



**How to avoid scams and cybersecurity breaches?**



In the recent past, the media airwaves have been awash with news of data breaches suffered by large local corporations, affecting and highlighting the privacy of personal data of many unsuspecting Australians. Indeed, cybersecurity is the hot topic on everyone's mind as every man, and his grand mother, tries to figure out how to navigate the information overload that accompanies any major news cycle these days. I have received many questions which ultimately breakdown to this. How can I avoid scams & breaches? ...The short answer is that you can't.

Now before panic sets in or you give up all together, there are certainly ways to combat and mitigate future breaches. However, as it stands, within our current digital environment, an individual cannot confidently say, "Yes! I can avoid this". This is akin to asking, how can I avoid climate change? It is already happening and as is the case with the actions to manage our environment, there is an onus on our leaders, government, private enterprise, media & our regulatory institutions to create a better environment where our actions mean more.

This is a prevalent issue affecting you and your loved ones on a *daily* basis, on a deep level. For example, most people are now aware of 4 major breaches in the last month or so - Optus, Medi-bank, Woolworth MyDeals and Energy Australia. But did you know that in just the *last 2 months*, the following companies suffered similar data breaches, *that we know of* - Microsoft, Australian Federal Police, Vinomofo, Uber, Fremantle Football Club, TicTok, LastPass, DoorDash, Facebook and WA Health. There is some silver lining for the data we have already lost. Not all your data is really of any use due to fragmentation or has long-term relevance (i.e., credit cards expire). Crucially, key items such as your passport or bank card can be cancelled or renewed.

- Here are 10 tips to stay cyber safe:
1. Do not open suspect emails / text messages. Delete them & block the number.
  2. Use a throw-away email with minimal details for non-critical accounts (Try <https://haveibeenpwned.com/> to check for breaches).
  3. Keep a variety of passwords & pins and update them. Try for at least 8 characters with a combination of numbers, upper-case & symbols.
  4. Invest in a good anti-virus software and firewall at home.
  5. Use a VPN, especially when using a public computer

6. Do not post your identification details in public forums like social media.
  7. Use password managers (Chrome, Apple Keychain etc.) which actively check for compromised password and notify you.
  8. Beware of investing in smart home devices without fully understanding how they work.
  9. Do not reveal information if you don't know a person well. Always ask for identification and if unsure, give yourself time to check validity before engaging further.
  10. Regularly check your bank statements and contact your bank & seller, if any suspicious activity.
- Australia haemorrhaged \$33 billion in FY20/21 from reported losses due to cyber crime and its getting worse. So put in the effort to make sure you don't join this statistic in future.

**Nipuna Fonseka**

*Nipuna is the owner of Fonseka Innovations, an industry leading tech business based in Brisbane.*



Inside this issue:	
Stories behind names of places in Sri Lanka	2
Travel Diary	3
Advertisements	4
Multiculturalism: Why Acknowledgement Matters? UQ Prof Udantha Abeyratne and University team in major breakthrough	5
නොවැම්බර් මස පළිදැකීන් "සංකලන"; Advertisements	6
දිවි ගමනේ සත් අදියර; SLEXSA office bearers; Darshan Dharmaraj; Booker Prize 2023	7
Optus Data Breach; Do you choose Illness or Wellness?	8
අප තවම යොවුන්ය (SAQ Seniors); Office bearers of Agrico-la; Office bearers of SPUR; Ashley Chandrasinghe-Cricketer	9
Saralanga 2022	10
Monthly News Digest: October 2022; Multicultural Qld	11
මනක බණ / Qld Event Flyers	12
BOOK REVIEW: There is Something I Have to Tell You by Madhubhashini Disanayaka Ratnayake; Qld Event Flyers	13
Qld Event Flyers	14
Sri Lankan Events Calendar-SE Qld, Program Schedule	15



## CHOOSE G'DAY CARERS AS YOUR REGISTERED NDIS PROVIDER

### OUR SERVICES

- We provide support for people with disabilities between the age group of 7 to 65 years under a NDIS plan.
- Our wide service area covers Brisbane, Gold Coast, Logan, and Beaudesert.
- 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.

### CONTACT US



#### Website:

<https://sites.google.com/view/qdaycarers/home>

Email: [gdaycarers@gmail.com](mailto:gdaycarers@gmail.com)



**Dinesh** 0400894252



## Stories Behind Names of Places in Sri Lanka

### THAMMENNAWA

Today I take you to a place that is of prime importance to the history of the nation. It is to the place where the Indian Prince Vijaya and his rebellious friends arrived in Sri Lanka from India. This is supposed to be the beginning of the Sinhala clan of our nation.

Vijaya was a rebellious son of a provincial King in India who was a problem to the King and he wished to get rid of the son and his notorious friends by extradition. He made his son and his friends leave the country in a ship. He wished to see his son reach a safe place somewhere on the planet but away from his kingdom. He made sure the ship was well stocked with all necessary food stuff and other material needed for their existence.

It was a time when the ships sailed using the sails with the help of the wind. It is said that the ship that carried Vijaya and the friends faced many hardships in the sea and the ship was badly damaged and that they had to throw most of the goods they had with them into the sea to make the vessel light to prevent it from sinking.

However, without knowing where they were floating they allowed the nature to decide their destiny. That is how the shipwreck floated to the west coast of Sri Lanka. Vijaya and his friends were happy that they saved their lives. Observing that there was no human habitation around and not knowing where they landed, they relaxed on the beach to get over the tiredness and fell into a deep sleep.

When they awoke they were looking at each other in surprise as the sand was of bronze colour. When they looked around they knew that the beach was bronze in colour. Then, from the language they spoke, they identified the bronze sand as "THANBRAPANNI".

Vijaya, the prince extradited from India became the first Sinhalese King in Sri Lanka. The place where he landed is a key landmark in our history. Over time, "THAMBRAPANNI" has become THAMMENNAWA.

### Dr. Nimal Sedera

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



**Cruise & Travel Centre Springwood**  
 2017 – helloworld Gold & Silver High Sales Achievement Award in Queensland  
 2016 & 2018 – Winner of Trafalgar Tours Champion Agency in Queensland  
 2016 – Best 10 Offices in Australia for Premium - Luxury – Insight Journey Tours



**THE WORLD IS WAITING FOR YOU**  
 DISCOVER THE WORLD WITH CRUISE & TRAVEL CENTRE SPRINGWOOD

Contact Lalani or Margaret for Cruise details and pricing.

Redeem your reward points for travel

Tel: (07) 3808 2299 Email: [travel@ctcspringwood.com.au](mailto:travel@ctcspringwood.com.au)  
 Fax: (07) 3808 4794 Web: [www.ctcspringwood.com.au](http://www.ctcspringwood.com.au)



Lalani & Jayantha Pathikirikorale  
Directors



Cruise & Travel Centre Springwood

helloworld TRAVEL

Units 9 & 10, Dennis Court  
 8 Dennis Road, Springwood, Qld 4127  
 ABN: 63 011 067 477 - Licence No.: YAG 889

### Annual General Meeting

#### Sri Lanka Sports Association of Qld Inc.

Date - 27 November 2022

Time - 5pm

Place - Garden City Library

Contact: Sunil Gooneratne - +61 412 719 979

[president@slsa.com.au](mailto:president@slsa.com.au)

### Travel Diary

සියල්ල ඇරඹෙන්නේ ටුවුම්බා නගරයේ වෙසෙන මාගේ හොදම මිතුරෙක් නවීන ෆෝටෝග්‍රෑෆරයෙක් මිලදී ගැනීමෙන් අනතුරුවයි. වසරකට සාමාන්‍යයෙන් අපහට දිගු නිවාඩු ලැබෙනුයේ අපේ මාසයේ ඊස්ටර් නිවාඩුව සහ දෙසැම්බර් මාසයේ නත්තල් නිවාඩුවයි. අප මුලික සැලසුම වූයේ ඊස්ටර් නිවාඩුව අලලා රෝඩ් ට්‍රිප් එකක් යාමටයි. ඒ සදහා විවිධ ස්ථාන යෝජනා වුවත් අප සියල්ලන්ගේම සිත් ගන්නේ සිම්සන් කාන්තාරයේ පිහිටි පොපෙල්ස් කෝනර් (ක්වින්ස්ලන්ත, දකුණු ඔස්ට්‍රේලියානු සහ නොදර්න් ටෙරටරි ප්‍රාන්ත තුනම හමුවන මායිම) දක්වා යන අහියෝගාත්මක ගමනයි. අනතුරුව අපහට ගමනට අවශ්‍ය ද්‍රව්‍ය සහ නවාතැන් ගන්න ස්ථාන කල්තබාම වෙන් කර ගැනීමට සිදුවූයේ ඒ වනවිට මාස 7 පමණ වූ මා දියණියන් ගමනට සහභාගී වූ නිසායි. අවශ්‍ය කලමණා ලැයිස්තු සැකසීමේදී, කාන්තාරයේ සහ ජන ඝනත්වය අඩු ප්‍රදේශ කරා යන ගමනක් බවින් දින ගනණාවකට සෑහෙන පරිදි ජලය, කල්තබා ගතහැකි හෝ ක්ෂණිකව පිසිය හැකි ආහාර, හදිසියකට ප්‍රයෝජනවත් වියහැකි කුඩාරමක්, ගැස් ලිපක්, එස්කියක්, ප්‍රථමාදාර කට්ටලයක්, හදිසියකදී වාහනයට අවශ්‍ය ටුවල්ස් වැනි දෑ මෙන්ම විශේෂයෙන්ම දුරකතන සංඥා නොමැති ප්‍රදේශයන්හිදී භාවිතයට ගතහැකි චන්ද්‍රිකා දුරකතනයක් කුලී පදනම මත ලබා ගැනීමටත් අප සැලකිලිමත්වුනා.

