

AUSTRALIA SRI LANKA ASSOCIATION SA INC NEWSLETTER



ASLA -
50 in 2024!

May 2023

Dear ASLA Members and Friends

A warm welcome to you all as we take pleasure in presenting the ASLA 2023 Autumn Newsletter.

I am honored and humbled by the trust given to me for the second year to steer the Association. We held our AGM on the 29th of January and the election of the committee proceeded in accordance with ASLA constitution. The newly appointed committee includes a few new faces. The new committee members have all been involved with ASLA in the past and have been committed members of the Association. Together with the new committee, I sincerely and genuinely look forward to making ASLA strong and expanding our membership.

Although early last year we faced a few challenges, the team managed to overcome obstacles and steer the Association. ASLA held traditional and popular events such as the ASLA Food & Cultural Festival and the ASLA Dinner Dance. Going forward, we may have to review and fine tune events to suit the present environment in Adelaide. There are now over sixteen Sri Lankan organisations in Adelaide representing various groups. To ensure it's longevity, ASLA may need to attract young Sri-Lankans into the association, to co-exist amongst many up-and-coming organizations.

While we have a dedicated team, I would like to extend an open invitation for anyone who has an interest in Sri Lanka to consider joining ASLA. This is your association in South Australia. I encourage you all to be part of ASLA and make a big difference. We welcome your constructive feedback, experience and expertise to improve the association for social cohesion and sustainable administration for the future.

Incredibly, ASLA will be 50 years old next year and we look forward to celebrating this momentous achievement. I sincerely believe that over the last 49 years ASLA has striven to be an inclusive association by aiming to promote mutual goodwill and understanding between the two countries as well as provide a common meeting ground for all Sri Lankans. Our annual Food and Cultural Festival in March this year was indeed a very successful event with many vendors taking part and a large crowd attending.

I would like to thank the past committee for their commitment and fantastic work and welcome the incoming committee. It would not have been possible to achieve success without the support of the wonderful team, volunteers, members, the editor, well wishers and family members.

We look forward to seeing you all at our events.

Best wishes

Mrs Lourdes Jayasuriya
ASLA President 2023



Coming Event

An afternoon Get-Together with food and music is being planned for later in the year. Watch out for news on this exciting association event.

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ASLA Annual General Meeting -

The 2023 ASLA Annual General Meeting.

The President, Mrs Lourdes Jayasuriya, warmly welcomed members to the meeting. She commented that during the year, the ASLA Committee organised the Autumn Ball and the Food & Cultural Festival. She thanked the entire committee for all their support and hard work during the year.

The 2023 Committee was duly elected with new President, Mrs Lourdes Jayasuriya and Vice President is Mrs Nishani Seneviratne.

After the meeting everyone enjoyed a delicious Curry Lunch. A big welcome and thank you to the incoming ASLA committee.



The Australia Sri Lanka Association Executive Committee 2023



The 2023 ASLA Executive Committee :

President:

Lourdes Jayasuriya

Vice President:

Nishani Seneviratne

Treasurer:

Dilumi Dahanayake

Secretary:

Jean DeSilva

Committee Members:

Nazli Farook

Manoj Ranasoma

Ajith Seneviratne

Lahiru Premadasa

Chandani Panditharatne

Nishantha Jayawardena

Chamith Kotte

Editor

Moira Djukanovic



ASLA Food & Cultural Festival

On the first Sunday in March, ASLA held the eleventh annual Food Festival at the Fullarton Park Community Centre and Gardens. Despite the unpredictable weather, it was indeed a very relaxing and enjoyable day. There was music, entertainment for the children, a variety of stalls and of course, delicious Sri Lankan food presented by stallholders.

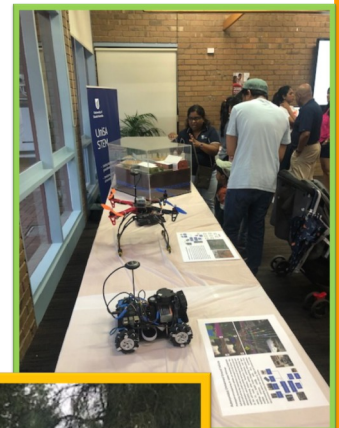
The event was graced by Hon Jing Lee MLC, Dr Charitha Perera, Honorary Consul of Sri-Lanka, the Deputy Mayor of Unley, Monica Broniecki. Representing Zoe Bettison MP was Jane Stinson MP, Member for Badcoe. Funding support for the event came from the City of Unley Council.

