



## WORLD SENIORS DAY

World Seniors Day is celebrated annually on 21 August.

It is an appreciation and an honouring of the contributions and achievements of older adults around the world. It is also a recognition of the importance of Seniors in society. Many charitable organisations depend heavily on the hours of voluntary work undertaken by Seniors. As the global community continues to age, it is critical to acknowledge the value and wisdom that older adults bring to the society. Seniors have a wealth of knowledge and experience that can be shared with younger generations.

World Seniors Day is a reminder that Seniors have a vital role to play in our communities and that their voices should be heard and respected.

World Seniors Day also raises awareness about the challenges Seniors face and the world can work towards creating a more inclusive and supportive society for Seniors. Many Seniors struggle with issues such as ageism, elder abuse, poverty, and inadequate healthcare.



One of the important goals of World Seniors Day is to promote active aging as Senior citizens are living longer. All societies in the world are in the midst of the longevity revolution. Engaging in activities such as exercise, volunteering and learning new skills can help Seniors maintain their independence, prevent chronic disease, and reduce social isolation. Seniors Clubs are places where people can meet and socialise around

shared interests. There are free Cycling groups, Life Activities Clubs, Book Clubs, and Discussion Groups. Fun activities include gardening, bird watching, traditional games and puzzles, arts and crafts, animal interactions, dancing, parties and other social gatherings. Probus is an international organisation for retirees. Strength for Life is a strength training program for older people. University of the Third Age provides classes both educational and social.

Another important aspect of World Seniors Day aims to combat ageism by promoting intergenerational understanding and respect. It encourages people of all ages to recognise the value of seniors and to challenge stereotypes and negative attitudes towards aging. It raises awareness to prevent exclusion from job opportunities, social isolation, and limited access to health care. Elder abuse and poverty among Seniors are a global concern. It calls on governments and communities to ensure that older adults have access to affordable housing, social services, and financial security. It is an obligation.

In conclusion, World Seniors Day, is a day to honour and appreciate the contribution of older adults and give them a voice about the challenges they face. It promotes active aging, address issues of concern and advocates for better social support for Seniors. By recognizing the value and rights of older adults we can create a more inclusive and age friendly society for everyone.



**Sandra Joseph**

*Sandra Joseph is the convenor of SAQ Seniors, a service of Sinbala Association of Queensland.*

## WORLD PHOTOGRAPHY DAY

World Photography Day is an annual, worldwide celebration of the art, craft, science and history of photography. The World Photography Day for 2023 will take place on Saturday, 19 August.

A photograph has the ability to capture a place; an experience; an idea; a moment in time. For this reason, it's said that a picture is worth a thousand words. Photographs can convey a feeling faster than, and sometimes even more effectively than words can. A photograph can make the viewer see the world the way the photographer sees it.



*Afghan Girl by Steve McCurry*

Photographs even transcend the passing of time - a photo from a hundred years ago can still be as appreciated now, as it was then. A photo taken tomorrow, can still be just as appreciated by others in a hundred years' time.

With the popularity of mobile devices with exceptional photographic capability, photography is within reach of practically everyone.

Join the World Photography Day celebration, this August 19th. Go out and capture a moment. #WorldPhotographyDay .

*Courtesy: <https://www.worldphotographyday.com/>*

Inside this issue:	
Anton Swan's Exemplary Service As Sri Lanka's Honorary Consul Feted	2
Merrill J. Fernando: Founder of Dilmah Tea Passes Away	3
Book Review: There's a Hole in my Bucket by Royd Tolkien, Shankari Chandran Wins 2023 Miles Franklin Award	4
Embracing Diversity: Queensland Multicultural Month	5
Stories Behind Names of Places in Sri Lanka: Anamaduwa, Obituary, AGM Old Anandians Assn.	6
Where Does Sri Lankan Food Come From?, Our Lady of Madhu Feast 2023	7
ජතුම් ගුණ කඳ මැණීමේ, Kandy Esala Perahera Festival 2023	8
Kandy Esala Perahera 2023, Event Flyers	10
Event Flyers	09, 10
Monthly News Digest: July 2023	11
Sri Lankan Events Calendar-SE Qld, Multicultural Queensland, Program Schedule	12



## Anton Swan's Exemplary Service As Sri Lanka's Honorary Consul Feted at FSOQ's Gala Dinner

A grateful community gathered in numbers at a gala dinner on July 15 to thank Anton Swan OAM, the Honorary Consul for Sri Lanka in Queensland, who has stepped down from his official duties after a tenure of 33 years.

More than 250 people attended the night organised by the Federation of Sri Lankan Organisations of Queensland to felicitate Anton and Bronwen Swan at the Souths Sports Club, Acacia Ridge.



The line-up of guests included representatives of the FSOQ and its member organisations, State Member for Mount Ommaney Jess Pugh, Brisbane City Councillor Angela Owen, Dean of Consular Corps Michael Horvath, the Swan family and members of the Brisbane Sri

Lankan community. Cultural performances were among the highlights.

Anton's contribution to the community reached far beyond his official duties. He is a dynamic figure as patron of Sri Lankan organisations in Brisbane that have come together for many fundraising events to support local and overseas causes. He has been on the frontline as community leader, lending a hand, from loading containers of beds and packing aid, to generating support from government and businesses. The fundraising projects over the past two decades have been many and varied.

As Dean of the Consular Corps in Brisbane, Anton faced one of his biggest challenges when Covid-19 raged in 2020-21. He worked closely with consuls from 50 other countries to guide, advise and

inform communities in Brisbane. Dean of the Consular Corps Michael Horvath praised Anton for his dedication and commitment in mitigating the effects of the pandemic.

FSOQ president Jay Weerawardena said the Brisbane community owed Anton a debt of gratitude, saying he had shown consistent leadership and hard work through the greatest times of need. Past president Jayantha Pathikirikorale also paid tribute to his abounding generosity and guidance.

Anton, in thanking the guests, said it had been a wonderful journey over 33 years.



"In my position as a community leader, I have seen hundreds of good-hearted people come together to help in times of adversity, never more readily than in the past 20 years when Sri Lanka faced great distress through a devastating tsunami, extreme poverty, lack of medical supplies and hospital beds, and the pervasive destruction of terrorism," he said.

