0	0	4	2.467
2	 Bangladesh		1	0	1	0	0	0	-0.731
3	 Sri Lanka		1	0	1	0	0	0	-5.176

Colombo Medical School Alumni Association – Australia (CoMSAA Australia)

After a long hiatus, a group of interested alumni from the Colombo medical faculty recently formed CoMSAA Australia in consultation with the parent body in Colombo. It has been registered as an incorporated body in Australia and held its initial AGM on the 6th of March 2022.



The primary objective of the group is to be a forum for the large number of medical undergraduates from Colombo scattered across Australia.

The organization is planning its inaugural fellowship dinner on the Saturday 26th of November and hope to include our New Zealand brethren in future. We envisage there are at least 400 alumni residing across Aust/NZ and hope to attract as many as possible to join us. In addition to the fellowship events such as dinner/ cricket matches, we plan to help the Colombo medical faculty by way of providing educational support and scholarships to underprivileged undergraduates.

Anyone interested in joining can contact us via email – comsaaaustralia@gmail.com

Dr. Mahi Ranasinghe

SBS සිංහල ඉවත් වීදුලියේ විනිවිද ජනතා මත විමසුම

ඔස්ට්‍රේලියාවේ අනාගතයට දායක විය හැකි අයුරු ගැන ලාංකික ඔස්ට්‍රේලියානුවන් කියූ දෑ:

මෙවර වැඩ සටහනට අදහස් දැක්වීමට එක්වූයේ:

- බටහිර ඔස්ට්‍රේලියා ප්‍රාන්තයේ දයානාන් මල්ලව
- ඔස්ට්‍රේලියානු කැපිටල් ටෙරිටරියේ ඇන් සුවාරිස්
- ක්වින්ස්ලන්ත ප්‍රාන්තයේ තිසර ශ්‍රීමාල්
- නිව් සවුත් වෙස්ට් ප්‍රාන්තයේ ඉශාකා ඉලන්ගතිලක
- වික්ටෝරියා ප්‍රාන්තයේ ආචාර්ය කින්සිරි දසනායක



<https://www.sbs.com.au/language/sinhala/si/podcast-episode/sbs-sinhala-vinivida-on-australias-upcoming-changes-and-how-to-contribute-to-australias-future/e41ydkkib>

Veteran Cinematographer Donald Karunaratne Passes Away

Veteran Sri Lankan cinematographer Donald Karunaratne has passed away at the age of 77 in Los Angeles, United States.



Karunaratne’s legendary contribution to the development of Sinhala cinema from the heady days of the early 60s includes classics like Ahas Gawwa (1974), Ahasin Polawata (1978), Karumakkarayo (1980), Ganga Adara (1980), Kaliyugaya (1981), Dadayama (1983), Sagara Jalaya Madi Handuwa (1988), Golumuhude Kunatuwak (1991), Pon Mani (1993) (Tamil), Sakkarang (2016) to his 2017’s Vaishnawi

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

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- bloating, heartburn, weight gain
- low energy, chronic pain
- craving for food, smoking, alcohol?

These are signs of imbalance in lifestyle leading to serious illnesses such as heart disease, high blood pressure, diabetes, cancer etc.

But these illnesses are preventable and reversible by taking early action and not by taking medications.

So many people unnecessarily die early of preventable diseases.

Therefore, I invite you to schedule a FREE call to discover the root cause of imbalance and learn how to restore balance before it becomes too late to repair and regain normal health.

Take action now, to prevent and reverse serious illnesses without depending on medications for the rest of your life.

Give yourself a chance to live a long, healthy and high quality life with freedom and fulfilment.

I am looking forward to hearing from you.