හිමිදිරියේම ආරම්භකල අප වාර්තාවේ පලමු සැලසුම්කල නවාතැන වූයේ කනමුල්ලා නගරයයි. ඒ දක්වා යන ගමනේදී මතකයේ සනිටුහන්වන මගසලකුණක් ලෙස සනිටුහන් වන්නේ සෙන් ජෝර්ජී නගරයයි. අයස්කාන්තවූ මේ නගරයට ඒ හරහා ගලා යන "බලෝන් ගංගාව" එක් කලේ පුදුමාකාර වූ නිස්කලංක බවක්. කෙමෙන් කෙමෙන් කනමුල්ලා කරා පිවිසෙත්ම අපහට නිරික්ශණය වූ ඒ රාත්‍රී ආකාශයේ විචිත්‍රවත් බව දවසේ විඩාව නිවන්ත සමත් උනේ එම නගරයේදී අපහට නැමට ලැබුන ජලයේ තිබූ ඒ තරමක් වූ අප්‍රසන්න සුවදද අමතක කරවමින්. කනමුල්ලා සිට අප ඊලග නවාතැන වල ඉන්මිත්කා දක්වා ගමන් මගේදී තාර සහිත මාර්ගයන්හි සිට රලු මාර්ග දක්වාත්, එදිනෙදා අපහට හමුවන කාර්යබහුලවූ මිනිසුන්ගේ සිට අපමණ සැහැල්ලුවකින් හා වඩාත් සුහදශීලී ලෙස දිවිගෙවන මිනිසුන් හමුවන අහඹු කෝපි කඩ දක්වාත් ඉතාම ඉක්මනින් පරසරය වෙන වුනා. හිරිබැස යන්නට මත්තෙන් නවාතැනට ලගාවූ අපේ ඊලග පියවර උනේ "අවුට් බැක්" සංචාරයකදී සිරිතක්ව පවතින නගරයේ අවන්හලෙන් ඉතා රසවත්ව පිසගත් "බිෆි ස්ටේක්" සමගින් බිර් විදුරුවක් නොලගෑමයි. ඒත් සමගම අවන්හලේදී හමුවූ අපවන්ම ගමන් කල කිහිප දෙනෙක් සමග ඊලග දිනයන්හි ගමන් මග, කාලගුණය ආදීවූ තොරතොරු හුවමාරු කර ගන්නත් අප අමතක කලේ නෑ. එම කතා බහ ඔබේ සුහද බව වර්ධනය කරන්න ඉවහල්වන්නක් මෙන්ම මෙයාකාරයේ ගමන් වලදී අන්තර්ජාලයෙන් ඔබට ග්‍රහනය නොවන ඉතාම මෑතකාලීනම ගමන් මගෙහි සිදුව ඇති වෙනස්කම් වැනි වටිනා දත්තද ලබා දෙන්නේ ඔබ නොදැනුවත්වමයි. ඉනමිත්කා තරා ලගා වීමේදී දකුණු ඔස්ට්‍රේලියාව හා ක්වින්ස්ලන්තය යා කෙරෙන සීමාව පහු කිරීමත් මතක් කල යුතුමයි. ගමනේදී අප තරමක් අපහසුතාවයට පත්වූ එක් කරුණක් වූයේ දිවා කාලයේදී තරමක් ඉහල යන උශ්ණත්වයට සාපේක්ශව දිගු වේලාවක් එක දිගට ධාවනය නිසා නිතරම වාහනයේ ටයර් ප්‍රෙශර් ඉහල යාමයි, අනෙක් කාරණාව නම් කෙටි විවේකයක් සදහා රථයෙන් බසින අපගේ මුහුණ වසා ගන්නට එන මැසි සේනාවන්ගේ තර්ජනයට අප ලක්වීමය.

නැවතත් දකුණු ඔස්ට්‍රේලියානු මායිම හරහා ගමන් කර බර්ඩ්ස්විල් නගරයට ලගාවූ අප හට දැනගන්නට ලැබුණේ යම් හේතූන් නිසා බර්ඩ්ස්විල් සිට පොපෙල්ස් කෝනර් බලායන ගමන් මග නාවකාලිකව වසා ඇති බවයි. එයින් නොසැලැන අපි, එදින හා ඉන් පහුදිනයන් සිමසන් කාන්තාරයේ වැලි කඳු තරණයෙන් ගතකලෙමු. ෆෝ විල් රථ ධාවනයේ කෙල පැමිනි බොහෝ පිරිස් එහෙදී අපට හමුවූ අතර ආධුනික වූ අපහට ඔවුන්ගේ දැනුමෙන් සත්කාර කිරීමට ඔවුන් නොපසුබට වුනා. අඩු පීඩනයකට ටයරයන්හි පීඩණය අඩු කල කල්හි ඉතාම සියුම් වැල්ලෙන් සරිත වූ කාන්තාර වැලිකඳු, අකමැත්තෙන් උවද රථයන්ට තමා තරණයට ඉඩ සැලැස්සුවේ අකමැත්තෙන් මෙන්ය.



ඉන් අනතුරුව එලඹියේ, නැවත බ්‍රිස්බන් දක්වා වෙනත් මගක් ඔස්සේ ලගාවන වාර්තාවයි. මෙහිදී ක්විල්පී නගරය අපගේ මිලග නවාතැන වුනා. මෙම නගරය වඩාත් ප්‍රචලිතව ඇත්තේ ඔපල් නැමති "සෙම් ප්‍රෙශස්" පාෂාණය අදවනවිටත් කැනීම වලින් හමුවන නිසාමයි. ක්විල්පී හි අප රාත්‍රියේ අප නවාතැන් ගත් "ලේක් හවුඩ්මන්" අසබඩ කැම්පින් සදහාම වෙන්වූ "ද ලේක්" නවාතැනත් මතක් නොකරම බැරි ස්ථානයක්. ගින්නේ පිලිස්සු මස්, වැව හරහා හමායන සුලං රොද, නොඉදුල් අකාශය රනින් සරසමින් බැස යන හිරු අපේ විඩාව සොරා ගන්නේ අපටත් නොදැනීමයි. ආරම්භයේදීත් මා සදහන් කල පරිදිම මෙම ගමන් මග පුරාම රාත්‍රී කාලයන්හිදී අපට මතරම් වූ තරු රටාවන්ගෙන් සෙවිණ දෙන ලද්දේ අලෝකයෙන් දූශිත නොවූ වචනයෙන් විස්තර කල නොහැකි තරමේ විචිත්‍රවත්, අහස් තලයයි. අපගේ මිලග නවාතැන වූ වාලිවිල් නගරය මා ඉහතින් සදහන් කල රාත්‍රී ආකාශය නැරඹීම සදහාම "ආකාස නැරඹුම් මැදිරි සංකීණයක් තනා තිබෙනයුරු දුටු අප ඒ වෙත ඇදී ගියේ නිරායාසයෙන්මයි. පසු දින, ඉර අවරට යන්නට මත්තෙන් නැවතත් සුපුරුදු බ්‍රිස්බන් පරිසරය හා අප මුසු වූයේ අත්දැකීම් ගොන්නක් හා මතක ගබඩාවක් එක් කර ගනිමින්.