Anton thanked his wife, Bronwen, and family for their love and support.

"For more than 50 years, Bronwen has been in step with me during my rewarding journey in service of others," he said.

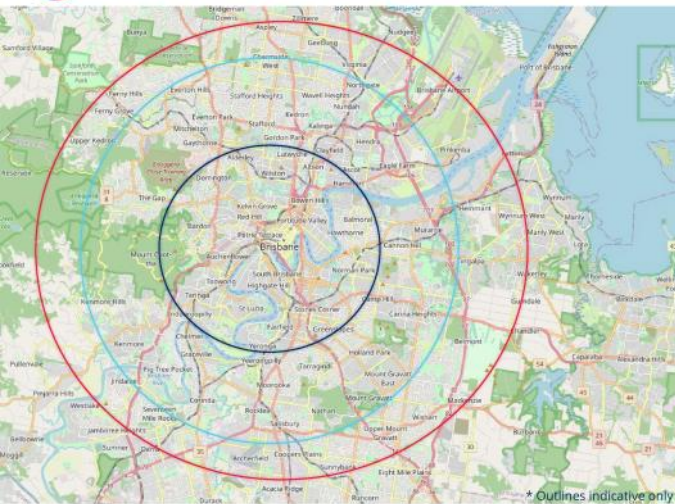
"It's been a pleasure working in my role as a representative of the country of my birth, and I will genuinely miss it. But I will always have the fond memories of a community that has enriched my life and left an impression on me."



**Lawrence Heyn**

*Lawrence Heyn, a journalist of more than 50 years, operates HeynDesign in Brisbane with son Robert.*

## 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 Genuine Choice

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

positionproperty.com.au

PROJECT MARKETING | RESIDENTIAL | PROPERTY MANAGEMENT | INTERNATIONAL

**ආයුබෝවන් Brisbane!**

**Team NETRENT**

## What Is Your Property Worth?

Get Your Free Instant Property Report

Start typing to find your address

Find Out

Visit Our Website

www.netrent.com.au



Many more packages available please refer the website

07 3113 3882

admin@netrent.com.au

www.netrent.com.au



## Merrill J. Fernando: Founder of Dilmah Tea Passes Away

Merrill J. Fernando – the founder and former CEO of Sri Lanka’s largest and most global tea brand ‘Dilmah Tea’ – passed away on 20 July.

The iconic businessperson was aged 93 at the time of his demise.

Born in 1930 in Negombo, Fernando received his primary education from Maris Stella College and his secondary education from St. Joseph’s College in Colombo.



In 1954, at a time when the island’s tea trade was still under the control of the British, Fernando began working as a tea assistant with Arthur Frederick Jones and his son Dennis Jones at AF Jones & Co. Fernando was amongst the first group of Ceylonese to be permitted to learn tea tasting. Four years later, Fernando was appointed the company’s Managing Director.

However, in 1962, he stepped down from AF Jones & Co. and started Ceylon Tea Services Company. Later that year, he established Merrill J. Fernando Company and exported bulk tea to Russia, USA, Canada, Australia, New Zealand, South Africa, Libya, Egypt and Saudi Arabia.

In 1982, Fernando established Ceylon Tea Services Ltd., which was floated as a public company on the request of the government to support a fledgling Colombo Stock Exchange.

Three years later, in 1985, Sri Lanka’s first value added Ceylon tea brand “Dilmah” was launched with Australia-based Mauri Foods. Dilmah Tasting and Packing Factory was awarded ISO 9002 Certifi-

cation in 1994.

Reaffirming his commitment to the company’s philosophy ‘Business is a Matter of Human Services’, Fernando in 2003 established the MJF Charitable Foundation through which thousands of children, young women and men, impoverished adults, farmers, and war widows received help.

The MJF Charitable Foundation undertook its first major relief effort with the Small Entrepreneur Programme benefiting survivors of the 2004 tsunami disaster. The project has gone on to empower over 2,000 start-up businesses.

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



Trusted People to send Boxes to Sri Lanka

# TRICO FREIGHT

Mobile 0416070017 & 07-3879 9081

Faster, reliable and hassle free service

Monthly shipments to Sri Lanka

424 Waterford Road, Ellen Grove, Qld 4078

Email: [sales@tricofreight.com.au](mailto:sales@tricofreight.com.au)

# G'day Carers

WE ARE A DISABILITY SERVICE PROVIDER REGISTERED WITH THE NDIS

We offer both long and short term care regarding a multitude of tasks and services. Including but not limited to, assistance with personal tasks, daily household tasks/maintenance of home and garden, personal activities and assistance for those requiring high intensity care, assistance and services provided by a registered nurse, and necessary assistance with travel to and from your residence.

0400894252 ☎

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

[facebook.com/gdaycarers](https://www.facebook.com/gdaycarers) 📱

19 Kiewa Pl, Kuraby 4112 QLD 📍

## Your Support Makes It Possible

Your support has been the key reason behind our success. As we approach the end of the subscription period, we kindly ask you to consider renewing your subscription. We greatly appreciate your continued support and look forward to your contributions in the coming year as well.

Thank you for being a part of our journey.

Visit Radio 4EB and subscribe to renew your subscription. Ensure that you select "Sri Lankan" in the Group Subscription section.

voice...binds... Sri Lankan community together

[www.4eb.org.au/Listen](http://www.4eb.org.au/Listen)

[www.4eb.org.au/4eb-ordermand](http://www.4eb.org.au/4eb-ordermand)

[www.facebook.com/4ebSriLankan](https://www.facebook.com/4ebSriLankan)

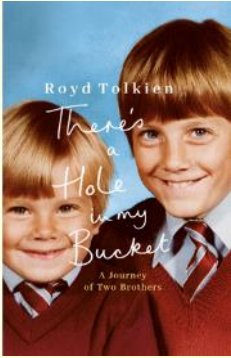
[facebook@4ebSriLankan.org](https://www.facebook.com/4ebSriLankan)

[www.4ebSriLankanGroup.org](http://www.4ebSriLankanGroup.org)



## Book Review: *There's a Hole in my Bucket* by Royd Tolkien

Royd Tolkien is the great grandson of JRR Tolkien, the famed author of the Lord of the Rings series. He grew up in Wales with his parents, an elder sister and a younger brother. The siblings' lives were influenced by adventures and outdoor activities. Royd's brother Mike was an adrenalin loving individual, somewhat the opposite of Royd. At 35, Mike was diagnosed with Motor Neurone Disease (MND). The brothers decided to use the spare time Mike had left



by venturing out and spending quality time together. As Mike's life deteriorated rapidly, Royd nursed him through the final years of his life. Upon Mike's demise at age 39, Royd discovered a Bucket List of 50 tasks that Mike had secretly prepared for Royd to complete after his death. This Book is about ticking off those items on that List, mostly in New Zealand - a country that Mike loved and also a land made famous by the Hobbit movies. The Book also supplements by interspersing with stories of the exploits Royd and Mike shared together and many a tale of their competitive nature to outdo each other.

