

AUSTRALIA SRI LANKA ASSOCIATION SA INC



Hi All

ASLA has had a very busy and enjoyable 2023, bringing together the community at several successful events. The year commenced with the AGM and Curry Lunch. In March the hardworking ASLA Committee hosted the ever popular Annual Food and Cultural Festival at the Fullarton Park Community Centre. It is an event that is loved by all. Coming together to enjoy the food, entertainment and the company of family and friends.



In October ASLA presented the Spring Cultural Luncheon. It was a very happy and relaxed occasion. A delicious lunch was served with specialities such as Hoppers and Dosai. We were entertained with music to sing and dance to by Rythamix and a fabulous dancing display by Sihala Kala Rangayathanaya dance troupe.

In November ASLA was excited to be involved for the first time at the Annual Multicultural Festival at Victoria Square. ASLA was represented by the committee with a food stall. The event brought together more than 75 community groups representing over 55 cultures sharing their music, dancing, food, art and craft activities and stalls for everyone to enjoy.

Next year sees a very exciting anniversary as ASLA will be turning 50. ASLA is a very special and beloved organisation which has brought fun and fellowship to so many of us within the community for annual balls, family nights, cricket matches, Christmas parties and the list goes on

Join us next year for the exciting anniversary celebrations.

*The ASLA Committee wishes all our members a very happy
Christmas and New Year.
Our warmest wishes for the holiday season and a wonderful 2024.*

November 2023

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Coming Events

**Annual AGM and Curry Lunch
14th January 2024**

**Masonic Hall
Burnside**

**Annual Food and Cultural
Festival
25th of February
Fullarton Park**

**ASLA 50th Anniversary
Celebrations
To be advised**



ASLA and represented at the Multicultural Festival 2023



ASLA was invited to participate at the Annual Multicultural Festival held in Victoria Square on 12th of November. This was the first time that ASLA was involved with this wonderful event. The ASLA Committee represented Sri Lanka with a food stall showcasing enticing savoury and sweet Hoppers.

It was a lovely afternoon and thoroughly enjoyed by all who attended. Over 55 cultures were represented at the festival, showcasing music, dancing, food and arts and crafts.



ASLA thanks sponsors of the Spring Cultural Luncheon



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ASLA Spring Cultural Luncheon

In early October, ASLA held the Spring Cultural Luncheon at the Sicilia Social Club. It was a relaxed and informal afternoon. Lunch was a delicious delight with a selection of Hoppers and Dosa to enjoy. There was music by Rythamix, dancing, a fun singalong and brainteasing quizzes. Special guests were the Hon Jing Lee MLC, who attended with husband Eddie Liew and Dana Wortley MP, Member for Torrens, who was representing Zoe Bettison MP, the Minister for Multicultural Affairs. Amongst the crowd were founding members of ASLA, past Presidents, ASLA families and friends. Senior dancers from Sihala Kala Rangayathanaya wowed everyone with a display of traditional dancing. Proceeds from the raffle were donated to Catherine House.



From ASLA Facebook page.
Hon Jing Lee MLC
“Great to see such wonderful support by small business operators for ASLA Spring Luncheon- thank you so much to ASLA Inc for hosting a fantastic community event! “





From ASLA Facebook page.

“Dana Wortley MP Member for Torrens representing the Minister for Multicultural Affairs the Honourable Zoe Bettison at the Spring Cultural Luncheon in the heart of Torrens. Established in 1974, we were honoured today with the presence of some of its founding members.’ Thank you Lourdes, Nishani, committee members and volunteers for making the day so special for our Adelaide Sri Lankan community and friends.



200 years ago a green haven began to grow The Royal Botanical Gardens Peradeniya

Excerpts from The Sunday Times - By Udumbara Udugama

The Royal Botanic Gardens Peradeniya, beloved to Lankans and known simply as the Peradeniya Gardens celebrated its bicentenary in 2022. Founded by the British as a premier research institution for agriculture and plantation crops in the country, it was brought under the purview of the Department of Agriculture and in 2006, the Department of National Botanic Gardens was formed to administer this and other botanic gardens around the island. Dr. Shelomi Krishnarajah, the seventh Sri Lankan Director General of the Gardens and the first woman to hold this post. Dr Krishnarajah who was appointed in 2018 has a solid background in floriculture and tissue culture.