Sepalika



Dr. Sepalika Jayamaha

Specialist in Anaesthesia & Pain Management

Lifestyle Medicine Physician

Life Coach

Mindfulness Trainer

Phone: 0488113435
email: authenticlife@drsophie.com

Monthly News Digest: August 2022

01	Sri Lankan Identification Number (SLIN) for newborn babies from today	https://www.ft.lk/ft_tv/Sri-Lankan-Identification-Number-SLIN-for-newborn-babies-from-today/10520-738159
04	Sri Lanka's Yupun Abeykoon wins 100m bronze at CWG 2022	http://www.adaderana.lk/news/84081/sri-lankas-yupun-abeykoon-wins-100m-bronze-at-cwg-2022
04	Silver for Sri Lanka in Men's Para Discus	https://www.dailymirror.lk/breaking_news/Silver-for-Sri-Lanka-in-Mens-Para-Discus/108-242393
04	Protesters remove tents in Galle Face	https://www.dailymirror.lk/caption_story/Protesters-remove-tents-in-Galle-Face/110-242429
05	Sri Lanka win bronze in Wrestling	https://www.dailymirror.lk/headline/Sri-Lanka-win-bronze-in-Wrestling/419-242490
06	Kanchana outlines eight key reasons for losses at CPC	https://www.ft.lk/front-page/Kanchana-outlines-eight-key-reasons-for-losses-at-CPC/44-738370
07	32 Sri Lankans leaving for overseas jobs every hour	https://www.sundaytimes.lk/220807/news/32-sri-lankans-leaving-for-overseas-jobs-every-hour-491069.html
08	22-member committee to advise Harin on tourism	https://www.ft.lk/front-page/22-member-committee-to-advise-Harin-on-tourism/44-738438
08	LIOC to open 50 fuel stations in Sri Lanka to help alleviate crisis	http://www.adaderana.lk/news/84182/lioc-to-open-50-fuel-stations-in-sri-lanka-to-help-alleviate-crisis
08	Eight-member committee to restructure CEB	https://www.ft.lk/front-page/Eight-member-committee-to-restructure-CEB/44-738439
10	Arjuna Ranatunga appointed chairman of National Sports Council	http://www.adaderana.lk/news/84221/arjuna-ranatunga-appointed-chairman-of-national-sports-council
11	Thailand Premier confirms Gotabaya will stay on temporarily	https://www.ft.lk/front-page/Thailand-Premier-confirms-Gotabaya-will-stay-on-temporarily/44-738528
11	Australian cricketers donate tour prize money to Sri Lanka	http://www.adaderana.lk/news/84242/australian-cricketers-donate-tour-prize-money-to-sri-lanka
12	Former Sri Lanka leader arrives in Bangkok for temporary stay	https://www.ft.lk/front-page/Gotabaya-lands-in-Thailand-for-temporary-stay/44-738608
12	Protesters completely vacate Galle Face protest site	https://www.dailymirror.lk/breaking_news/Protesters-completely-vacate-Galle-Face-protest-site/108-242938
13	Kandy Esala Perahera concludes successfully	https://www.ft.lk/news/Kandy-Esala-Perahera-concludes-successfully/56-738630
14	Sri Lanka lifts ban on six Tamil diaspora organisations	http://www.adaderana.lk/news/84292/sri-lanka-lifts-ban-on-six-tamil-diaspora-organisations
16	Committee to approve new appointments, changes to heads of govt institutions	http://www.adaderana.lk/news/84331/committee-to-approve-new-appointments-changes-to-heads-of-govt-institutions
23	July inflation soars to 66.7%; food inflation tops 82%	https://www.ft.lk/front-page/July-inflation-soars-to-66-7-food-inflation-tops-82/44-739008
23	After introducing QR, fuel consumption falls closer to 3mn liters	https://www.dailymirror.lk/breaking_news/After-introducing-QR-fuel-consumption-falls-closer-to-3mn-liters-Minister/108-243569
23	Sri Lanka suspends import of over 300 items	http://www.adaderana.lk/news/84494/sri-lanka-suspends-import-of-over-300-items
23	Harsha appointed Chairman of Public Finance Committee	https://www.dailymirror.lk/latest_news/Harsha-appointed-Chairman-of-Public-Finance-Committee/342-243576
26	Ranjan Ramanayake released from prison	http://www.adaderana.lk/news/84556/ranjan-ramanayake-released-from-prison
26	Ranjan accepts new position as goodwill ambassador for migrant workers	http://www.adaderana.lk/news/84564/ranjan-accepts-new-position-as-goodwill-ambassador-for-migrant-workers
27	Afghanistan outclass Sri Lanka in Asia Cup	https://www.dailymirror.lk/breaking_news/Afghanistan-outclass-Sri-Lanka-in-Asia-Cup/108-243867
28	2021 A/L exam results released	http://www.adaderana.lk/news/84590/2021-al-exam-results-released
29	Govt. decides to sell 49% stake in SriLankan Catering	http://www.adaderana.lk/news/84607/govt-decides-to-sell-49-stake-in-srilankan-catering
30	Govt. approves 5-year multiple entry VISA for tourists from 35 nations with 6 months stay	https://www.dailymirror.lk/breaking_news/Govt-approves-5-year-multiple-entry-VISA-for-tourists-from-35-nations-with-6-months-stay/108-244011
30	VAT to be increased to 15%	https://www.dailymirror.lk/breaking_news/VAT-to-be-increased-to-15/108-244005
31	Ranil rolls out reforms and relief in mini-Budget	https://www.ft.lk/top-story/Ranil-rolls-out-reforms-and-relief-in-mini-Budget/26-739279