Young dancers from Sihala Kala Rangayathanaya crowd entertained the crowd with a wonderful display of traditional dancing.

Manoj Ranasoma also entertained the crowd with a fun and interactive cooking demonstration ably assisted by Jing Lee and Jane Stinson. On the menu was a delicious Chicken Curry.

Thank you to all who attended and we look forward to seeing you at next year's Food & Cultural festival





In Memory - Dr Anusha Visvanathan

*It is with great sadness and regret that we announce
the passing of Dr Anusha Visvanathan
on the 8th of May 2023.*

*Anusha was the adored wife of former ASLA President,
S K Visvanathan and the beloved mother
of Keshini and Navin.*

*She will be sadly missed by her family and friends,
ASLA friends and all those who knew her.*

Rest In Peace Anusha.



People Who Changed The World

Geoffrey Manning Bawa

A celebrated architect Geoffrey Bawa has immortalised himself through his architectural designs such as the Sri Lankan Parliament Building, University of Ruhuna, Lighthouse Hotel, Galle, and my favourite the Heritage Kandalama Hotel.

Bawa was born in 1919 in Colombo, Ceylon and started his journey in 1946, with a beautiful house resplendent with court yards and varendas, and a dream-like tropical garden in Bentota, that still pull in droves of visitors.

After travelling widely in United States, Italy, Europe and Far East, Bawa completed his studies at the Architectural Association (the A.A.) in London in 1957, and arriving back to Sri Lanka at 38 years, was ready to start his career as an architect. By then, he had amassed a treasure trove of creative designs, which he wanted to put into practice.

In early 1960s Bawa recruited a team of young architects who went on to design a series of creative buildings. Bawa's buildings featured a delicate mix of traditional and colonial features, rustic and modern characters, which he intermingled with Eastern and Western elements. He frequently used water and water features to enhance the aesthetics of his designs. The buildings such Serendib Hotel at Bentota and Hotel Neptune at Beruwela are some of his early work still admired by many.

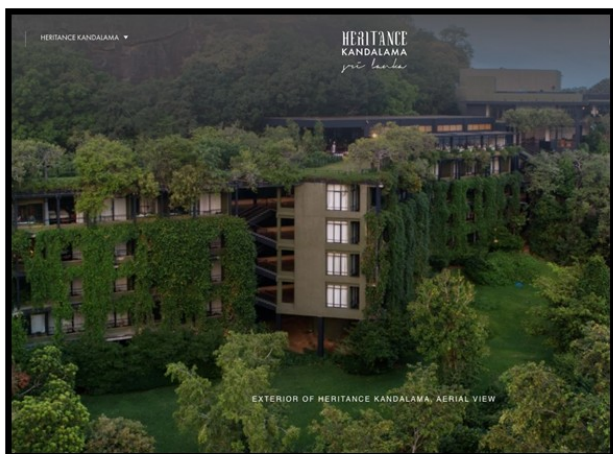
Bawa's creative productivity maximised, rather than diminished when he was seventy years old. He engaged himself in designing projects for India, Pakistan, Maldives and other countries. Kandalama Hotel at Dambulla, which he designed in 1992 is supposed to be the pinnacle of creativity, where he seamlessly ingrained nature into luxury. The huge public protest against the construction of this super-luxury hotel fired Bawa's skills, leading him to come up with an architectural design that attempted to preserve nature, rather than desecrate the environment in constructing the hotel.

Source: Kandalama Heritage Hotel

His work has influenced generations of architects and laymen and will continue to influence architecture of Sri Lanka for the generations to come. For instance, see the link below:

<https://www.habitusliving.com/architecture/regional-architecture-in-this-sydney-home-designed-by-arkhefield-inspired-by-geoffrey-bawa>

Geoffrey Manning Bawa



THE AYURVEDIC SYSTEM OF MEDICINE

In Sri Lanka if one caught a minor illness such as the Common Cold or a tummy upset after over-indulging, or even a backache or a sore joint, the chances are that the majority of folks would not attend the local hospital OPD nor even the family General Practitioner. It's likely that they would see the local Ayurvedic Doctor instead. These practitioners are found in all towns and villages. They have consulting rooms, examination beds and almost always, on-site dispensaries where appropriate decoctions for oral consumption or herbal oils or liniments are supplied as required. These Ayurvedic Doctors are highly respected in the community and their remedies are highly efficacious. What then, is this all about?