The Bucket List was a full gamut of emotions from terror to reflection and from sadness to joy. Mike's idea was to draw Royd out of his comfort zone to perform tasks from daredevil to random acts of kindness. The themes were meant to challenge Royd – some were emotive throwbacks to times spent with Mike while some were meant to tease him and make him look like a mug. Royd having seen the suffering that Mike had undergone was determined to make it happen, not fail him.

His first task was to fake a stumble on his way to the lectern to de-

liver the eulogy at Mike's funeral. While the mourners gasped, Royd cheekily informed the audience that it was what Mike had wanted him to do. Another task was related to an encounter with a tarantula – Mike had the last laugh knowing that Royd's weakness was arachnophobia, an overwhelming fear of spiders.

The Bucket List was made into a documentary thanks to a cameraman filming the episodes while accompanying Royd on this expedition. Of course, the famous surname got Royd into places for the challenges, not available to commoners. He also had the luxury of having access to famous people e.g. film director Peter Jackson.

Another important goal was to make people aware of MND and the short life sentence it bestows upon sufferers. Royd proudly adopted the role of an ambassador for MND.

This is a story about two brothers and the love and respect they had for each other. Frequently challenging, often humorous and sometimes heart breaking, the tasks chart the brothers' lives from childhood to adulthood. It is an inspirational life affirming memoir to honour the memory of a dear brother who was sadly lost to a terrible disease.

"His grief he will not forget; but it will not darken his heart, it will teach him wisdom" JRR Tolkien.

**George Somasundaram**

*George resides in Brisbane and is currently retired*

**ARUNELLA** - Sunday 9.00am - 10.00am

**SANDELLA** - Wednesday 9.00pm - 10.00pm



**4EB FM 98.1 - SRI LANKAN PROGRAMMES**

## Shankari Chandran Wins 2023 Miles Franklin Award for "Chai Time at Cinnamon Gardens"

Shankari Chandran's *Chai Time at Cinnamon Gardens*, an inter-generational epic confronting Australia's uneasy relationship with multiculturalism and postcolonial trauma, has won the 2023 Miles Franklin literary award.

Chandran, a Sydney-based lawyer of Tamil heritage, collected the prestigious \$60,000 award in Sydney on Tuesday night. The judges praised Chandran's third novel, set in an aged care facility in contemporary western Sydney and Sri Lanka's brutal civil war, as an accomplished work of character, dialogue and action.



"It treads carefully on contested historical claims, reminding us that horrors forgotten are horrors bound to be repeated, and that the reclamation and retelling of history cannot be undertaken without listening to the story-tellers amongst us," the judges' said in a joint statement.

But *Chai Time at Cinnamon Gardens* very nearly didn't get written, let alone published, Chandran said. Sales for her second book, a futuristic thriller titled *The Barrier*, were modest and publishers had outright rejected her follow-up manuscript.

"In my heart I felt *Chai Time* would never be published in Australia, which gave me the freedom to write in the way that I wanted to write, with complete honesty," she said. "And not only was it a liberating experience, it also just felt like the right time for me to finally explore the issues of race and identity in Australia."

*Courtesy: <https://www.theguardian.com/>*



## OPEN YOUR DOOR

TO ULTIMATE SECURITY  
& FLEXIBILITY

### 5 in 1 Smart lock

MOBILE APP, FINGER PRINT  
KEY CARD  
PIN & MECHANICAL KEY

Supplied and Installed By:



PHONE : +61402715486  
EMAIL : [security@aesqld.com](mailto:security@aesqld.com)



## Embracing Diversity: Queensland Multicultural Month



Queensland Multicultural Month is a celebration that showcases the rich tapestry of cultures, traditions, and experiences that make up the vibrant community of Queensland, Australia. This annual event, observed throughout the entire month of August, brings

people from all walks of life together to foster unity, understanding, and appreciation for diversity.

The essence of Queensland Multicultural Month lies in its ability to embrace and recognize the contributions of individuals from various cultural backgrounds. The event serves as a platform for people to share their unique stories, heritage, and customs. Through a plethora of festivals, exhibitions, workshops, performances, and educational activities, Queenslanders can learn about each other's traditions and values, building bridges between communities and promoting social cohesion.

One of the key strengths of Queensland Multicultural Month is its capacity to break down barriers and challenge stereotypes. By encouraging interactions and conversations among different cultural groups, the event promotes a sense of belonging and acceptance. It reinforces the message that diversity is not a source of division but a unifying force that enriches the fabric of society.

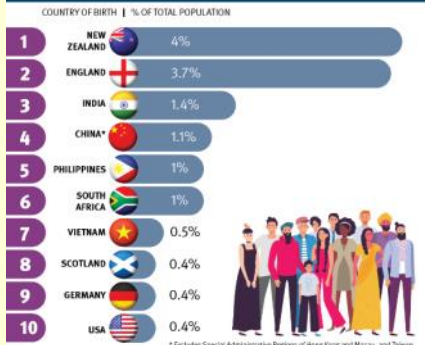
Moreover, Queensland Multicultural Month offers an opportunity for people to reflect on the historical significance of multiculturalism in Australia. The nation's history is woven with stories of migrants who arrived on its shores, bringing with them their customs and traditions. By understanding the struggles and triumphs of these early pioneers, present-day Australians can develop a deeper appreciation for the nation's multicultural identity.

The celebration of Queensland Multicultural Month extends beyond the designated timeframe. Its impact ripples throughout the year, influencing policy decisions, promoting inclusivity in various sectors, and fostering an environment of respect for all cultures.