03RD SEPTEMBER
7:30PM ONWARDS

CLUB LANKANLAND AUSTRALIA

ASHANTHI RANDIR
DJ MASS
ROMAINE WILLIS
APZI
DJ NAANA

Pem Kekula

ON TOUR
BRISBANE

TICKETS OUT NOW AT
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STUDENT - \$40
(STUDENT ID NEED TO PRESENT AT THE ENTRANCE)
GENERAL - \$50

CLUB NIGHT

SENER

MORE INFO
DON : 0447 788 143
CJAY : 0410 835 982

Gala Anniversary Night of Nights

A night to remember at a fabulous venue

Figs on Sylvan
65 Sylvan Road, Toowong

7pm till Midnight
September 3rd, 2022

Non stop music by Cool Daddies and DJ Russell Lowe

Buffet Dinner
Drinks at Bar Rates

Dress: Evening Lounge or Dinner Suit

Tickets: Members \$65
Guests: \$80

Bookings and payment prior to 26th August 2022

Tickets are limited so book yours now by contacting your nearest Committee Member.

03RD SEPT **6.30 PM**

SNH SRA ENTERTAINMENT
Proudly Presents

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M A A T H R A
BRISBANE
FEATURING
Senaka Batagoda

2FORTY2

ARACIA RIDGE STATE SCHOOL AUDITORIUM
Online Tickets - Aus News Lanka ☎ 0412711694

Richmond Mahinda Old Boys Association Queensland

ANNUAL GENERAL MEETING & Family Night
03RD September
AGM 6.00 pm - 7.00 pm
Followed by get together/dinner (BYO Drinks)

Live Music

Dress code: Smart Casual

The Brisbane Finnish Hall
62 Newham Rd
Mount Gravatt East
QLD 4122

Tickets
Adults - \$40
Child/Student - \$25
Family (2Adults & 1 Child) - \$100
Family (2Adults & 2 Children) - \$110

Account details for bank transfer
Account: Richmond Mahinda OBA Queensland
BSB: 638-070
ACC: 1341 0202
Reference: Your name & Ticket type

RSVP by 27/08/22

For more info
Wasantha - 0412 095 105 **Sanjeewa - 0415 264 114**

GOLD COAST SRI LANKANS ASSOCIATION INC.

PRESIDENT'S TROPHY
ANNUAL CRICKET TOURNAMENT

SAVE THE DATE
SUNDAY 04TH SEPTEMBER 2022

CONTACT: SRI 0469 547 759 CHANDIMA 0430 565 793



MEMBERSHIP DAYS

An event for all 4EB members, subscribers and their family members

A cricket Match and a day full of Games and Fun activities for both adults and kids

9.30 am - 2.30 pm

Sunday
4 SEP 2022

Ellen Ferris Oval
28, Orford Dr Wacol QLD 4076

For further details
Samanmal Gunaratne
0439 226 445



Sri Lanka Day 2022

Multicultural Food and Cultural Festival

SUNDAY 11th SEPTEMBER 2022 **9AM TO 4PM**

ROCKS RIVERSIDE PARK, SEVENTEEN MILE ROCKS QLD 4073



Event coordination/Inquiries:
Jay Weerawardena 0422286548 - Jayantha Weerasekera, 0422368851 (Email: jweera251@gmail.com)