Ayurveda originated in India long back in pre-vedic period. Rig Veda and Atharva-veda(5000 BC), the earliest documented ancient Indian knowledge have references on health and diseases. Ayurveda texts like Charaka Samhita and Sushruta Samhitawere documented about 1000 BC the term Ayurveda. It means 'Science of life'. It deals elaborately with measures for healthful living during the entire span of life and its various phases. Besides, dealing with principles for maintenance of health, it has also developed a wide 'range of therapeutic measures to combat illness. These principles of positive health and therapeutic measures relate to physical, mental, social and spiritual welfare of human beings. Thus Ayurveda becomes one of the oldest systems of health care dealing with both the preventive and curative aspects of life in a most comprehensive way and presents a close similarity to the WHO's concept of health propounded in the modern era.

A perusal of its several classical treatises indicates the presence of two schools of Physicians and Surgeons and eight specialties. These eight disciplines are generally called "Ashtanga Ayurveda" and are Internal Medicine, Paediatrics, Psychiatry, Ear Nose and Throat and Ophthalmology, Surgery, Toxicology and Geriatrics, and Eugenics. Compendia on these subjects like Charaka Samihita, Sushruta Samhita etc. were written by the ancient scholars in the BC period. These were used for teaching of Ayurveda in the ancient universities of Takshila and Nalanda.

During its early period, it was perhaps the only system of overall healthcare and medicine which served the people in such crucial areas as health and sickness and life and death. It enjoyed the unquestioned patronage and support of the people and their rulers. This situation promoted maximally the growth of this system. Practically all the systematic groundwork of laying down its basic concepts, principles, and medicaments took place during this period in our history.



THE AYURVEDIC SYSTEM OF MEDICINE, Cont

Then followed a long period of medieval history marked by unsettled political conditions and several invasions . Then followed a long period when Ayurveda faced utter neglect. Its growth was stunted, its teaching and training were stopped from being spread and its monopoly in practice or utilization was eroded greatly by the officially-supported systems. Ayurveda barely survived because of its native roots and also because the official systems of medicine could not reach everywhere particularly in widely scattered and difficult rural areas.



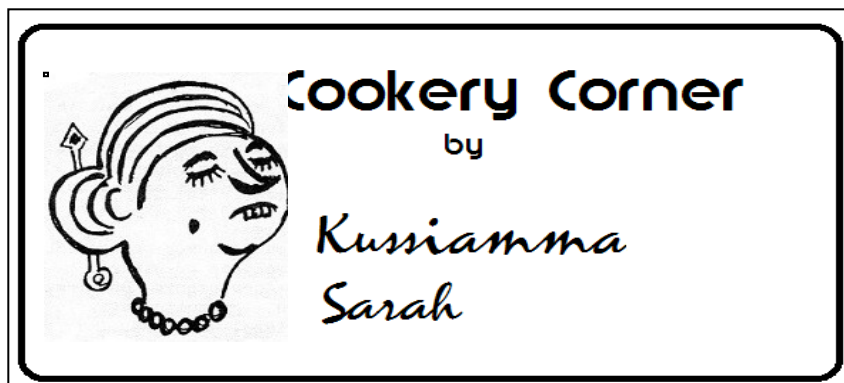
The political situation of the country was destined to change in favour of freedom from foreign rule. With the awakening of nationalism and movement for freedom our cultural values and way of life (including health care and sickness cure systems) surfaced again. The patriotic zeal of the people and their leaders initiated the revival of the Ayurvedic system of medicine even before the country got its freedom. In 1916, the Members of Imperial Legislative Councils pressed the Government to accept this ancient and indigenous system of Ayurveda for developing it on scientific basis and for increasing its usefulness. In 1920, the Indian National Congress demanded Government patronage for Ayurveda and Provincial Governments began to grant assistance. In India, the State and Central Governments appointed several committees to suggest ways and means of rehabilitating this time-tested system in the service of the people and promote its further growth following modern scientific parameters and methods. As a result, several districts started schools and colleges for training of competent Ayurvedic practitioners with a working knowledge of modern medicine.

After the country became free in 1948, the movement for revival gained additional momentum. The first Health Ministers' Conference resolved that Ayurveda should be developed and put to use for providing health care for the people. In due course this system got official recognition and became a part of the National Health network of the country. In several ways, the official health policies, national plans and programmes accorded to it the same status as enjoyed by the dominant Allopathic system. At present the system is well set to re-orient itself to modern scientific parameters. Simultaneously, it is well poised for much greater, effective utilization so as to enable the country to reach its goals of health for all and regulate population growth. In the present situation, medical scientists are researching Ayurveda remedies for lifestyle-related diseases, degenerative and psychosomatic and even cancer.