Queensland Multicultural Month stands as a testament to the power of diversity in shaping a vibrant and harmonious society. By embracing the multitude of cultures within the region, this event fosters understanding, unity, and acceptance among all Queenslanders. As we move forward, let us celebrate our differences and recognize that in diversity, we find strength, resilience, and a brighter future for all.

Courtesy: <https://www.des.qld.gov.au/> and other internet sources

### TOP 10 OVERSEAS COUNTRIES OF BIRTH QUEENSLAND 2021



**Cruise & Travel Centre Springwood**

*The world awaits you*

- Package Tours
- River Cruising
- Luxury Cruises
- Domestic Travel
- Flights

Our experts ensure you travel with confidence. Contact Lalani and Margaret for pricing and bookings.

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

Redeem your reward points for travel

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

Lalani & Jayantha Pathikirikorale  
Directors

Cruise & Travel Centre Springwood

Unit 9, Dennis Court  
 8 Dennis Road, Springwood, Qld 4127  
 ABN: 63 011 067 477 • Licence No: TAG 889

# 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)



## Stories Behind Names of Places in Sri Lanka

### ANAMADUWA

Anamadua is in the District of Puttlam in Sri Lanka. It is now famous as a place of tourist interest too. But let's focus on as to how the name Anamadua came into being.

At the time this area was nothing but a jungle and it became a popular place for hunting. People believe that there are jungles in Sri Lanka where hunters get lost and struggle for days to get out of the forest. Such stories are common even today.



The reason for getting lost is attributed to a certain creeper found in the forest. The belief is that, if the hunters or anyone entering the jungle trample these creepers, they become confused and lose their way. Therefore, these creepers are named “මූල වැල්” (Mula Vel). The meaning of it is “the creepers that confuse”.

The story is that when a group of hunters entered this forest they got lost in it trampling the “Mula Vel” and struggled to find

the way out. Then a heavy rain began and continued for days. The only way they could protect themselves was by erecting a hut on a tree top as the jungle began to flood.

Once they got to the hut on the tree, they saw the direction they must move to get out of the forest. So, after the rain they were successful in finding the way out. Thereafter this hut served as a sign of direction to the people that went to the jungle for hunting. They began to point to the shed and in Sinhala language they said “Anna Maduwa Penenava” meaning “There you see the hut”. Over time, “Anna Maduwa” became “Anamadua”

PS: There are other versions to the name "Anamadua". One such is that it was the "Ali Maduwa" (elephant shed) of the time of King Dutugamunu evolved to be අනමඩුව.

It will be discussed in the next issue.

### Dr. Nimal Sedera

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



### Obituary:



**Geoffrey Hattotuwegama**, dearly beloved husband of Shanthi, father of Kanchana and Radhika, father-in-law of Taranga and Alistair, Grandfather of Sanka, Thanuja, Nadira, William and Beyonce, former Director of Engineering Services in RDA, Sri Lanka, a former Senior Engineer in TMR (Queensland), a former Road and Transport Engineer in New Zealand Local Government Councils (Rotorua, Whangarei, and Auckland) passed away in Brisbane on 30 July 2023 aged 83 years. The funeral arrangements are yet to be announced. May he attain Nibbana!

### Old Anandian's Association of Queensland Annual General Meeting 2023

Date Sunday, 20 August 2023  
 Time 5.30 pm  
 Venue Mount Ommaney Library  
 171 Dandenong Road,  
 Mount Ommaney

Refreshments will be served after the meeting

HEALTHCARE DOCTORS

Are you Looking for a Doctor?

- Dr Devika Jayawardena
- Dr Kanchanama Ranasinghe
- Dr Gihan Gunawardena
- Dr Sujab Ismail
- Dr Sandrasegaram Abraham
- Dr Nilmini Thilakarathne
- Dr Rewatha Dasanayaka
- Dr Upul Mahawattha
- Dr Kandana (Lumbini) Perera.
- Dr Wasantha Hettiarachchi
- Dr Anuke Warakaulle
- Dr Widanagama Epa
- Dr Sumedha Amarasinghe
- Dr Gemunu Suresh Ranawake
- Dr Maheshika Weerawardena
- Dr Karu Muthuthamby
- Dr Asanka Wijesinghe

### Call Your Nearest Medical Centre

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

### BULK BILLING FOR ALL

Overseas Visitors/Parents



We are Looking for GPs | Call Nisal: 0420661676

Refer a Friend and Earn

www.healthcaredoctors.com.au



## 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



## Where Does Sri Lankan Food Come From?

The Sri Lankan diaspora is famous for its food. We often congregate around food and it is an important part of the Sri Lankan identity. So, this month we decided to briefly summarise the origins of some Lankan foods we all cherish.

According to academics and chefs, the community whose culinary impact on Sri Lanka was most pronounced were the Portuguese community of Sri Lanka.



Portuguese nuns immensely contributed to cooking by introducing the holy trinity of oil, onions and garlic and the “themperaadu” technique, which precedes the cooking of many dishes. Cutlets, empanadas, viticulture, the use of vinegar for cooking and preservation (Vinagre became the Sinhala word Vinaakiri). Buns, breads, baked goods such as seenakku, wiskirinja, puhul dosi, custard and cheese (still called Keju in Sri Lanka after the Portuguese word Queijo). The introduction of chilies and a range of produce through the Columbian Exchange are also Portuguese contribution to

Lankan food. Regional specialties such as Love cake, Christmas cake, istu (bistek) and pork curries are lingering reminders of the Portuguese contribution to Lankan food.

Dutch Ceylon facilitated food exchange between the Netherlands, its empire and Sri Lanka. Lamprais is a popular example of the confluence of Dutch, Indonesian and Sri Lankan influences. Then there is ginger beer, milk wine, fruit wines, kopi as well as iced kopi. Dutch Christmas delights such as the Breudher (still traditionally eaten with cheese) and other specialties such as Frikkadels, Perkedels and Kokis are now part of regular Lankan fare.

From Nasi goreng and Mie goreng to Kue Lapis, Malay communities introduced several dishes to Sri Lanka including Dodol, seri kaya, sambals, pickles, and watalappan.