Food stalls administration:
Jayantha Pathikirikorale 0412438283 - Lal Mendis 0411275077

Site planning and co-ordination
Uditha Manage 0402143051 - Sidath Wijetunga 0470107509

VIP liaison: Anton Swan, OAM, Hon Consul for Sri Lanka in Qld 0438194852

Cultural program:
Ms. Gothami Meepe 0421635353 - Sepali Weerasooriya 0491670493

Finances: Nandasiri Tennekoon 0423845669

Web administration: Lawrence Heyn 0481834390

Youth activity coordination: Dharshana Munasinghe SLISA 0449047409,

"Supporting the people of Sri Lanka in difficult times"

CONTACT: Sandhya Abeysekera SLISQ 0422932366; Sarath Weerasinghe SPURQ 0402421530; Laurensz Manricks Silver Fawn Club 0408414973; Wipula Dharmasooriya, SAQ 0404810148; Sunil Gooneratne SLISAQ 0412719979; Samanmal Gunaratna Radio 4EB SL Group 0439 226 445; Kanaji Wijesekera EX Services 0417620758; Bill Deutrom, 0408749949, Kalum De Silva SLACC 0414685903,

බුද්ධිමත් මනමෙවනාව නාවනා අසනු ව මගින්

සදාකාමී වස

සිදුකෙරෙන සදාකාමී වැඩසටහන්

- 04** වන ඉරිදා **මාසික සිල නාවනා වැඩසටහන**
උදෑසන 8:00 සිට සවස 4:00 දක්වා
- 09** වන සිකුරාදා **සදාකාමී දේශණිය (මහා සතිපට්ඨාන පුතුව)**
සවස 7:00 සිට 8:30 දක්වා
- 11** වන ඉරිදා **බිහර ථෝය නිමිත්තෙන් සිදුකෙරෙන කිරපායාස පුජාව**
අළුයම 5:00 ට
- 16, 23, 30** සිකුරාදා දිනයන්හි **උතුම් ත්‍රිපිටක සජ්ඣායනාව**
සවස 7:00 සිට 9:00 දක්වා
- 25** වන ඉරිදා **තාවනිංස යාත්‍රා යොවුන් සදාකාමී හමුව**
සවස 4:00 සිට 5:00 දක්වා

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.

ජගද්‍රාපකර්තීරේව බුද්ධි පූජා

"Jagadrapakrithireva Buddha Pooja"
(Healing the world is the most divine offering)

Charity drive to deliver Essential Medicines

to the Peradeniya Teaching Hospital Sri Lanka



- Due to the current crisis in Sri Lanka, our hospitals have run out of essential medicines.
- Let us join together in compassion, to help our beautiful motherland to face this challenge with all our strength.
- You can easily make a donation in a matter of minutes by using this link. <https://www.facebook.com/SLBM.Brisbane>

You can also make a deposit in to the following account

Account Name - Sri Lanka Buddhist Monastery Brisbane Inc
BSB - 124-054 Account Number - 21877512

+61 7-3879-3244 | monastery@sambodhi.org | www.srilankaramaqlid.org

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NAMAL & CHANDANA
UDUGAMA & LIYANARACHCHI

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SEPT 18ST Brisbane

AT 5.30PM

ACACIA RIDGE STATE SCHOOL AUDITORIUM

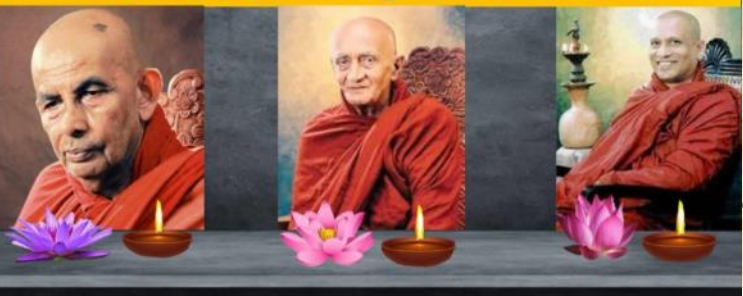
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අපවත්වී වඳුළු පරම පුජනීය මඩිනේ පඤ්ඤාසිත උත්තරතර මහානායක මාහිමිපාණන්, පුජ්‍ය අම්පිටියේ රාහුල නායක මාහිමිපාණන්, පුජ්‍ය ගංගොඩවිල සෝම මාහිමි අතුළු නාහිමිවරුන් අනුස්මරණීය ගුණ සමරු පිංකම