An example of this is the anti cancer drug Vincristine which was derived from the herb *Vinca rosea*.

The chances are that there are many more dramatic cures from Ayurveda which will eventually be introduced into contemporary Western Medical practice.





The other night, we had company over for dinner and we decided on a Rice and Curry menu. We cooked Beef Curry, Lentil Curry, Spicy Fried Potatoes, Cabbage Curry and Pol Sambol. For “Rice Pullers” we provided Tomato Chutney and Cucumber & Onion Salad. The conversation around the table turned to the topic of Curries and their universal appeal. Someone mentioned that last year, the most popular dish in the UK was Chicken Masala - not Roast Beef and Vegetables.

We know of course, that pungency of Curries varies from Hot Madras or South Sri Lankan, to the relatively mild curries from Thailand or Myanmar or even Szechuan. Apparently, hotness of food is now measurable on the Scoville Scale in “Units of Hotness.”

I like to think that my personal preference in Curry is for “mild to medium hot”

Today’s column deals with the most popular curry within our circle of friends. I refer to Omelette Curry. It is easy enough to hustle up when we have unexpected visitors who agree to stay for dinner.

We start with a common or garden Omelette.

We use 3 or 4 eggs. The whites are beaten up to a stiff consistency. SECRET HINT: We add a pinch of Cream of Tartar to the egg white before beating and the job becomes easy-peasy.

In a separate bowl we assemble the following: Two large brown onions sliced into rings, 4 green chillies chopped –up fine, 8 karapincha leaves, half a teaspoon of minced ginger, one teaspoon of Maldive Fish and the juice from half a lime. Don’t forget a piece of Rampe (Pandan) if you have access to that.

We cook the omelette in a large pan because we want it to remain flat for our purpose. We use coconut oil for omelettes and cook over moderate heat as we do not want a burnt product.

With the omelette done, we start on the curry. We use 2 cups of Coconut milk, one teaspoon of roasted Curry Powder, Half teaspoon of Hot Chillie powder, quarter teaspoon of turmeric powder, half a teaspoon of fenugreek powder and a teaspoon of salt. This is brought to a boil in a saucepan and when it begins to bubble -up, we add the omelette suitably cut into pieces- about 10 in this case. We immediately reduce the heat to achieve just a simmer until everyone is ready to eat.

We now pour everyone a glass of VSOA arrack, and we sit down to a repast of boiled rice with assorted curries and accompaniments. ENJOY!!!



The Galle Fort: It's Southern Rampart 'Fronts' Multi-faceted Ambience

By: Michael Roberts

As I walked along the Galle Fort's ramparts on several occasions in early April this year 2023, not only did pleasant memories flood back: the intriguing present lay before me (literally in some cases) ...; while a regular 'little tide' of tourists (perhaps Ukrainian or Russian?) passed me every now and then.



The ambience and power of setting and nostalgia enveloped me at every stage. As a youngster the ramparts were not my only passageway. The rocks at the bottom edge of the walls and/or the sea provided adventurous routes this way or that.... Familiar routes because one knew where the thorny corals and dangerous spots were.

But, let the pictures from today SPEAK. Rampart Street with its mosque to the left of the walls; and ...



ANOTHER FOLK TALE FROM SRI LANKA- Mahadanamutta Builds a Plane

Mr Mahadanamutta was the village pundit . He claimed to be the fountain of wisdom, and expressed his opinion on all topics.

He had heard that the national airline was planning to place an order with the Boeing Corporation for another wide-bodied aircraft to add to its fleet.

Mahadanamutta was a member of the Local Village Council, and at its monthly meeting, he expressed his opposition to the proposal.

He made a speech alluding to the Aviation industry of ancient Sri Lanka. He referred to the legend of the handsome Prince Rama who came to Sri Lanka in his private jet to run away with Princess Sita, the object of his ardour. The Village Councillors listened in stunned amazement as he related how Rama had landed at the aerodrome in Wariyapola to accomplish his mission.

He went on to propose that they should consult ancient Ola manuscripts for the details and build an aircraft using village labour.

These records, according to Mahadanamutta would show how to utilise steam to power their craft, thus saving valuable foreign exchange usually wasted on aviation fuel.

There was wild applause and the villagers danced around him and carried Mahadanamutta on their shoulders.

They got to work the very next morning and engaged Ramboda Aiya the local blacksmith as the Chief Design Engineer.