**ජනක දසනායක**, පරිඝනක මෘදුකාංග ඉංජිනේරුවෙක් වශයෙන් සේවය කරන අතර දැනට බර්ස්බන් නගරයේ වාසය කරයි.



# Times LAWYERS

WILLS & ESTATES

BUSINESS LAW

CONVEYANCE

FAMILY LAW

MIGRATION LAW



**RIN FERNANDO** කරුදු

rin@timeslawyers.com.au

07 3493 5693

TimesLawyers.com.au

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



## TRICO FREIGHT



ලංකාවට යන්න  
බැරි උන එකේ  
අම්මලාට බඩු  
පෙට්ටියක් යවමුද ?

Good idea,  
I will contact  
**TRICO**

**0416 070 017**



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

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



BUSINESS SALES | RESIDENTIAL  
COMMERCIAL | PROPERTY MANAGEMENT  
www.netrent.com.au

If you are looking for  
Residential or Commercial  
Property in

# BRISBANE



"The most Affordable and  
Competitive rates than any  
other agents especially for  
Sri Lankan expats."



Rohan Gamage  
Sales Consultant  
0493 551 386



Nalin Silva  
Marketing Manager  
0403 716 237



Nilantha Udakala  
Director/Sales Consultant  
0406 804 559

### OUR TEAM CAN HELP

- Buy
- Sell
- Property Management



Floyd Lusty  
Realty Manager  
0430 357 771



Harsha De Silva  
Residential Sales Consultant  
0421 208 322



Nisal Dissanayake  
Residential Sales Consultant  
0420 661 676

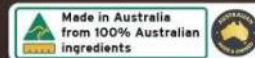
07 3113 3882

admin@netrent.com.au

SRI LANKAN STYLE

"හිතව ලග රස"  
දැකකයක විශ්වාසය

නව මුහුණුවරක්



Chocolate Roll

Ribbon Cake



## Multiculturalism: Why Acknowledgement Matters?

The daily routines of Sri Lankans are dependent on the enormous effects of multiculturalism on the island. Not many of us can escape the cravings for a cup of tea with biscuits or refrain from using the many Portuguese, English or Tamil words embedded in the Sinhalese language. Neither can we avoid garbing ourselves in a sarong, eating the many dishes contributed by the communities or avoid taking a step to the beats of Baila. The effects of multiculturalism are all around us, but as a community we are often blinded to them. Many often question the benefit of understanding these concepts, yet others question the agenda behind the dissemination of information about multiculturalism. Our perspective as Third Culture Children is that many of us growing up away from Sri Lanka have been questioning our cultural identity and place in the world our entire lives. Yet we received no satisfactory answers. As migration out of Sri Lanka continues at alarming rates, there will be many more children seeking to understand their cultural identity. A realistic understanding and acknowledgement of multiculturalism and the uniqueness that it brings to the Sri Lankan community may help build a genuine sense of cultural identity around which future generations can cohere.

People often ask, "What inspires pride about your country?" As it stands, there is very little to which young Lankans, in Sri Lanka and abroad, can associate with in order to inspire a sense of pride in their cultural identity. Acknowledging and accepting Sri Lanka's multiculturalism may fill this gap and provide an inclusive idea around which we could inspire meaningful pride.

Acknowledging and becoming secure in an identity of multiculturalism may also be economically beneficial. For instance, Malaysia has successfully overstated its diversity, thereby attracting tourists seeking cultural experiences from around the globe. Countries such as Australia embrace and even promote the presence of cultural diversity benefitting both in terms of tourism and global impact. Therefore, acknowledging multiculturalism may help Sri Lanka capitalise on one of its most historic strengths.

Acknowledging multiculturalism will also help address the wounds resulting from decades of ethnic conflict by providing common ground for various communities upon which to bond. When we truly understand that the Kandy Perahera, Avurudu, Eid, Pongal, Christmas, and Diwali are not separate but shared experiences existing only because various communities contributed to their creation, it becomes difficult to "other" our fellow Sri Lankans.

Ethnic segregation and disharmony have often been weaponized for various political agendas throughout Sri Lanka's history and embracing multiculturalism and understating our connections will provide an avenue through which to transcend and challenge the effects of half a century of divisive politics. Moreover, acknowledging multiculturalism will also help to redress the historical alienation of so many communities who have all contributed to the living food, culture, fashion, music, and languages landscapes of SL.

Finally, embracing the reality of multiculturalism in Sri Lanka will have a multitude of benefits and help individuals with Sri Lankan connections to truly value the satisfaction of being connected to this beautiful country.

### Randika Jayakody & Jerome Perera

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



# FONSEKA

## Turn your idea into reality

with Brisbane's Best Custom Software Team

### Tailored App Development

Give us a call:  
**(07) 3394 8223**

[www.fonseka.com.au](http://www.fonseka.com.au)

### UQ Prof Udantha Abeyratne and University team in major breakthrough

Pfizer has acquired University of Queensland (UQ) startup [ResApp Health Limited](#). ResApp, an ASX-listed company, has developed simple and inexpensive smartphone technology to accurately identify respiratory diseases based on cough analysis. Put it simply, it can diagnose COVID-19 and other respiratory illnesses by listening to someone cough.

The technology records a patient's cough on a smartphone and analyses sounds and simple symptoms, such as a runny nose, to diagnose and measure the severity of a range of chronic and acute diseases, including asthma, pneumonia, bronchiolitis, croup and chronic obstructive pulmonary disease.

The UQ technology was developed by (Sri Lankan) [Associate Professor Udantha Abeyratne](#) and his UQ team. Dr Abeyratne said that they worked closely with paediatricians and respiratory physicians to develop the diagnostic technology. "When I open up my lungs, open up the airway, that is what I call an 'information super highway', so I wondered whether it's possible to use cough sounds, advanced signal processing and AI technology to pick out features," he said. "From the very beginning, I had a big vision to develop scalable, cheap technologies to diagnose pulmonary diseases all over the world – not only in remote sub-Saharan Africa, but even in developed urban cities like New York and Brisbane."

Dr Abeyratne said the smartphone technology was developed in consultation with medical practitioners.

The technology has received global awards and recognition.

- <https://thuppabis.com/2022/10/02/udantha-abeyratne-queensland-university-team-in-major-breakthrough/>
- <https://www.abc.net.au/news/2022-09-28/qld-pfizer-buys-uq-startup-resapp-health-covid/101478832>





# What's Your Property Worth in the Current Market?

Find out today, contact Ramya for an obligation free market update on your property.



**RAMYA TENNEKOON**  
**04 1827 1827**  
 lucky@c21stellario.com.au  
 C21.com.au/Stellario

*"Best Personalised Sales Experience You Could Possibly Get!"*



Jayanath - Happy Property Seller

## නොවැම්බර් මස එළිදැකින "සංකලන"

ආචාර්ය නිමල් සේදර විසින් සමපාදනය කරන ලද සංකලන නැමැති පද්‍ය සංග්‍රහය නොවැම්බර් මස 6 වෙනිදා පස්වරු හතරට බ්‍රිස්බේන්හි ඇකෙමියාර්ස් පාච් 425 යන ස්ථානයේ පීඨය රැස්වීම් ශාලාවේදී දොරට වැඩිමට නියමිතය.

ඕස්ට්‍රේලියාව ශ්‍රී ලංකාව සහ එංගලන්තයේ පදිංචි ශ්‍රී ලාංකේය කවියන් දහදෙනෙකුගේ නිර්මාණයන්ගෙන් සැදුම්ලත් මෙම කෘතිය නුගේගොඩ සරසවි ප්‍රකාශයක් ලෙස නිකුත් වී තිබේ.

එංගලන්තයේ, වෛද්‍ය ආනන්දා නිරෝශනී විජේසිංහ, බ්‍රිස්බේන් නුවර, නිමල් සේදර, ආචාර්ය කුමාර දිසානායක, ආචාර්ය නිමල් විජේසිරි, සුජානා අබේසිංහ, ඉන්දුමනී අධිකාරී, මෙල්බර්න් නුවර බිණ්ඩාර කේ මාරසිංහ, ශ්‍රී ලංකාවේ, සන්ධ්‍යා කුමුදිනී ලියනගේ, ප්‍රියංගිකා සෝමපාල සහ කෞෂල්‍යා ජයලත් යන පිරිස මෙම පද්‍ය සංග්‍රහයට එකතුව සිටිති. එක්එක් කවියා වෙනුවෙන් පද්‍ය පන්ති පන්ති දහයක් ඇතුළත් කොට ඇති අතර සංකලන පිටු 120 ක කෘතියකි.