A huge amount of Sri Lankan food is undeniably influenced by the historical Southern Indian region. These influences include Kavum, mung kavum, hoppers, string hoppers, appa, indiyappa, achcharus, rotis, pittu, parathas, sambars, dosa, rasam and a range of fried foods. Then there is aasmi, aggala, mung kavum among a plethora of sweetmeats. Even the venerated Kothu appears to originate in historical Southern India.

Research indicates Wanniyala-Aeththo have farmed Kurakkan since time immemorial. Along with the Sri Lankan fondness for game meats like wild boar, deer, and game birds, Kurakkan rotis and kurakkan thalapa represent the oldest types of food cooked in Sri Lanka.

English candies, Vicks, hacks, biscuit puddings, and the ubiquitous style of tea drinking in Sri Lanka (with milk and biscuits) as well as staples such as Marmite, jams and dining habits all remind us of the long and storied connection between the British isles and our own.

The ancient Middle East has also contributed to Sri Lankan food history. Persian foods such as Falooda enjoyed throughout coastal Sri Lanka, Saruwath and Muscat remind one of the Persian, Moorish, Arab, and Turkik influences on Lankan food.

So what is the Sri Lankan food that we all love and cherish? It is the result of millennia of multicultural gastronomic layering.

If you want to learn more, please visit our Youtube channel Mathaya Project and follow us on Facebook at Mathaya Project.



**Randika Jayakody & Jerome Perera**

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

## Our Lady of Madhu Feast 2023

This year, Our Lady of Madhu feast was celebrated on the 22 July 2023 with a record number of devotees gathering at the Marian Valley in Canungra.

The holy mass was co-celebrated by Fr Pan and Fr Basti with two other priests from the Marian Valley church also taking part. The mass was preceded by reciting of the rosary at 10.30 in the morning. The two choirs combined well and their hymns were well appreciated by the gathering. After the mass, the statue of our Lady of Madhu was taken in a procession to the shrine. After a short prayer the official proceedings ended with the people venerating the Statue of Our Lady.



Finally, everyone gathered near the car park to share the food varying from Buriyani, Kiribath, Kottu roti, Malu Paan, Pol roti, sandwiches, Vadai to different kinds and sweetmeats to be enjoyed for their lunch. A bus was organised for the seniors to make the trip safely and it was patronised well. Next year too, the feast will be celebrated on the fourth Saturday in July.

**Niroshan de S Wijeyeratne**

Chairman Madhu Shrine Committee

**STELLARIO**  
REALTY GROUP  
SALES · RENTALS · ASSET MANAGEMENT

Looking for an agent who will  
get you the best results?  
**It's what I do.**



Agent of the Year  
**WISHART**  
Multiple Years

**Ramya**  
**TENNEKON**  
Owner | Lead Agent

**04 1827 1827**

info@stellario.com.au

stellario.com.au





**උතුම් ගුණ කඳ මැණීමේ**

මා නිජ කලල කුස තුළ සුරැකු දස මස ඇවෑමෙන් මා බිහිකළ කැන කුණු මගේ හැඳි වන තැවරුණු කැ කෝ හැඩිලි මගෙ දිව රූ ඇසු අම්මේ

නොතකා ඔබේ සහන මා සැනසු දිව රූ මම කැපවී කල ගෙවි මගේ සිතා රැඳි සතුටින් දිරිමත් වූ නොබලා ඔබේ හැඩ මා හැඩ කළ අම්මේ

ඔබේ වැඩ පසෙකලා මා තතු සේවි ඔබේ දෑස මෙන් මා රැක ගත් ලේ කිරි කර මගේ කුසගිණි නිව අසීමිත ගුණ කඳ ඔබේ අම්මේ

මගේ සිගිනි ගනේ කිලිටි අත පත ගෑ සෝදා එම කිලුට මව සුවඳ ගැන්වූ නිඳි නොලබා ඔබ විඳි දුක් දැනී හැඩේ ඔබයි මෙමට බිලිඳු ලොවේ රජ සැප දුන් අම්මේ

වදා හදා වඩමින් මට සරණ දුන්නු බාලේ මා පෑ සුරතල ඇගයූ බුදු අහර වෙල මා හන්දා කලට නොකෑ වෙන්නයි ඔබ මට මැණි සසර පැතුම අම්මේ



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

**Kandy Esala Perahera Festival 2023**

Kandy Esala Perahera is a historical procession held annually to pay homage to the Sacred Tooth Relic of the Buddha, which is housed at the Sri Dalada Maligawa in Kandy. A unique symbol of Sri Lanka, the procession consists of traditional local dances such as fire dances and performances in whip-dance garments. The festival ends with the traditional Diya-kepeema ritual, a water cutting ceremony which is held at the Mahaweli River at Getambe, Kandy.

**The Kandy Esala Perahera Festival 2023**  
Here are the Scheduled Dates and Time

EVENT	DATE	TIME (UTC +5:30)
1st Kumbal Perahera	21st August 2023	7:10 PM
2nd Kumbal Perahera	22nd August 2023	7:05 PM
03rd Kumbal Perahera	23rd August 2023	7:02 PM
04th Kumbal Perahera	24th August 2023	6:57 PM
05th Kumbal Perahera	25th August 2023	7:02 PM
01st Randoli Perahera	26th August 2023	7:26 PM
02nd Randoli Perahera	27th August 2023	6:46 PM
03rd Randoli Perahera	28th August 2023	6:48 PM
04th Randoli Perahera	29th August 2023	7:15 PM
Final Randoli Perahera (The Grand Randoli Procession)	30th August 2023	7:03 PM
Diya Kapeema (The Water Cutting Ceremony)	31st August 2023	5:30 AM
Dahawal Perahera (The Day Procession)	31st August 2023	1:16 PM

Courtesy: <https://kandyesalaperahera.com/> and Wikipedia

**Your Local Real Estate Agent**

**Selling? 1% + GST** | **Management? 5% + GST**

Commission  
No Upfront Marketing Cost  
No Sale No Commission

+ One week letting fees + GST

NO other fixed fees  
Yes that's right

NO monthly admin fees  
NO advertising fees  
NO yearly statement fees  
NO renewal fees