2022 සැප්තැම්බර් මස 10/11 සෙනසුරාදා හා ඉරාදා දිනයන්හි ගුඩිනා ක්වින්ස්ලන්ත බෞද්ධ විහාරස්ථානයේදී...

සැප්තැම්බර් 10 වන සෙනසුරාදා දින රාත්‍රී 08ම දේශනය, දේශකයාණෝ
ඕස්ට්‍රේලියාවේ අධිකරණ සංඝනායක පුජ්‍යපාද නත්තරම්පොන වන්දිම නායක හිමිපාණන් වහන්සේ
➢ 08ම දේශනයෙන් අනතුරුව කඩින වස්ත්‍රය මැසීම සිදුකරේ.

සැප්තැම්බර් 11 වන ඉරාදා දාහවල් මහා සංඝරත්නයට දන් පිරිනැමීම.

විහාර සංවර්ධනයට අධාර පිණිස 10 වන සෙනසුරාදා ආහාර සල්ලිල ද පැවැත්වේ.

සංවිධානය - විහාර සංගමය හා කඩින දායක කමිටුව

Multicultural Community Inclusion and Engagement Cricket Match

“GOODWILL TROPHY”

hosted by
INSTITUTE FOR AUSTRALIA INDIA ENGAGEMENT



Institute for Australia India Engagement (South Asia) XI

VS



Queensland Police Commissioner's XI



Allan Border Field, 1 Greg Chappell St, Albion, QLD 4010
Saturday, 17 September, 2022 - 8:45 am

Memorabilia auctions, photo opportunity with cricketing legends, delicious food, drinks and unlimited fun

ENQUIRIES
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Cocktail DINNER DANCE

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The Institution of Engineers Sri Lanka
Queensland and Sabaragamuwa Chapters

Jointly Present a Webinar on

“Lessons Learnt in Flood Mitigation - Australian and Sri Lankan Perspectives”



A rare opportunity for a panel discussion with academic and industry experts involved in floodplain management in Australia and Sri Lanka

Date: Sunday, 25 September 2022
Time: 6.15 pm for 6.30 pm start – Brisbane time (GMT + 10); (2.00 pm Sri Lankan time) - (1.5 to 2 Hour Duration)

Resource Persons:

Dr. Prasanna Egodawatta is a senior lecturer in Water/Environmental Engineering at Queensland University of Technology. He has over fifteen years of experience in both industry and academia.



Dr Sharmil Markar was the managing director of WRM Water & Environment, a Brisbane based specialist water resources consultancy. Sharmil holds a PhD in water resources engineering and has over 35 years Australian and International experience in floodplain management.



Prof. K.D.W. Nandalal is a Senior Professor in Department of Civil Engineering at University of Peradeniya He has over twenty-five years of experience in water resources systems analysis, Flood modelling etc.



Eng. S.P.C. Sugeeshwara is currently serving as the Director of Irrigation (Hydrology and Disaster Management) of Irrigation Department of Sri Lanka. He is a fellow member of IESL and has over 23 years experience in the water sector.



Synopsis: Flood management seeks to prevent or reduce the risk of flooding to the people who are living in floodprone areas, resulting in a more resilient community. The magnitude of the flood risk is a function of the flood hazard, the characteristics of a particular location, measures that have been taken to mitigate the potential impact of flooding, the vulnerability of people and property, and the consequences that result from a particular flood event. Managing flood risks involves altering the chance of flooding affecting a community and/or reducing the impacts of flooding by reducing the community's vulnerability and exposure to flooding. This panel discussion will provide an insight into the current status and future strategies of flood management in Australia and Sri Lanka.