**HEALTHCARE DOCTORS** Are you Looking for a Doctor?

• Dr Devika Jayawardena	• Dr Wasantha Hettiarachchi
• Dr Kanchanamala Ranasinghe	• Dr Anuke Warakaulle
• Dr Gihan Gunawardena	• Dr Deshani Ranasinghe
• Dr Lakmini Basnayaka	• Dr Widanagamage Epa
• Dr Sandirasegararam Abraham	• Dr Sumedha Amarasinghe
• Dr Nilmini Thilakarathne	• Dr Gemunu Suresh Ranawake
• Dr Singanayagam Suriyapalan	• Dr Maheshika Weerawardena
• Dr Upul Mahawattha	• Dr Karu Muthuthamby
• Dr Kandana ( Lumbini ) Perera.	• Dr Sujab Ismail
• Dr Niswan Preena	• Dr Rewatha Dassanayake
• Dr Sithy Lebbe	• Dr Upuli Pathirana - Ayurveda qualified

**Caring For Sri Lankan Expats Living In Brisbane**  
 Call Your Nearest Medical Centre

35194666 Healthcare Doctors Indooroopilly	32058118 Lawnton Market Medical Centre
33303233 Eight Mile Plains Family Doctors	31613225 Cannon Hill Family Doctors Approved Covid Vaccine Center
32619117 Bald Hills Doctors Approved Covid Vaccine Center	32173344 Woolloongabba Medical Centre Approved Covid Vaccine Center
32768877 Forest Lake Doctors Approved Covid Vaccine Center	31729910 Chapel Hill Family Doctors Approved Covid Vaccine Center

**Bulk Billed For Overseas Visitors/Parents Who Register With**

VACANCIES AVAILABLE FOR GPs ALL MEDICAL CENTRES & 247 DOCTOR HOME VISITING SERVICE

## Your Tax REFUNDS to the MAX!

**RAINBOW ACCOUNTING**  
 TAX ACCOUNTANTS & REGISTERED SMSF AUDITORS  
 ABN 30 659 122 853

**Gishanthi Wickramasinghe**  
 BSc (Bus Admin), MSc (Acctg), MIPA, CPA

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

**Ph: (07) 3198 4120**  
 Email: [contact@rainbowaccounting.com.au](mailto:contact@rainbowaccounting.com.au)  
 Clemwell House, Unit 3, 1155 Wynnum Road, Cannon Hill Qld 4170  
 PO Box 210 Cannon Hill Qld 4170  
[www.rainbowaccounting.com.au](http://www.rainbowaccounting.com.au)  
 Where numbers and knowledge meet

Join our Team | Call Nisal: 0420661676 | Email: [nisal@tmedicals.com.au](mailto:nisal@tmedicals.com.au)

Refer Us a Doctor Friend and Earn

[www.healthcaredoctors.com.au](http://www.healthcaredoctors.com.au)

**දිවි ගමනේ සත් අදියර**

හිඳ මව් කුසේ බිහිවූ බඩු ලේ කැටි යා  
දක්නා සැමා අමතන්නේ බබෝ කි යා  
ආ මුත් අදුර බිඳ බඩු දොසි දැස් පි යා  
වි මනුසනා පවසයි බඩු මෙමා කි යා

දු පුතු ලෙසින් හඳුනයි දැන් සිගින් නා  
සොලවයි දෙපා අත් ඩිගිරි පැවිත් නා  
පෙන්වයි සිනා මුව අසමත් ටිකිරි ක නා  
පොඩියා තේරේණා බහ දැන් හරි සම නා

යමින් මුහුකුරා පොඩියා වියට ළමා පත්වෙ ලා  
බබා සිගින්නා ඇත ළමයෙකු වෙ ලා  
දුගකාරයි පොඩියා දැන් සිනා මුවේ පිරි ලා  
වියට ළමා අකුරු කරණ මං පෙන ඇත පැදි ලා

සිසුවකු සේ ළමා ගත වැඩෙමින් තුරු ශ්‍රී  
හැඩවේ තුරුණු පෙනුමට සිත මත පිරි ශ්‍රී  
හැඩ වැඩ කෙලී කොල්ලාවී මත සුපු ශ්‍රී  
පැතිකඩ ලෙසින් මනුසන රුව ඇත වෙළ ශ්‍රී

වී තලතුණා මේරු මතසින් යුත් නා  
රි ලඟ දිවි මගේ පියවර නිසි ගත් නා  
වියෙන් නොහැක්කෙකි ගත වීරිය නැත් නා  
විලසින් බබෙකු එක්නැත්වේ මෙමනු ස නා

**ඇල්ෆ්ඩ් වටපුළුව**



ඇල්ෆ්ඩ් වටපුළුව විශ්‍රාමික විදුලි හා යාන්ත්‍රික ඉංජිනේරුවෙකි. කවි හා සාහිත්‍යය කෙරෙහි ඔහු තුළ ඇති ඇල්ම ඔහුගේ විශ්‍රාම ජීවිතය ක්‍රියාශීලී කරයි.

**SLEXSA - Sri Lanka Ex-Servicemen's Association  
Office Bearers 2022-2023**

President	Kanaji Wijesekera
Vice President	Harsha Perera
Secretary	Kalum Udagepola
Asst Secretary	Uditha Liyanage
Treasurer	Gishanthi Wickramasinghe
Asst Treasurer	Roshan Mendis
Committee member	Jayantha Patikirikorala
Committee member	Lalith Thotawattage
Committee member	Channa Wickramasinghe
Committee member	Samantha Wakista
Committee member	Ranjith Gunasekara
Civil Committee member	Sagarika Attudavage

**Darshan Dharmaraj**

Award winning Sri Lankan actor Darshan Dharmaraj passed away at the age of 41, according to family sources. He won Best Actor Awards at several Film festivals in Sri Lanka for his portrayal as ex-LTTE cadre in Asoka Handagama's movie Ini Avan (2012), Machan (2008), Ira Handa Yata (2009), Matha (2012), Spandana, No Address (2015), Aloko Udapadi (2017) and Tsunami (2020) are some of the popular Sri Lankan movies he has starred in. Dharmaraj was born in Rakwana and completed education at St. John's Tamil College. <https://ceylontoday.lk/2022/10/03/darshan-dharmaraj-no-more/>



**POSITION PROPERTY MANAGEMENT**

■ 5km radius ■ 10km radius ■ 15km radius

**15KM RADIUS FROM CBD**      **4 OFFICES CHERMSIDE, PADDINGTON WEST END & TENERIFFE**      **22+ YEARS IN THE INDUSTRY**

*Let us manage your property*

**SAMANTHA BEDFORD**      **NIRAJ THIRANAGAMA**

**Position**  
Your Domestic Choice

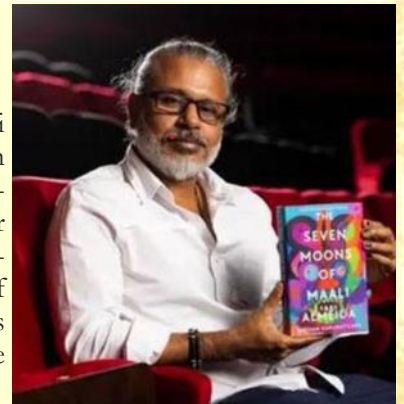
P. 07 3325 7804  
E. pm2@positionproperty.com.au  
positionproperty.com.au

CELEBRATING 22 YEARS

PROJECT MARKETING | RESIDENTIAL | PROPERTY MANAGEMENT | INTERNATIONAL

**Booker Prize**

The Seven Moons of Maali Almeida by Sri Lankan author Shehan Karunatilaka has won the Booker prize for fiction. The judges praised the “ambition of its scope, and the hilarious audacity of its narrative techniques”.



Neil MacGregor, chair of the judges for this year's prize, said the novel was chosen because “it's a book that takes the reader on a rollercoaster journey through life and death right to what the author describes as the dark heart of the world”. And there the reader finds, to their surprise, joy, tenderness, love and loyalty,” he added. The judges were unanimous in their decision to award the prize to Karunatilaka, according to the chair.

Receiving his prize, Karunatilaka addressed the people of Sri Lanka in Tamil and Sinhalese. He summarised what he said in English: “I write these books for you... Let's keep sharing these stories.”

Karunatilaka has become the second Sri Lankan-born author to win Booker Prize, following Michael Ondaatje, who won in 1992 with The English Patient.

**Optus Data Breach – Provided by Community Engagement QLD/NT, Dept of Home Affairs  
Qld.Community.Engagement@homeaffairs.gov.au**

If you think you may be affected by the recent Optus data breach contact Optus Customer service on 133 937. For more information, see Optus Data Breach (<https://www.optus.com.au/about/media-centre/media-releases/2022/09/optus-notifies-customers-of-cyberattack>)

You should also:

- Secure and monitor your devices and accounts for unusual activity, and ensure they have the latest security updates
- Enable multi-factor authentication for all accounts
- If you need assistance with taking these steps, please visit <https://www.cyber.gov.au/>

Be alert for scams referencing the Optus data breach. Learn how to protect yourself from scams by visiting [www.scsamwatch.gov.au](http://www.scsamwatch.gov.au)

If you are concerned that your identity has been compromised or you have been a victim of a scam, contact your bank immediately and call IDCARE (<https://www.idcare.org/optus-db-response> on 1800 595 160.