He got down to his task with great enthusiasm. A team of the most able-bodied men set about procuring several Bamboo trees in addition to Arecanut trunks, and even scores of Batalee bundles which were said to be excellent components for making wing struts.

The whole village turned into a hive of activity for the next few weeks.

The bamboo frame took shape rapidly and the site was the focal point for thousands of sightseers who came to gaze at the Wonderful Flying Machine.

There was a gigantic pandal at the entrance to the village and dozens of important politicians and cabinet ministers visited the site each day.

At last, the project was completed. The aircraft was now ready for flight tests according to its builders.

Soothsayers had appointed an auspicious time for the maiden flight The pilot climbed into the cockpit.

Four stout coir ropes were fastened , one to each wing-tip, one to the tail-fin, and the last to the nose.

The ends of these ropes were each tied to the tops of four tall coconut trees and these kept the craft suspended a few feet above the ground.

On the ground, there were six large drums filled with water and these stood on cabook supports.

The village women were busy tending roaring flames that heated the water-barrels. In a while, clouds of steam began to rise from the barrels .

There was excitement in the air as four young men clambered up the coconut trees, each armed with a hatchet.

Mahadanamutta stood up on a chair, ready to give the signal to cut the ropes.

The spectators' hearts were thumping as Mahadanamutta pulled a pocket watch out of his kamisay.

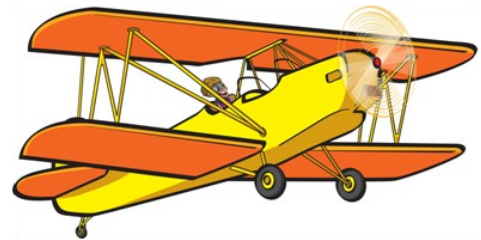
He glanced up at the young men and exactly at the appointed second , he shouted to them," KAPOW!!!!!"

And the hatchets came down on the ropes.

Everyone's eyes were transfixed on the plane.

Alas! instead of taking off, it came crashing down on the fire.

The pilot jumped out just in time, and the ladies tending the fires barely made it to safety.



Trivia Page

Autumn Fun



Astronomy Word Search

All the words listed are hidden vertically, horizontally—in both directions. The letters that remain unused form a sentence from left to right.

G A L I L E O B I G B A N G A
 J U P I T E R Z O D I A C S T
 R O N O Y S P V N E P T U N E
 M Y Y I R R S L E L B B U H O
 M A R S U E Y S U N A R U E N
 E W O F C V R S A T U R N L T
 H Y P E R I O N H E O S F I E
 A K O W E N T C O M E T L O S
 W L L C M U A E I R E E E C T
 K I A N C E V N S O I K V E E
 I M R N W O R T H E I C A N L
 N C I H L A E A R T H O R T E
 G M S L A T S U E E U R T R S
 P H O T O N B R R M S C E I C
 A P N P L A O X Y G E N C S O
 A N D R O M E D A N A S A M P
 Y T I V A R G Y A N A C P T E
 I V E R E A L U B E N O S L E

- ANDROMEDA
- APOLLO
- BIG BANG
- CENTAUR
- COMET
- EARTH
- GALILEO
- GRAVITY
- HAWKING
- HELIOCENTRISM
- HUBBLE
- HYPERION
- JUPITER
- MARS
- MERCURY
- METEOR
- MILKY WAY
- NASA
- NEBULAE
- NEPTUNE
- OBSERVATORY
- OXYGEN
- PHOTON
- PLUTO
- POLARIS
- ROCKET
- SATURN
- SPACE TRAVEL
- TELESCOPE
- UNIVERSE
- URANUS
- VENUS
- ZODIAC



ASLA Newsletter—Contributions

ASLA Newsletter

The ASLA Committee welcomes contributions from members including feedback, stories of interest, photos of past functions, celebrations and anecdotes. Articles must be submitted to the committee for consideration prior to publication.

If you have an article that you would like to submit for publication in the next newsletter, please email ASLA Committee at ASLANewsletter@aslasa.com

Contact Details

The Committee keeps a database of members' contact details and financial status. This assists us in ensuring that newsletters, flyers and other publications reach members and in sending out subscription notices in the future.

Your assistance in keeping ASLA updated with any changes to your contact details (eg email address, postal address, and telephone number) will be most appreciated.

Keeping up to date with ASLA

Keep up to date with all things ASLA at our website

<https://www.facebook.com/ASLA13/>



*Beautiful Autumn scene
Mount Lofty Botanical Gardens*