Please register your intention to attend this webinar by emailing: info@ieslqld.org with the subject header 'Joint CPD'. We will then send you the log-in details. Contact: Chanaka Abeysinghe on 0429 129 873 or W.K.A.Sarath Chandraratne on 071 439 5694 for more details.

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

කවිතා සම්මන්ත්‍රණය සිංහල සංගමය සාබරගමුවෙන් මුද්‍රිතව කරයි

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SARALANGA 2022



ඔක්තෝබර් 01 සෙනසුරාදා සවස 6 ව



St John's Anglican College Auditorium
College Avenue, Forest Lake



Harith 0406 357 038 Uditha 0402 143 051
Wipula 0404 810 148 Damitha 0401 595 214



Organised by
Queensland Old Royalists Association
(QORA)

WAYO
Tour of AUSTRALIA
2022



WAYO LIVE

BRISBANE

2ND OCTOBER
at Villanova College, Augustine Centre
24 Sixth Ave, Coorparoo QLD 4151

6.30 PM onwards

Tickets Are Releasing Soon

Online Tickets

Proceeds from this event to supply
urgent medications to Sri Lankan Hospitals



Nalaka 0430548138 / Iyan 0401253976 / Bithun 0458773616

THE OLD ANANDIANS ASSOCIATION OF QUEENSLAND INC.



15 OCTOBER 2022 MT. OMMANEY MOBILE DONOR CENTRE



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HELP SAVE A LIFE &
DONATE BLOOD

15th October 2022
at Mt.Ommaney
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To Book an Appointment:
CONTACT

Ranjan Wijeratne
0434608779

Nipuna Fonseka
0432150088

Or write to us at
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VICTOR RATHNAYAKE DEEPIKA PRIYADARSHANI JAGATH WICKRAMASINGHE

PARTNERED WITH
NALEE STUDIO PRODUCTIONS

16TH OF OCTOBER | 6.30PM

AT UNIDUS COMMUNITY CENTRE

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MR. PRESIDENT

ආ, මේ හිතා බිනන දේ නෙවෙයි
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PLAY BY KANISHKA RAJAPAKSHA
MUSIC BY THILANKA GAMAGE

KALANA GUNASEKARA ROSHAN RAVINDRA XAVIER KANISHKA PRIYANTHA SIRI KUMARA

PRESENTED BY 4EB SRI LANKAN

OCT 29 BRISBANE QUEENSLAND

PRODUCED BY ANIMARRAL

Hot Chocolate

Annual DINNER DANCE

5TH NOVEMBER 2022

~ 7 PM ONWARDS ~

GOLD COAST CROATIA SPORTS CENTRE
181 NERANG BROADBEACH RD, CARRARA QLD 4211

PROUDLY ORGANISED BY GOLD COAST SRI LANKANS ASSOCIATION INC

Adults - \$75
Child - \$50 (6-12yr)

Dress code: Smart Casual

PRABHASH - 0406780850 SHEVANTI - 0415 811 554

HANTANE NITE 2022

University of Peradeniya Alumni Get-together - Queensland
Saturday 12th November 2022
from 5.30 PM till Midnight
at Beenleigh Event Centre
Corner Kent and Crete Streets Beenleigh QLD 4207

It will be a grand night, a night you won't forget for a long time.

Fabulous dinner prepared by "Ceylon Spice & Taste" Pre-dinner drinks (soft & hard) & canapés will be served (No BYO)

Live Music by SOLOZ

Tickets : Tickets available now !
Adult \$80 Please contact
Student \$50 Chaminda - 0430448470
(Fulltime student) Thushara - 0451219181
Child \$ 25 (Under 12) Praseetha - 0403677150
Tharindu - 0405639600

\$10 Donation from all tickets will be given to Peradeniya University for students charity work

No tickets will be available at the gate!
E-mail: iamfrompera@gmail.com
Pera Uni. Group