If your identity has been stolen, you can apply for a Commonwealth Victims' Certificate (<https://www.homeaffairs.gov.au/about-us/our-portfolios/criminal-justice/cybercrime-identity-security/identity-protection-recovery>)

If you believe you are victim of a cybercrime, go to <https://www.cyber.gov.au/acsc/report>

The following websites can help you protect yourself and stay informed:

Identity theft | Moneysmart (<https://moneysmart.gov.au/banking/identity-theft>)

Identity Fraud | OAIC (<https://www.oaic.gov.au/privacy/data-breaches/identity-fraud>)

<https://www.cyber.gov.au/>

If you wish to make a privacy complaint, please contact Optus (<https://www.optus.com.au/support/feedback-and-complaints/make-a-complaint>). If you are unable to resolve your complaint with Optus, you may wish to lodge a complaint with the Telecommunications Industry Ombudsman (<https://www.tio.com.au/complaints>) and the Office of the Australian Information Commissioner (<https://www.oaic.gov.au/privacy/privacy-complaints/lodge-a-privacy-complaint-with-us>)

### Do you choose Illness or Wellness?

Health and wellness is not just absence of disease, but it is a process of maintaining a good working order. Do you maintain your car to keep it in a good condition so that it doesn't fail to function suddenly. Needless to say, the most valuable asset you have is not your car even if you own the most valuable car in the world. Your most valuable asset is your body because once it is damaged or fails to function, you can't get a new model. Just the way you service your car regularly and check oil levels and do other maintenance, your body also requires certain maintenance work.

Lifestyle Medicine is the science of maintaining your body and mind in optimum condition. One has to gain knowledge, develop certain skills and attitudes in order to keep your body healthy. To gain best use out of the articles I write, please read them and gain knowledge. But knowledge alone will not give you results until you start living it by applying the practices into your life. Failing to do that is the number one reason why chronic diseases are increasing worldwide even in the countries with advanced medical care.

The science of Lifestyle Medicine provides us a basis for prescribing appropriate lifestyle changes in the right doses on an individual basis so that you constantly rebuild and repair your body and mind in the same way you service, repair, renovate and maintain your other assets such as your house, car, boat, bicycle etc.

Incorporating lifestyle changes is not as easy as taking a pill, but it will enormously reduce the medical bill because it reduces the need for taking medications and surgical operations.

Lifestyle is about how you move, work, eat, drink, and think. Everyone is unique in the way they live. Therefore, the right dose of lifestyle medicine must be tailored to individual needs. Lifestyle Medical Physicians and Practitioners are trained to help you to build your knowledge, skills and attitudes that are necessary to incorporate positive changes into your lives in the right doses.

Would you rather live unaware of how your lifestyle affects your health and wait for a medical emergency to change your life or willing to change your life to prevent being disable and dying prematurely?

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

Consultant Anaesthetist, Lifestyle Medicine Physician and Life Coach, with special interests in Reversing Chronic Disease and Workplace Wellness

Please send any comments and questions to email: [sophsop@gmail.com](mailto:sophsop@gmail.com)





**අප තවම යොවුන්ය, පිරිපුන් පරපුරට ජයවේවා...!!**

දිගු ශීත කාලයක නිමාවේ, සුන්දර සැප්තැම්බරයේ 22 දින, පිරිපුන් අප වෙනුවෙන් COOPERS PLAINS හි 'David's neighbourhood centre' හි පැවති 'පිරිපුන් හමුව' සිහිකරමින් ලියමි. එදා වෙසෙසින්ම අගය කළයුත්තක් වූයේ, දිගු කලක් රෝගීව සිටි හෙයින් හෝ නොයෙක් අපහසුතා හේතුවෙන්, පෙරදී පැවති 'පිරිපුන් හමුව' හමුවීම් සඳහා සම්බන්ධවීමට නොහැකිව සිටි තම දෙමාපියන් කැඳවා ගෙන පැමිණියාවූ, දූ පුතුන්ගේ සහභාගිත්වයය. වයස්ගත වුවද, තවමත් තම සිත්හි පවත්නා සුන්දරදේ විදීමේ හා දැකීමේ ආශාව මෙන්ම හැකියාව, තවමත් නොඅඩුව අප පිරිපුන් පරපුර සතු බව එදා හොදින්ම ජරකට විය.



'සැප්තැම්බර පිරිපුන් හමුව' මතකයේ රඳවන මනෝජ් සිල්වාගේ සුන්දර මියැසි නාදයට සුනිල් ශාන්තයන්ගේ ශීත ගයමින් අප හැමද එක්වූ කළ මැවුණේ රසගුලාවකි. වැඩිහිටියන් අපහසුතාවට ලක් නොවන අයුරින් සැලසුම් කර තිබූ විනෝදාංග ඉතා සරල වුවද, ඔවුන් මනාව උත්තේජනය කළ බව, හැමදෙනාම ඊට එක්වූ අයුරින් පැහැදිලි විය. කලෙකින් හමු වූ ජීර්යයන් හා එක්ව රස බොජුනෙන්ද, සංග්‍රහය විදිමින් ගතකළා වූ ඒ හෝරා කීපය, සත්තකින්ම අප එදිනෙදා දිවියේ ඒකාකාර බව සිඳුලූ සුන්දර හමුවක් විය.



**අප තවම යොවුන්ය, පිරිපුන් පරපුරට ජයවේවා...!!**

ඉන්දුමති අදිකාරි - ක්වින්ස්ලන්ත සිංහල සංගමය - වැඩිහිටි කණ්ඩායම් සාමාජික

**Agricola 2023 Committee**

- President: Priyanga Premarathne
- Secretary: Niromi Narampanawa / Champa Rajapakse
- Social Secretary: Warnajith Priyadharshana Perera
- Treasurer: Pradeep Dewapriya
- Committee Members:
  - Anoma Ariyawardane
  - Manod Praseetha
  - Sakunthala Muthuthantri
  - Srikantha Rajapakse
  - Sumith Kannangara

**SPUR Qld Office Bearers - 2023**

- President - Jayamini Methiwala
- Secretary - Anil Perera
- Treasurer - Sanjeeva Morawaka
- Committee members:
  - Manjula Peiris
  - Nilantha Karunarathna
  - Nihal Dias
  - Sarath Weerasinghe

**Ashley Chandrasinghe - Cricketer**

Victoria has unearthed yet another prodigious batting talent with 20-year-old Ashley Chandrasinghe bursting on the scene with a first-class century on debut. The left-hander played an innings of tremendous poise and patience against Tasmania on a Hobart green top that will have national selectors taking note. Having made just one run from his first 49 balls, Chandrasinghe carved his way to a brilliant 119 not out from 333 deliveries. Despite being on debut, there were no signs of nerves on 98 when Chandrasinghe drove straight down the ground to bring up his century.

Ashley is of Sri Lankan Ancestry (see *wikipedia*).  
<https://www.foxsports.com.au/cricket/domestic-cricket/sheffield-shield/cricket-australia-sheffield-shield-victoria-vs-tasmania-ashley-chandrasinghe-scores-century-on-debut/news->

**PROTECT YOUR HOME FROM INTRUSIONS AND THEFT**

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

**AUSTRALIAN WARRANTY**

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

**24/7 Mobile Phone Monitoring**



**M: +61402715486**  
**E: security@aesqld.com**      **W: www.aesqld.com**

Lisences: Security Provider: 4234403      Cabler: T49048

**98.1 FM**

voice binds Sri Lankan community together

- www.4eb.org.au/listen
- www.4eb.org.au/4eb-ondemand
- www.facebook.com/4ebSriLankan
- feedback@4ebsrilankan.org
- www.4ebsrilankangroup.org

## Saralanga 2022

Saralanga, the annual cultural festival of the Sinhala Association of Qld (SAQ) was held last month at St. John's Anglican College Auditorium on October 1, 2022. Its primary objective is the preservation and promotion of the Sinhala language and Sri Lankan culture within the Sri Lankan community in Queensland. The Saralanga concert is held every year with two objectives, the first is to promote Sri Lankan traditional arts and culture among new generations of Australians having Sri Lankan heritage and share with the Australian multicultural community, and the other is to showcase the creativity of the Sri Lankan community in Queensland.