For a NO obligation



**Nalin Silva**  
0403 716 237



tpil.com.au

TPD, වාහන අනතුරු, හෝ වැඩපලේ අනතුරු නිමිකම් ලබාගැනීම සඳහා උදව්

For experienced help with TPD, motor vehicle or work accident claims, contact Sanath Hettiarachchi at TPiL Lawyers on 1800 958 498 or [help@tpil.com.au](mailto:help@tpil.com.au)



L10, 95 North Quay, Brisbane 4000 / L6, 33 Elkhorn Ave Surfers Paradise 4217



# BBQ & Barefoot Bowls

Everton Park Bowls Club  
7 Gearside Street, Everton Park



Have a go or just join in the fun  
and enjoy the BBQ.  
\$20.00

Sunday 6 August  
2:00pm - 6:00pm

Bookings close 30 July  
Thomazine Fernando - 0419 480 808  
Namal Wijeratne - 0433 427 377  
Suzie Anthonisz - 0409 533 540

Payment by Bank Deposit to -  
Silver Fawn Club Inc  
BSB 064 131 - A/c 00902934  
Ref. Your surname + Bowls

## 7 things to help fight flu

- 1 Get your free vaccine 
- 2 Wash your hands 
- 3 Stay home if you're sick 
- 4 Cover your cough and sneezes 
- 5 Keep a 1.5 metre distance from others 
- 6 Clean commonly used surfaces 
- 7 Don't share items 

If you have questions or health concerns, talk to your GP or call 13 HEALTH (13 43 25 84) and speak to a registered nurse. 13 HEALTH is available 24 hours, 7 days a week.




# දඩයම

සිංහල සිනමාවේ රන් කළකුණ  
**සීවර්ණා**  
මල්ලොරවිච්චි  
**උපහාර උළෙල**

20th August 5pm **VENUE TO BE ANNOUNCED**


**SCREENING OF DADAMAYA MOVIE**

**\$50** ENTRANCE & DINNER

Reservations by SMS only  
Chandru 04 3028 3502  
Ramya 04 1827 1827

SATHI SARFA ENTERTAINMENT

# BRISBANE




# සීවර්ණා සීවර

LIVE IN CONCERT 2023

Acacia Ridge State School Auditorium  
Nyangam St, Acacia Ridge QLD 4110

26 | AUG 2023  
6.00PM  
THILAK 0412711694


ONLINE TICKETS   
AUSLANKTICKETS.COM



ක්වීන්ස්ලන්ත සිංහල සංගමය සාඩ්මිබරයෙන් ඉදිරිපත් කරයි

# සරසවන 2023

ශ්‍රී ලාංකේය සංස්කෘතික නිවාසයේ  
විසිවෙනි වේදිකා නිවහන



සැප්තැම්බර් 30 සෙනසුරාදා සවස 6 ට

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

Kumara 0433 928 296 Ruwan 0402 816 670  
Dinusha 0401 374 913

Supported by  
Queensland Government

## AGRICOLA OVERNIGHT STAY & AGM

**WHERE ?**  
TYALGUM RIDGE RETREAT, TYALGUM

**WHEN ?**  
16TH - 17TH SEPTEMBER 2023  
(ONE NIGHT STAY)

**ACTIVITIES?**  
FUN ACTIVITIES FOR ADULTS & KIDS  
WALKING TRAILS FOR STROLLS  
DINNER DANCE - SINGING  
BBQ - CAMP FIRE

**MEMBERS ONLY**

**WHAT INCLUDED:**  
Accommodation;  
Evening Tea - Dinner - Morning Tea - Breakfast

**FEE :** YOU HAVE TO PAY ONLY THIS CONCESSIONARY FEES.  
AGRICOLA QLD PAY THE REST FOR YOU.  
ADULT: \$ 65 KIDS- \$ 40 ( 02 KIDS - \$ 50

**CONTACT FOR BOOKING (MEMBERS & NEW MEMBERS)**  
[QUEENSLANDAGRICOLA@GMAIL.COM](mailto:QUEENSLANDAGRICOLA@GMAIL.COM)

## HOLLYWOOD GLAMOUR NIGHT

### JETFIRE

Featuring  
Roger Menezes, Gordon Rebeira and Darrell De Silva

*Come dressed in your best glam  
Or as your favourite Hollywood Star*

Saturday 23rd September  
7:00 - 12:00

Members: \$75  
Guests: \$85

Full Indian Buffet menu  
Drinks at Bar rates - No BYO

Book Early to avoid disappointment with  
Namal 0433 427 377  
Suzie 0409 533 540  
Thomazine 0419 480 808  
Laurensz 0408 414 973

Payment by Bank Deposit due by 16 September  
Silver Fawn Club Inc  
BSB 064 131 - A/C 00902934  
Ref. Your surname + Hollywood