The history of the Royal Gardens could be traced back to the 1300s when King Wickremabahu III ascended the throne and had his court near the Mahaweli River in Peradeniya. King Kirti Sri Rajasinha (1747- 1780) made this area his Royal Garden. Later, King Rajadhi Rajasinha (1780-1798) resided in a temporary residence built for him in Peradeniya.

During the reign of King Wimaladharmasuriya, a vihara was also built where a monk was in residence but these were destroyed when the British occupied Kandy. The famous Gannoruwa battle between King Rajasinha II and the Portuguese was fought on the northern side of the Mahaweli river, near the royal gardens.

In 1810, the British set up the Kew Gardens in Slave Island, Colombo with William Kerr as its first Superintendent. After three years, it was moved to Kalutara to develop plants of economic value on a larger scale. Mr. Kerr died in 1814 and his successor Alexander Moon moved the Gardens to Peradeniya in 1821, six years after Kandy was ceded to the British, realising Peradeniya was more suitable for botanic research.

To expand the Gardens, Governor Edward Barnes acquired land in 1821 from three persons who were given other plots as compensation. It was Moon who cleared the land and opened the Royal Botanic Gardens Peradeniya in 1822, planting it mainly with cinnamon and coffee. After the coffee blight destroyed the coffee plantations, tea seeds were brought from Assam, India to the Gardens. James Taylor, the pioneer tea planter received his first few plants from the Peradeniya Botanic Gardens.

In 1824, Moon published his 'Catalogue of Ceylon Plants' which included the botanic and native names of 1127 indigenous plants.

Their collective work of three generations numbers over 5000 botanic illustrations. "Of this collection there are about 3000 paintings at the Peradeniya Botanic Gardens at present," Director Krishnarajah says. A few paintings are published as 'Historical Illustrations' by the Department of Botanic Gardens. "It is said that Haramanis' eyesight did not wane even at the age of 80 years," she adds. In recognition of the service rendered to the Royal Botanic Gardens, he was made a Mudaliyar by the British Government and later went as Haramanis de Alwis Seneviratne.

Stately Avenue of Palms



The Giant Javan Fig Tree at the
centre of the Great Lawn

The Gardens have also played host to many dignitaries. During the years of World War II, Lord Louis Mountbatten as the Supreme Allied Commander South East Asia Command, had his headquarters in the Peradeniya Gardens. General Aung San of Burma (father of Aung San Suu Kyi) visited Mountbatten at his office here in 1947, to hold talks on the independence of Burma from British colonial rule.



From 1945, the post of Superintendents and Director of the Peradeniya Gardens has been held by Sri Lankans. The first Lankan Superintendent was D.M.A. Jayaweera who introduced medicinal plants and orchids to the Gardens. D.T. Ekanayake was instrumental in promoting floriculture while D.B. Simiththarachchi conducted valuable taxonomic work. Subsequently under Dr. D.S.A. Wijesundera, Dr. D.H.P. Peramunagama and K.N. Yapa, the Royal Botanic Gardens were developed to a large extent.

Many may not be aware that the Peradeniya Botanic Gardens, with its staff of over 500, is responsible for maintaining the Sacred Bo Tree at Anuradhapura, other historic trees, the National Herbarium, Medicinal Plants garden at Gane-watte, gardens attached to the official residences of the President, the Prime Minister and the Commonwealth war cemeteries.

In 1844, George Gardener was appointed Superintendent of the Gardens and when he took over, of 147 acres, 40 acres were planted with jak, coconut and vegetables, the produce being sold by the Government Agent, Kandy. Gardener developed the land with new roads and introduced new plants. His main interest was the exploration of the flora of the island and a large number of native plants were added to the collection. On an official visit to Nuwara Eliya, Gardener fell ill and died in 1847.

Thereafter, there were many Superintendents, notable among them Dr. G.H.K. Thwaites who developed the land for over 30 years with several new species of plants. During his tenure, the Botanic Gardens gained a reputation internationally as a scientific institution, thanks also to his research publication 'Enumeratio Plantarum Zeylanieae'.