It has continued for 28 years except in 2020 and 2021 when Covid intervened. The Saralanga 2022 cultural festival included wonderful performances by Sri Lankan sons and daughters, their creative skills developed in the community stage, combining the dancing traditions of Sri Lankan Upcountry, Lowcountry, Sabaragamuwa with Indian, Malay, Portuguese and Latin American. Although 23 performances including dancing, singing and drama, trained by dance institutes or individuals, were included in this year's Saralanga, the excellence of the concert was shown by the fact that all of them were presented in a well-planned manner. It must be said that the selfless dedication and contribution of more than 10 choreographers led to its success. The youngest child who participated in a dance in the show was 4 years old. It is with humble pride that we say that Saralanga 2022, which performed not only singing, playing and dancing, but also compering, was a truly cultural concert that demonstrated the real goals of the show.

### Wipula Dharmasooriya

SO



### Monthly News Digest: October 2022

01	President appoints 8 task forces to secure investors	<a href="http://www.adaderana.lk/news/84692/president-appoints-8-task-forces-to-secure-investors">http://www.adaderana.lk/news/84692/president-appoints-8-task-forces-to-secure-investors</a>
01	The President removes High Security Zones	<a href="https://www.dailymirror.lk/top_story/High-Security-Zones-removed/155-245971">https://www.dailymirror.lk/top_story/High-Security-Zones-removed/155-245971</a>
03	President of European Commission assures support for Sri Lanka's efforts to overcome crisis	<a href="http://www.adaderana.lk/news/85310/president-of-european-commission-assures-support-for-sri-lankas-efforts-to-overcome-crisis">http://www.adaderana.lk/news/85310/president-of-european-commission-assures-support-for-sri-lankas-efforts-to-overcome-crisis</a>
8	SC grants leave to proceed on case against Rajapakas, top officials for economic crisis	<a href="https://www.ft.lk/front-page/SC-grants-leave-to-proceed-on-case-against-Rajapakas-top-officials-for-economic-crisis/44-740738">https://www.ft.lk/front-page/SC-grants-leave-to-proceed-on-case-against-Rajapakas-top-officials-for-economic-crisis/44-740738</a>
09	Mahela joins Team SL to provide strategic planning in Melbourne for the T20 World Cup	<a href="https://www.dailymirror.lk/breaking_news/Mahela-joins-Team-SL-to-provide-strategic-planning-in-Melbourne-for-the-T20-World-Cup">https://www.dailymirror.lk/breaking_news/Mahela-joins-Team-SL-to-provide-strategic-planning-in-Melbourne-for-the-T20-World-Cup</a>
09	Cape Weligama among top 3 resorts in asia	<a href="https://www.dailymirror.lk/breaking_news/Cape-Weligama-among-top-3-resorts-in-asia/108-246403">https://www.dailymirror.lk/breaking_news/Cape-Weligama-among-top-3-resorts-in-asia/108-246403</a>
10	Russian airline Aeroflot resumes flights to Sri Lanka	<a href="http://www.adaderana.lk/news/85452/russian-airline-aeroflot-resumes-flights-to-sri-lanka-after-4-months">http://www.adaderana.lk/news/85452/russian-airline-aeroflot-resumes-flights-to-sri-lanka-after-4-months</a>
10	Several arrested during Aragalay commemoration	<a href="http://www.adaderana.lk/news/85443/several-arrested-during-aragalaya-commemoration-at-galle-face">http://www.adaderana.lk/news/85443/several-arrested-during-aragalaya-commemoration-at-galle-face</a>
12	SL among Top 10 friendliest countries in the world	<a href="https://www.ft.lk/front-page/SL-among-Top-10-friendliest-countries-in-the-world/44-740748">https://www.ft.lk/front-page/SL-among-Top-10-friendliest-countries-in-the-world/44-740748</a>
12	Erik Solheim appointed Presidents' Intl. Climate Adviser	<a href="https://www.dailymirror.lk/breaking_news/Erik-Solheim-appointed-Presidents-Intl-Climate-Adviser/108-246652">https://www.dailymirror.lk/breaking_news/Erik-Solheim-appointed-Presidents-Intl-Climate-Adviser/108-246652</a>
12	Govt. to allocate land on long-term lease for selected investors	<a href="https://www.dailymirror.lk/breaking_news/Govt-to-allocate-land-on-long-term-lease-for-selected-investors/108-246619">https://www.dailymirror.lk/breaking_news/Govt-to-allocate-land-on-long-term-lease-for-selected-investors/108-246619</a>
17	Namibia beats Sri Lanka in T20 World Cup opener	<a href="https://www.theguardian.com/sport/2022/oct/16/namibia-earn-shock-win-against-sri-lanka-cricket-t20-world-cup-opener">https://www.theguardian.com/sport/2022/oct/16/namibia-earn-shock-win-against-sri-lanka-cricket-t20-world-cup-opener</a>
18	Three Sri Lankan hotels in World's Best Hotels round up	<a href="https://www.dailymirror.lk/breaking_news/Three-Sri-Lankan-hotels-in-Worlds-Best-Hotels-round-up/108-246966">https://www.dailymirror.lk/breaking_news/Three-Sri-Lankan-hotels-in-Worlds-Best-Hotels-round-up/108-246966</a>
18	Japan to organize SL creditors' meeting by end of this year	<a href="https://www.dailymirror.lk/breaking_news/Japan-to-organize-SL-creditors-meeting-by-end-of-this-year/108-247005">https://www.dailymirror.lk/breaking_news/Japan-to-organize-SL-creditors-meeting-by-end-of-this-year/108-247005</a>
18	Shehan Karunatilaka wins Booker Prize 2022	<a href="https://www.abc.net.au/news/2022-10-18/booker-prize-winner-2022-shehan-karunatilaka/101537160">https://www.abc.net.au/news/2022-10-18/booker-prize-winner-2022-shehan-karunatilaka/101537160</a>
18	SL beats UAE by 79 runs to stay alive in the T20 World Cup	<a href="https://sportstar.thehindu.com/cricket/t20-world-cup/t20-world-cup-sri-lanka-vs-uae-live-score-sl-vs-uae-scorecard-updates-highlights-qualification-scenario-points-table/article66025304.ece">https://sportstar.thehindu.com/cricket/t20-world-cup/t20-world-cup-sri-lanka-vs-uae-live-score-sl-vs-uae-scorecard-updates-highlights-qualification-scenario-points-table/article66025304.ece</a>
19	US Asst Secy of State Donald Lu arrives in Sri Lanka	<a href="http://www.adaderana.lk/news.php?nid=85635">http://www.adaderana.lk/news.php?nid=85635</a>
19	Sri Lanka secures long-term credit line from Russia	<a href="http://www.adaderana.lk/news.php?nid=85634">http://www.adaderana.lk/news.php?nid=85634</a>
20	SL beats Netherlands to reach Super 12's at the T20 World Cup	<a href="https://www.dawn.com/news/1715998/sri-lanka-beat-netherlands-reach-super-12s-at-t20-world-cup">https://www.dawn.com/news/1715998/sri-lanka-beat-netherlands-reach-super-12s-at-t20-world-cup</a>
20	CBSL chief says Sri Lanka has no alternative other than IMF; defends tax reforms	<a href="http://www.adaderana.lk/news.php?nid=85659">http://www.adaderana.lk/news.php?nid=85659</a>
21	Sri Lanka's NCPI-based inflation goes up to 73.7% in Sept	<a href="http://www.adaderana.lk/news.php?nid=85675">http://www.adaderana.lk/news.php?nid=85675</a>
23	South Asia's first Disneyland in Hambantota ?	<a href="http://www.adaderana.lk/news/85710/sri-lanka-in-talks-to-have-south-asias-first-disneyland-in-hambantota-report">http://www.adaderana.lk/news/85710/sri-lanka-in-talks-to-have-south-asias-first-disneyland-in-hambantota-report</a>
26	Australia beats SL in T20 Worls Cup	<a href="https://www.espncricinfo.com/series/icc-men-s-t20-world-cup-2022-23-1298134/australia-vs-sri-lanka-19th-match-group-1-1298153/live-match-blog">https://www.espncricinfo.com/series/icc-men-s-t20-world-cup-2022-23-1298134/australia-vs-sri-lanka-19th-match-group-1-1298153/live-match-blog</a>
27	Tillakaratne to be head coach of Bangladesh women's team	<a href="https://www.espncricinfo.com/story/hasban-tillakaratne-to-be-head-coach-of-bangladesh-womens-team-1341835">https://www.espncricinfo.com/story/hasban-tillakaratne-to-be-head-coach-of-bangladesh-womens-team-1341835</a>
28	October 1-24 tourist arrivals top 31,000	<a href="https://www.dailymirror.lk/breaking_news/October-1-24-tourist-arrivals-top-31-000/108-247516">https://www.dailymirror.lk/breaking_news/October-1-24-tourist-arrivals-top-31-000/108-247516</a>

## Multicultural Queensland

### 1 November 2022 - Melbourne Cup

The 2022 Melbourne Cup race time is scheduled for 3pm AEDT on Tuesday, November 1. Whether you are at home, in the office, in a restaurant or anywhere in the world, you will be glued to the TV when the Melbourne Cup race is on. Even those who do not believe in horse racing stop whatever they are doing to watch the Melbourne cup. Hope you will make a few dollars at least in the office sweep!