Sip 'n' Dine  
43 Ipswich Road  
Woollecraggabbha

DINNER DANCE

# D MAJOR

with HECTOR DIAS

09 SEPT 7PM  
BTP CONFERENCE CENTRE  
EIGHT MILE PLAINS  
QLD 4113

proudly presented by  
RICHMOND MAHINDA  
OLD BOYS ASSOCIATION  
QUEENSLAND

10TH ANNIVERSARY  
CELEBRATION

TICKETS \$100  
INCLUDES DINNER  
NO BYO

DRESS CODE:  
SMART CASUAL

FOR MORE INFORMATION  
WASANTHA 0412 095 105 NIRAJ 0413 037 634 SANJEEWA 0415 264 114



## Monthly News Digest: July 2023

01	Peradeniya University hosts Open Day 2023 to mark 80th anniversary	<a href="https://www.adaderana.lk/news.php?nid=91658">https://www.adaderana.lk/news.php?nid=91658</a>
01	Sri Lanka hikes cigarette, alcohol taxes 20-pct	<a href="https://economynext.com/sri-lanka-hikes-cigarette-alcohol-taxes-20-pct-124882/">https://economynext.com/sri-lanka-hikes-cigarette-alcohol-taxes-20-pct-124882/</a>
02	Parliament approves Domestic Debt Optimisation plan by majority of 60 votes	<a href="https://www.sundaytimes.lk/230702/news/parliament-approves-domestic-debt-optimisation-plan-by-majority-of-60-votes-524457.html">https://www.sundaytimes.lk/230702/news/parliament-approves-domestic-debt-optimisation-plan-by-majority-of-60-votes-524457.html</a>
03	Colombo household's living expenses rise by Rs 18,942.21 in June	<a href="https://ceylontoday.lk/2023/07/03/colombo-households-living-expenses-rise-by-rs-18942-21-in-june/">https://ceylontoday.lk/2023/07/03/colombo-households-living-expenses-rise-by-rs-18942-21-in-june/</a>
04	Chamari becomes only second Sri Lankan to top ICC ODI batting rankings	<a href="https://www.dailymirror.lk/breaking_news/Chamari-becomes-only-second-Sri-Lankan-to-top-ICC-ODI-batting-rankings/108-262362">https://www.dailymirror.lk/breaking_news/Chamari-becomes-only-second-Sri-Lankan-to-top-ICC-ODI-batting-rankings/108-262362</a>
04	Sri Lanka stocks surge 7-pct after DDR (Domestic Debt Restructuring)	<a href="https://economynext.com/sri-lanka-stocks-surge-7-pct-after-ddr-125090/">https://economynext.com/sri-lanka-stocks-surge-7-pct-after-ddr-125090/</a>
06	Sri Lanka cuts policy rates 200bp	<a href="https://economynext.com/sri-lanka-cuts-policy-rates-200bp-125351/">https://economynext.com/sri-lanka-cuts-policy-rates-200bp-125351/</a>
06	Sri Lanka's official reserves estimated at USD 3.5 billion	<a href="https://www.adaderana.lk/news/91753/sri-lankas-official-reserves-estimated-at-usd-35-billion">https://www.adaderana.lk/news/91753/sri-lankas-official-reserves-estimated-at-usd-35-billion</a>
07	Fitch downgrades Sri Lanka's LTLC-IDR to 'C'	<a href="https://www.themorning.lk/articles/uOd2De95gacE0aH11pmk">https://www.themorning.lk/articles/uOd2De95gacE0aH11pmk</a>
13	Sri Lanka's Nadeesha Ramanayake new 400M Asian champion	<a href="https://www.newswire.lk/2023/07/13/watch-sri-lankas-nadeesha-ramayake-new-400m-asian-champion/">https://www.newswire.lk/2023/07/13/watch-sri-lankas-nadeesha-ramayake-new-400m-asian-champion/</a>
14	Sri Lanka's Samitha Dulan wins bronze at World Para Athletics Championship (He was in Brisbane in May)	<a href="https://www.adaderana.lk/news.php?nid=91933">https://www.adaderana.lk/news.php?nid=91933</a>
14	93 percent jump in tax collection in first half of this year	<a href="https://island.lk/93-percent-jump-in-tax-collection-in-first-half-of-this-year/">https://island.lk/93-percent-jump-in-tax-collection-in-first-half-of-this-year/</a>
14	Sri Lanka launches world's first collaborative email service 'Zapmail'	<a href="https://www.dailymirror.lk/business/Sri-Lanka-launches-worlds-first-collaborative-email-service-Zapmail/215-263096">https://www.dailymirror.lk/business/Sri-Lanka-launches-worlds-first-collaborative-email-service-Zapmail/215-263096</a>
14	Sinopec signs agreement to enter Sri Lanka's fuel retail market	<a href="https://www.adaderana.lk/news.php?nid=91958">https://www.adaderana.lk/news.php?nid=91958</a>
14	Special circular issued on no-pay leave for public officers	<a href="https://www.adaderana.lk/news/91948/special-circular-issued-on-no-pay-leave-for-public-officers">https://www.adaderana.lk/news/91948/special-circular-issued-on-no-pay-leave-for-public-officers</a>
14	DP Education, UoR launch advance learning opportunities in Data Science, Machine Learning, and AI for all Sri Lankans	<a href="https://www.ft.lk/sectors/DP-Education-UoR-launch-advance-learning-opportunities-in-Data-Science-Machine-Learning-and-AI-for-all-Sri-Lankans/20-750597">https://www.ft.lk/sectors/DP-Education-UoR-launch-advance-learning-opportunities-in-Data-Science-Machine-Learning-and-AI-for-all-Sri-Lankans/20-750597</a>
15	Presidential Palace, Temple Trees to be relocated to Sri Jayawardenepura Kotte	<a href="https://www.dailymirror.lk/breaking_news/Presidential-Palace-Temple-Trees-to-be-relocated-to-Sri-Jayawardenepura-Kotte/108-263198">https://www.dailymirror.lk/breaking_news/Presidential-Palace-Temple-Trees-to-be-relocated-to-Sri-Jayawardenepura-Kotte/108-263198</a>
16	Imports of all goods excluding vehicles from Sept	<a href="https://www.sundayobserver.lk/2023/07/16/news/imports-all-goods-excluding-vehicles-sept">https://www.sundayobserver.lk/2023/07/16/news/imports-all-goods-excluding-vehicles-sept</a>
16	Govt. to increase debt ceiling by Rs. 9000bn	<a href="https://www.sundaytimes.lk/230716/news/govt-to-increase-debt-ceiling-by-rs-9000bn-525723.html">https://www.sundaytimes.lk/230716/news/govt-to-increase-debt-ceiling-by-rs-9000bn-525723.html</a>
17	Sri Lanka meets 33 IMF commitments; fails eight by end-June	<a href="https://www.ft.lk/front-page/Sri-Lanka-meets-33-IMF-commitments-fails-eight-by-end-June/44-750710">https://www.ft.lk/front-page/Sri-Lanka-meets-33-IMF-commitments-fails-eight-by-end-June/44-750710</a>
17	Tharushi wins gold with new Asian Championship record	<a href="https://www.dailynews.lk/2023/07/17/sports/32947/tharushi-wins-gold-with-new-asian-championship-record/">https://www.dailynews.lk/2023/07/17/sports/32947/tharushi-wins-gold-with-new-asian-championship-record/</a>
18	SJB decides to expel Harin and Manusha	<a href="https://www.adaderana.lk/news.php?nid=92050">https://www.adaderana.lk/news.php?nid=92050</a>
18	13th Amendment to be implemented with full powers excluding police powers – President	<a href="https://www.adaderana.lk/news/92047/13th-amendment-to-be-implemented-with-full-powers-president-">https://www.adaderana.lk/news/92047/13th-amendment-to-be-implemented-with-full-powers-president-</a>
19	Anti-Corruption Bill passed with amendments	<a href="https://www.adaderana.lk/news/92062/anti-corruption-bill-passed-with-amendments-">https://www.adaderana.lk/news/92062/anti-corruption-bill-passed-with-amendments-</a>
19	FR petition filed against Sri Lanka Police over 09 May violence rejected	<a href="https://www.adaderana.lk/news/92066/fr-petition-filed-against-sri-lanka-police-over-09-may-violence-rejected">https://www.adaderana.lk/news/92066/fr-petition-filed-against-sri-lanka-police-over-09-may-violence-rejected</a>
20	TNA 'categorically rejects' Prez offer of 13A sans Police powers	<a href="https://www.themorning.lk/articles/Roz1eHvme8todikehRmi">https://www.themorning.lk/articles/Roz1eHvme8todikehRmi</a>
21	Compulsory school attendance of A/L students lowered to 40%	<a href="https://www.adaderana.lk/news.php?nid=92102">https://www.adaderana.lk/news.php?nid=92102</a>
22	Two former LTTE cadres convicted of CBSL bombing get presidential pardon	<a href="https://www.adaderana.lk/news.php?nid=92159">https://www.adaderana.lk/news.php?nid=92159</a>
25	Govt. eases restrictions on outward forex remittances	<a href="https://www.ft.lk/front-page/Govt-eases-restrictions-on-outward-forex-remittances/44-750998">https://www.ft.lk/front-page/Govt-eases-restrictions-on-outward-forex-remittances/44-750998</a>
26	Online permit system for tourists for easy access to national parks	<a href="https://www.dailymirror.lk/breaking_news/Online-permit-system-for-tourists-for-easy-access-to-national-parks/108-263908">https://www.dailymirror.lk/breaking_news/Online-permit-system-for-tourists-for-easy-access-to-national-parks/108-263908</a>
28	French President arrives in Sri Lanka	<a href="https://sundaytimes.lk/online/news-online/French-President-arrives-in-Sri-Lanka/2-1142672">https://sundaytimes.lk/online/news-online/French-President-arrives-in-Sri-Lanka/2-1142672</a>