In 1861, the Hakgala Gardens was established and planted with cinchona while the Henarathgoda Botanic Garden in Gampaha was created for the introduction of rubber to the island.

Dr. Henry Trimman who succeeded Thwaites improved the Gardens at Peradeniya, establishing the Museum of Economic Botany and also opening branch gardens at Badulla and Anuradhapura. He began work on 'The Flora of Ceylon,' which was later completed by Sir Joseph D. Hooker after Dr. Trimman's death in 1896.



Illustration by Haramanis de Alwis

Let's Be Selfish - In A New Way! C Panditharatne

World Kindness Day 2023 - 13th November

Did you know that CAKE could increase our mental and physical health? Well, not actually eating Cake though. It is about doing CAKE. That is, Consistent Acts of Kindness and Empathy (CAKE).

Positive Psychologists strongly recommend following the method called CAKE – Consistent Acts of Kindness and Empathy, to improve our physical and psychological health, on a daily-basis. Just one simple little act of kindness each day has been scientifically proven to cure many sicknesses in our minds, as well as in our bodies.

Being kind starts with empathy. Empathy is feeling someone else's need or pain. Feeling empathy is not kindness. Doing something about it is called 'kindness'. It is easy to feel empathy when we have a close relationship with someone. We tend to offer help to our friends whenever they need help. This is because we are sure that our act of kindness will not be rejected. However, 'random acts of kindness' are much deeper. They are not common in today's world entrenched in mindsets associated with 'I, me and mine'. However, it is not always easy to offer random kindness to someone you do not know well.

Interestingly, all religions talk about random kindness. For instance, Buddhism preaches 'Loving kindness or 'Metta' towards all beings: as a mother protects her own child, be kind and loving to all living beings regardless of their nature', even though you don't know them. Over 2,500 years ago, Buddha also advised to be vigilant always, so as to make conscious decisions to consistently carry out kind acts. Not surprisingly, the concept of 'Metta' is now taken up by Positive Psychologists worldwide, to treat their patients. Christianity too advocates random kindness, for instance, Luke 6:32 says & quote 'If you love those who love you, what credit is that to you? Even sinners love those who love them'. With such strong advocacy on random acts of kindness, it is odd that we do not engage in them more often.

A random act of kindness is when we help someone without expecting anything back. Now the strange twist about random acts of kindness is that they bring back much more to the giver, even though the giver does not expect anything back. First, it creates better worlds through generating more kindness in the world, because kindness is contagious. Second, it creates happier, healthier individuals and societies.

Research has found that kindness is catching. When someone sees you performing an act of kindness, they too will tend to do a kind deed. This is because seeing your act of kindness makes them feel happy. Their brains reward them by motivating them to be kind too. This makes kindness the best bug to catch and spread. Wouldn't world be the best place to live if everyone catches the kindness bug? Kindness tends to have a Domino effect on communities – one need to fall to have an amazing effect on others. Communities that are strong and close-knit are so strong, because they show random acts of kindness towards their members.

Random acts of kindness tend to turn back on the giver. This is because the mental status of a person improves with each random act of kindness. Scientists have found profound changes happening in the brain and body, with each act of random kindness we perform. Brain imaging studies have shown that empathetic and kind feelings would cause our left prefrontal cortex of the brain to change physically. These changes, in turn allow us to have more positive feelings and emotions rather than negative or depressive feelings.

The second bodily change that happens when we do random acts of kindness is that our body gets pumped up with hormones that reduce stress and anxiety. These hormones allow us to be calm, relaxed, happy and healthy, and they are called 'Feel-good hormones'.

Endorphins: Primarily helps one deal with stress and reduce feelings of pain

Serotonin: Mood stabiliser – wellbeing, happiness, confidence boosts

Dopamine: Pleasure – Motivational role in brain's reward system, feelings of energy, less aches, less pain in the body



RANDOM ACTS OF KINDNESS
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#MakeKindnessTheNorm • www.randomactsofkindness.org

World Kindness Day

With all these amazing things happening to our brain and body, we can afford to be selfish as possible - do our CAKE.