### 11 November - Remembrance day

Every year on Remembrance Day at the cenotaph at Anzac Square, you will hear a bugler play the Last Post and those gathered there will pause for a minute's silence in honour of the fallen. Many will also wear or place remembrance poppies. Wherever you are in Australia, you will stop whatever you are doing at 11am for one minute to honour the fallen in fighting for their country.

### මතක බණ

කලාපිරි වෙසක් සඳ  
 අවපසින් නීඨී යයි...  
 තරු එළිය පරව ගොස්  
 රැ අඳුර තලු මරයි...

නුඹේ මලගම සිදු කෙරුව තැන  
 පහන් කණුව අඳ කළුවරයි...  
 මාවතට එළිය දෙන්තට  
 මැටි පහන වෙර දරයි...

රැ මනමාලි මල්  
 පිපි පරවී වැටෙයි...  
 මැදියමේ හෝරාව  
 කාලයෙන් දිය වී මැකෙයි...

සැණකෙළි සදින් ඔකඳව  
 මුළු ලොවම ඉපිලෙනෙයි...  
 කඳුළු හිරිකඩ සමඟ  
 නුඹ ඔතැන නිවන් සුව විදියි...

දැවෙන මැටි පහන් සිල  
 නුඹේ මතකය වමාරයි...  
 කාලය වියපත්ව ගොස්  
 නුඹේ සැමරුම පණ ලබයි...

ලෝකයක් තනන්තට  
 නුඹේ සුබ සිත එල නොදැරුවයි...  
 ඒ අහිංසක කල්පනාවේ “නිසරුව”  
 ලෝකයාට වැටුණු වගයි...

පසු සටහන  
 (ජීවිතයත් මරණයත් අතර බලාපොරොත්තු තබා ගත හැකි කාලය රැයකටත් වඩා අඩු වූ, 88/89 හිමණ සමයේ කවියේ නිර්මාතෘ දකුණු පළාතේ ප්‍රකට පාසැලක උසස්පෙළ ශිෂ්‍යයෙක්. ඒ කාලය, සැහැසි මිනිස් සාතන වගේම මිලේච්ඡ ආකාරයෙන් ඒවා ප්‍රදර්ශනය කිරීමත් සමාජයට සාමාන්‍යකරණය වීම ආරම්භ වූණු කාලය. කවියෙහි සඳහන් තරුණයා, නිර්මාතෘ දන්නා හඳුනන එක් දරු පියෙක්. ඔහු සාතනය කර තිබුණේ ඔහුගේ නිවස අසල ලයිට් කණුවකට දැන් පසුපසට එක්කොට බැඳ, මුවට වෙඩි තැබීමෙන්. ඒ හයංකර දර්ශනය දැකීමට නිර්මාතෘ අවාසනාවන්ත නොවූවත්, පසුව එළඹී වෙසක් පෝ දා රැ ඔහු සාතනයට ලක් වූ ලයිට් කණුව පාමුල ඔහුගේ බිරිඳ දල්වා තිබූ මැටි පහනේ දර්ශනය දැකීමෙන් උපන් සිතුවිලි මේ කවිය නිර්මාණය කළා).

### ලලික් කීර්තිරත්න



කෘෂිකර්ම වෘත්තීයවේදියෙකු වන ආචාර්ය ලලිත් කීර්තිරත්න 4EB ඉවත් විදුලියේ වැඩසටහන් සම්පාදකවරයෙකු වශයෙන්ද කටයුතු කරයි.

කවිත්වලින් සිංහල සංගමය ඉදිරිපත් කරයි  
 SINHALA ASSOCIATION OF QUEENSLAND INC. PRESENTS

BASED ON TRUE EVENTS

A FILM BY UDAYAKANTHA WARNASURIYA

Regal Cinema  
 381 HONOUR AVENUE  
 GRACEVILLE QLD 4075

6:30PM  
 5TH NOVEMBER 2022

TICKETS: \$30  
 TICKETS @ [HTTPS://MISLANKATICKETS.COM](https://mislankatickets.com)

JAUS LANKA TICKETS  
 CHECK UNDER BRISBANE EVENTS

වැඩිහිටියන්ට පමණයි

Hot Chocolate  
 Annual DINNER DANCE

5TH NOVEMBER 2022  
 ~ 7 PM ONWARDS ~  
 GOLD COAST CROATIA SPORTS CENTRE  
 181 NERANG BROADBEACH RD, CARRARA QLD 4211

SRILANKAN BUFFET DINNER

PROUDLY ORGANISED BY GOLD COAST SRI LANKANS ASSOCIATION INC

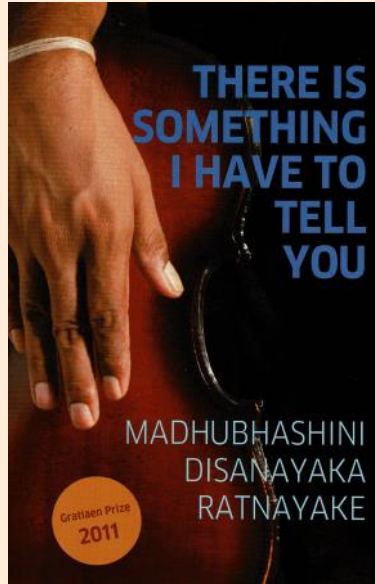
Adults - \$75  
 Child - \$50 (6-12yr)

Dress code: Smart Casual

PRABHASH - 0406780850 SHEVANTI - 0415 811 554

**BOOK REVIEW: There is Something I Have to Tell You by Madhubhashini Disanayaka Ratnayake**

The 2011 Gratiaen Prize winning novel is an examination of the complex socio-political aspects of Sri Lanka over the past few decades. Through a web of characters drawn from various social strata ranging from aristocratic upper class, the poor servant classes, rural intelligentsia, rural business class, leftist movement in the sixties and seventies headed by Oxford educated lawyers, the restless and sometimes violent youth movements and the village temple, the author very skilfully narrates the socio-political fabric of Sri Lanka.



Janu is the son of George Samarawickrama, a successful, British educated lawyer who is also a member of the Sama Samaja Party from a Walawwa (feudal mansion) in Bulankulama near Anuradhapura. Upali, the son of domestic helper of Janu's grandmother at the Walawwa in Veyangoda befriends Janu when he goes to Veyangoda for school holidays.

Upali's family who were in Bulankulama breaks down as his father is sent to the lunatic asylum after losing his mind doing leftist politics. Upali and mother were brought to Janu's mother's ancestral Walawwa in Veyangoda to start a new life. Upali finds out that his father is in the lunatic asylum only after he came across some letters his mother had and loses faith in those around him in the process.

Janu's mother passes away to cancer when Janu was still a young boy. After the death of Janu's mother, Upali and his mother return to Bulankulama. A teacher at the local school, takes Upali under his wing by providing books and other materials and his son Kamal becomes an inseparable companion to Upali. The teacher's son Kamal (the narrator in the book) becomes an inseparable companion of Upali who treats him as his elder brother.

Anila who lives close by to Janu with her parents and uncle used to play and spend time with Janu. After his mother's death, Janu drifts away and becomes a loner. Anila's uncle is a Sinhala nationalist.

The book weaves through these characters and many more, varying from traditional music lovers to those who like western music, interaction of Burgher and Tamil characters with the Sinhalese, strong Sinhala nationalists to liberal socialists amidst the 1983 ethnic violence and 1989 social upheavals over a generation to provide the reader with an examination of the social and political fabric of Sri Lanka at the time.