Dress : Formal

Sri Lankan Events - Brisbane and SE Qld

September 2022

03	Gala Anniversary Night of Nights	Silver Fawn Club
03	Billy with 2forty2 concert	Sathsara Entertainment
03	Pem Kekula	Private
03	Richmond Mahinda OBA AGM and Family Night	Richmond Mahinda Old Boys Assn Qld.
04	President's Trophy: Annual Cricket Tournament	Gold Coast Sri Lankans
04	Membership Day	Radio 4EB Sri Lankan Group
10	Stitching of Katina Cheevara	Goodna Temple
11	Special Dana for Maha Sangha	Goodna Temple
11	Sri Lanka Day 2022	FSOQ
17	AGM and Outdoor Event 2022	Agricola Queensland
18	Annual Meeting	Radio 4EB Sri Lankan Group
18	Musical Show: "Adara Wessak" Namal Udugama & Chandana Li-	Nalee Studio Productions
21	Bus Trip to Toowoomba Carnival of Flowers	Silver Fawn Club
24	Annesley Malawana with Indrani	Aradhana Entertainment
25	Annual General Meeting	Old Joes
25	CPD Event	IESL Qld Chapter

October 2022

1	Saralanga	Sinhala Assn of Qld
02	WAYO: Musical Concert	QORA
08, 09	Annual Katina Ceremony & Dana	Forest Lake Temple
15	Blood Donation Campaign	Old Anandians' Association of Qld.
15	Jayasri and Aroh	Private
15,16	Pirith Chanting & Katina Pinkama	Gold Coast Buddhist Centre
16	Yuga Dæhæn Musical Concert	Private
21,22	Pirith Chanting and Katina Pinkama	Maha Mewnawa Bhavana Asapuva
22,23	Katina ceremony - Pirith Chanting & Dana	Goodna Temple
29	"Mr President" : Stage Drama	Radio 4EB Sri Lankan Group
29	Bollywood Extravaganza	Silver Fawn Club

November 2022

02	Research Engineer of the Year Competition	IESL Qld Chapter
05	Queensland Engineers Nite	IESL Qld Chapter
05	Gala Dinner Dance	Gold Coast Sri Lankan's Association
05	Sinhala Movie: "Ginimal Pokuru"	Sinhala Assn of Qld
12	Hantane Nite	University of Peradeniya Alumni
12	Thesatta Nana Puja	Goodna Temple
13	Maroons Charity Walk 2022	Old Anandians' Association Qld.

Continued

November 2022 (Contd..)

19	SANGAYANA: Charity Karaoke Night	Private
26	Fellowship Dinner	Colombo Medical School Alumni Assn.

December 2022

03	Musical Event: Wassana Sihine	Goodna Temple
03	Christmas Function	Silver Fawn Club
10	Sangamitta Day	Forest Lake Temple
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

04	"The News" Musical Concert	Sathsara Entertainment
11	Annual General Meeting	Silver Fawn Club
11	Marines Dinner Dance	Aradhana Entertainment

April 2023

15	Bak Maha Ulela: Sinhala & Tamil New Year	Sinhala Association of Qld
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17 June 2023

17	BNS Concert	Aradhana Ent.
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Arunella - Sunday 9.00am - 10.00am FM 98.1

Date	Producer/Panel Operator
04 Sep	Jayantha Weerasekera, Seetha Vithana/ Jayantha Weerasekera
11 Sep	Lalith Keerthirathne/ Sameera Samarasinghe
18 Sep	Kumarasinghe Dissanayake/ Niraj Kariyawasam
25 Sep	Ananda, Nayana Samarathunga/ Mihika Samarathunga
02 Oct	Darshika Koggalahewa/ Janaka Weerasinghe

Sandella - Wednesday 9.00pm - 10.00pm FM 98.1

Date	Producer/Panel Operator
07 Sep	"Yovun Sandella" - Shyam, Pulith, Shamma, Chathurika, Darshika, Ravihansa & Janaka Dasanayake / Janaka Dasanayake, Samanmal Gunaratne
14 Sep	Thisara and guest/ Thisara Pathirennhelage
21 Sep	Kasun, Pulastha, Dushan and Tharaka/ Kasun Karunaratne
28 Sep	Sameera & guest/ Sameera Samarasinghe
05 Oct	"Yovun Sandella" - Shyam, Pulith, Shamma, Chathurika, Darshika, Ravihansa, Mithila & Janaka / Darshika & Samanmal

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Editors: Wimal Kannangara and Jayantha Ameratunga