## Sri Lankan Events - Brisbane and SE Qld

### August 2023

06	BBQ and Barefoot Bowls	Silver Fawn Club
20	Annual General Meeting	Old Anandians Association of Qld
20	Swarna Mallawarachchi Felicitation and screening the Movie "Dadayama"	Private
26	Swarna Swara Concert	Sathsara Entertain.

### September 2023

02	Annual General Meeting	Goodna Temple
09	D Major Dinner Dance	Richmond Mahinda Old boys Association Qld
16&17	Agricola Overnight Stay and AGM	Agricola QLD
23	Hollywood Glamour Night	Silver Fawn Club
30	Saralanga	Sinhala Association

### October 2023

14	Aluth Kalaawak - Concert	Nexxt Entertainment
15	Sri Lanka Day	FSOQ
28, 29	Annual Katina Ceremony and Dana	Forest Lake Temple

### November 2023

04,05	Katina ceremony - Pirith Chanting & Dana	Goodna Temple
04	Katina Pinkama	Gold Coast Buddhist Centre
05	Melbourne Cup Lunch	Silver Fawn Club
11	Amal and Niroscha Concert	Sathsara Entertain
11	Community Lifeblood: Blood Donation Event	Old Anandians Association of Qld

### December 2023

09	Christmas Celebration	Silver Fawn Club
16	Sangamitta Day	Forest Lake Temple
31	New Year's Eve Dance	Silver Fawn Club

### January 2024

27	Paduru Sajje	SPUR Qld
----	--------------	----------

### February 2024

04	Picnic/ Car Rally	Silver Fawn Club
24	Valentine Dance with Infinity + Wasthi	Yes Entertainment

### March 2024

09	Annual General Meeting	Silver Fawn Club
16	Billy 242 Concert	Sathsara Entertainment
23	Black Dinner Dance	Aradhana Entertainment

### May 2024

25	Vesak Celebration at Acacia Ridge State School	Goodna Temple
----	--	---------------

## Multicultural Queensland

### BRISBANE POWERHOUSE

119 Lamington Street, New Farm, QLD 4005

29 Jul to 20 Aug

### World Press Photo Exhibition

Providing a variety of perspectives from all corners of the globe, the World Press Photo Exhibition 2023 invites viewers to step outside the news cycle, and think critically about important topics in our world.

### EKKA: ROYAL QUEENSLAND SHOW

Brisbane Showgrounds, 600 Gregory Terrace, Bowen Hills, QLD 4006

12 to 20 August 2023

The Royal Queensland Show (Ekka) is Queensland's largest and most loved annual event, attracting on average 400,000 people.

Run by the RNA and staged at its original birthplace, the Brisbane Showgrounds, the Ekka brings the country and city together for a true celebration of agriculture.

### QAGOMA: Cinema A, GOMA

Sunday 27 August

Live Music & Film: Calcutta

Ticketed

The next 'City Symphony' is Louis Malle's visually stunning Calcutta 1969. A kaleidoscopic vision of the sprawling Indian city, the screening will feature a newly composed live score from acclaimed tabla player Dheeraj Shrestha.

## Radio 4EB - Sri Lankan Program Schedule

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

Date	Producer/Panel Operator
06 Aug	Ananda & Nayana Samaratinga/ Mihika Samaratinga
13 Aug	Dushan and Chathurika/ Dhanushka Bandara
20 Aug	Sameera Samarasinghe & Kanchana/ Sameera Samarasinghe
27 Aug	Darshika Koggalahewa & Himaya SWA/ Janaka Weerasinghe
03 Sep	Kanthi Wijesoma/ Kasun Karunaratne

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

Date	Producer/Panel Operator
02 Aug	Yovun Sandella/ Sameera Samarasinghe
09 Aug	Janaka & Anuki/ Kasun Karunaratne
16 Aug	Kumara Dissanayake & Samanola Wijeratne/ Sandun de Silva
23 Aug	Lalith Keerthirathe & Niraj Kariyawasam/ Niraj Kariyawasam
30 Aug	Thisara Pathirennhelage & Guest/ Thisara Pathirennhelage
06 Sep	Yovun Sandella/ Sameera Samarasinghe

**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 Siddhala Wickramabewage