**Wimal Kannangara**

*The author of the book, Madhubhashini Disanayake Ratnayake, is a Senior Lecturer in the University of Sri Jayawardenepura and the Head of its English Language Teaching Unit.*



**ක්වීන්ස්ලන්ත බෞද්ධ විහාරය ගුඩිනා**

**2022 නොවැම්බර් මස 05 වන සෙනසුරාදා සවස 6:30 ට**

**ඩාවින් නුවර ජාත්‍යන්තර බෞද්ධ මධ්‍යස්ථානාධිපති පූජ්‍ය උඩහේනේ සීලරතන හිමිපාණන් විසින් ගුඩිනා විහරස්ථානයේදී පවත්වනු ලැබේ.**

**විහාර සංවර්ධනයට ආධාර පිණිස එදින ආහාර සල්පිල ද පැවැත් වේ.**

**ඔබ සැමට කරුණාවෙන් ආරාධනා**

බෞද්ධ විහාර සංගමය

Siri Samanthabhadra Maha Thero's

# Australia Tour 2022

## BRISBANE PROGRAM



 **Saturday 26<sup>th</sup> November (5.30 pm - 8.30 pm)**

 **Acacia Ridge State School Auditorium**

 **Arjuna - 04 0143 1567**

 **Sanjeewa - 04 2262 6195**

**Dæhæna (Newsletter) Archives**

Past copies of Dæhæna are found at the following location

[https://drive.google.com/drive/u/1/folders/1PS0kFSXRCXSga-FrdtDMH\\_WpeReaT1Sn](https://drive.google.com/drive/u/1/folders/1PS0kFSXRCXSga-FrdtDMH_WpeReaT1Sn)

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



**HANTANE NITE 2022**  
 University of Peradeniya Alumni Get-together - Queensland  
**Saturday 12<sup>th</sup> November 2022**  
 from 5.30 PM till Midnight  
**at Beenleigh Event Centre**  
 Corner Kent and Crete Street Beenleigh QLD 4207



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



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



Tickets ; **Tickets available now !**  
 Please contact

Adult \$80	Chaminda	- 0430448470
Student \$50 (Fulltime student)	Thushara	- 0451219181
Child \$ 25 (Under 12)	Praseetha	- 0403677150
	Tharindu	- 0405639600

\$10 Donation from all tickets will be given to Peradeniya University for student's charity work  
**No tickets will be available at the gate!**  
 E-mail: iamfrompera@gmail.com  
 Dress : Formal Pera Uni. Group



The Old Anandians Association of Queensland Inc  
**MAROONS CHARITY WALK 2022**  
 Queensland Fair Trading Approved Charity Project | CP6207

**SUNDAY 13 November 2022** | **9 am** | **Berrinba Wetlands Park Wayne Goss Drive Browns Plains QLD 4118** | Ticket **\$15**

**PURPOSE:**  
 To provide essential nutrition packs to low-income malnourished pregnant mothers in SRI LANKA.  
**Free BBQ. All are Welcome.**

oaaq.org/maroons-charity-walk-2022





**CONTACTS**  
 Mithila Wanigathunge 0425 837 197 | Nipuna Fonseka 0432 150 088  
 www.oaaq.org  
 Email us at hello@oaaq.org



**The Inaugural CoMSAA AUSTRALIA MEDICAL SYMPOSIUM 2022**  
 & Fellowship Dinner  
**SATURDAY 26TH NOV 2022**  
**The Star Gold Coast Broadbeach QLD**  
 Organised by Colombo Medical School Alumni Association of Australia  
**Symposium 6.00 - 7.30pm**  
**Dinner & music 7.30 - 11.30pm**  
**Dress code - Formal**  
 Payment for tickets  
**CoMSAA Australia BSB 065 163 AC 1034 4068**  
 Ref <initial><surname><no tkts>  
 Notify by SMS 0467 209 709  
 Email comsaaaustralia@gmail.com

**\$125 PP**

Agricola Queensland Proudly Presents



**6.00pm 27 November 2022**  
**Dendy Coorparoo Cinema**  
 Tickets: \$25

**SHOW**

WRITTEN & DIRECTION **A.T.GNANAM**  
 L.N.VIJAY | RAJAN PRASAD | ANBIL SUBRAMANIAM | RANGIS | PA.VIJAY  
 PRAVEEN VELLILKAL | PREMCHANDER S.MOHAN | ANBIL PRABHAKAR | MITHIJA | MANIVARMA | R. BHARANY  
 VINAYA DEVI | RAMANA | R.MURTHY | G. KRISHNAN | SRI KRISHN | SATHISH ANIL | MOGUL DESIGNS  
 EXECUTIVE PRODUCER **KOUSHI**  
 PRODUCED BY **SIVA BROTHERS**  
 Contact: Jayalath (0408 080 144) ; Priyanga (0449 642 592) ; Pradeep (0434 610 394)

**Sri Lankan Events - Brisbane and SE Qld**

**November 2022**

05	Thesatta Nana Puja	Goodna Temple
05	Gala Dinner Dance	Gold Coast Sri Lankan Association
05	Sinhala Movie: "Ginimal Pokuru"	Sinhala Assn of Qld
06	සංකලන	Private
12	Hantane Nite	University of Peradeniya Alumni
13	Maroons Charity Walk 2022	Old Anandians' Asso-
19	Special Pooja & food stall in aid of Mental health medicine to Sri Lanka	Goodna Temple
26	Fellowship Dinner	Colombo Medical
26	Siri Samanthabhadra Maha Thero	Private
27	SL Sports Asso. of Qld - AGM	SLSAQ
27	IInd Show - Movie	Agricola

**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

**January 2023**

21	RMOBAQ Charity Walk	Richmond Mahinda Old Boys Association
28	Deshabimani Geetha Prasangaya 2023	SL Buddhist Monastery

**February 2023**

10	Valentines dinner dance with Infinity + Wasthi	YES Entertainment Brisbane
11	Musical show in aid of Qld Buddhist Vihara building fund	Goodna Temple
12	Valentine's Day Have-A-Chat Lunch	Silver Fawn Club
18	නරු විසිතුරු ප්‍රසංගය	Sinhala Asso. of Qld
25	SANGAYANA: Charity Karaoke	Private

**March 2023**

04	"The News" Musical Concert	Sathsara Entertainment
11	Annual General Meeting	Silver Fawn Club
11	Marines Dinner Dance	Aradhana Entertainment
18	Prathiba 2023	Sri Lanka Arts Circle

**April 2023**

15	Bak Maha Ulela: Sinhala & Tamil	Sinhala Asso.of Qld
----	---------------------------------	---------------------

**June 2023**

17	BNS Concert	Aradhana Ent.
----	-------------	---------------

**Radio 4EB - Sri Lankan Program Schedule**

**Arunella - Sunday 9.00am - 10.00am FM 98.1**

Date	Producer/Panel Operator
06 Nov	Himaya Anuradha / Sameera Samarasinghe
13 Nov	Ananda & Nayana Samarathunga / Mihika Samarathunga
20 Nov	Jayantha Weerasekera (JW) & Seetha Vithana / JW
27 Nov	Kanthi Wijesoma / Kasun Karunaratne
04 Dec	Lakmini Keerawella / Kasun Karunaratne

**Musical Night of the Year!**  
 ඉන්ද්‍රජයා ආරක්ෂා කිරීමේ වෙහෙර වහරට අයවරු පිරිස  
 In aid of Goodna, Buddhist Vihara of Queensland

**විජයාන සිහිනේ**  
 Wassana Sihine  
 first time in Brisbane

**Saturday 03<sup>rd</sup> December 2022**  
**6:00pm**

Music By  
 Indrajith Mirihana

පවසිත් අමරදේවයන්ගේ ගී ආවර්ජනා...  
**iSEE Church Auditorium**  
 308, Seventeen Mile Rocks Road  
 Seventeen Mile Rocks, QLD 4073

Tickets: Gold: \$75 Adult: \$60 Family: \$130 (kids under 12y)

online tickets: <https://www.trybooking.com/CCAUT>

For the tickets please contact...  
 Chandrani 0470147918 Lionel 0403448707  
 Rasitha 0428937805 Sarath 0432179528  
 Methsiri 0404024813 Ruchika 0410410167

**Australia Day 2023 Grants - Applications Close Monday 7th November**

National Australia Day Council's (NADC) Australia Day 2023 Community Events Grants program are now open.

To check eligibility, read the grant guidelines and apply for a grant, visit [australiaday.org.au/2023-grants](http://australiaday.org.au/2023-grants) and if you have any questions, email [grants@australiaday.org](mailto:grants@australiaday.org).

**Sandella - Wednesday 9.00pm - 10.00pm FM 98.1**

Date	Producer/Panel Operator
02 Nov	"Yovun Sandella" - Janaka & the team / Mithila Wani-gathunge
09 Nov	Thisara, Chathurika & Darshika / Thisara Pathirennehelage
16 Nov	Kasun, Pulastha & Dushan/ Kasun Karunaratne
23 Nov	Kumarasinghe Dissanayake / Sandun De Silva
30 Nov	Sameera & Guest / Sameera Samarasinghe
07 Dec	"Yovun Sandella" - Janaka & the team / Mithila Wani-gathunge

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