The question is, what are some of the CAKE that we can do on a daily basis?

Being accepting and non-judgemental. Some of us prone to be judgmental toward others. This comes from a place of being insecure in themselves. It is kindness to give a compliment to a stranger or a friend, rather than a judgement. Noticing good things rather than bad things requires lots of sense and practice. Saying a kind word can be hard to someone who is egoistic and arrogant. Therefore, we need to overcome our insecurities and arrogance when practicing CAKE.

There are so many people around us – near and far, whose lives could be improved with a little gift. A little act of service for someone can mean a lot. We think that we are not rich enough to give, but it has been proven that giving has nothing to do with wealth we own. Giving our time to someone is a precious gift that we can give. Thus, doing CAKE require change of mindset.

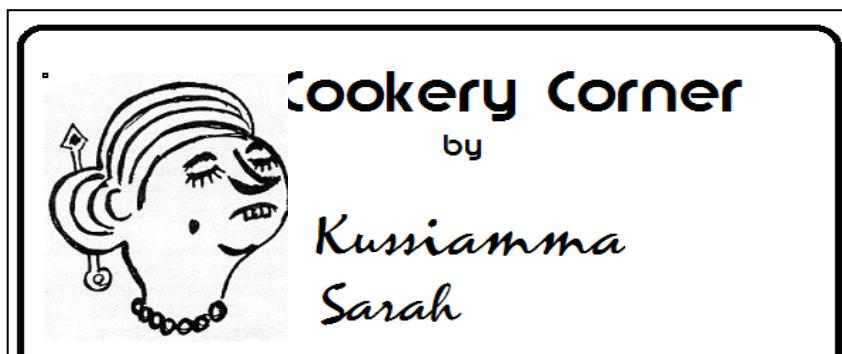
Showing gratitude has been practiced through generations. Some do it in the form of prayers and thanksgiving, while some do it in the form of giving merit. Do we show heartfelt gratitude to those who have helped us - in some way or other - in our short journey through life? CAKE might bring answers as to how to do this.

The best form of kindness may be to be harmless to others. We might think being harmless is not 'doing' anything, and that it is a passive thing. Contrary to this belief, being harmless is quite an active thing. Being harmless requires long term cultivation of emotional intelligence and goodwill towards others. This kind of CAKE will be not to harm perfect strangers or even family members with our unconscious acts. An example would be not talking loudly on the phone while taking public transport.

Kindness boosts happiness and counters depression, as proven through many neurological studies. Conversely, it is only logical to expect that hatred and negative emotions towards others would kill our own happiness and lead to depression. If CAKE is the way of life to be happy and healthy, and if it bring benefits to all, why not practice random acts of kindness every day?

13th November - World Kindness Day 2023





We had friends over for dinner the other night, and the menu included lentils, aka Parippu .The conversation around the table turned to how someone's wife found her PMT symptoms disappearing dramatically when she stepped up her intake of Lentils. Her grateful husband added that it was because lentils contained phytohormones. I noticed many of the ladies furtively recording these pearls of wisdom on their paper serviettes.

Lentils are a type of legume that have been cultivated and consumed by humans for thousands of years. They are nutritious, versatile and affordable, making them a staple food in many cultures and cuisines. Lentils are believed to have originated in the Near East or Mediterranean region, where they have been found in archaeological sites dating back to 8000 BC. They are mentioned in the Bible, where Esau traded his birthright for a bowl of lentils. Lentils were also eaten by the Egyptians, Romans, and Hebrews, and were considered a food for both the poor and the rich . Today, lentils are grown and consumed worldwide, with Canada being the largest producer.

Lentils are rich in protein, fiber, iron, folate and other vitamins and minerals . They are one of the most protein-dense plant foods, making them a great alternative to meat for vegetarians and vegans. They also provide dietary fiber, which helps lower cholesterol, regulate blood sugar, and promote digestive health. Lentils contain antioxidants and phytochemicals that may protect against chronic diseases such as heart disease and diabetes. Additionally, lentils are low in fat, calories, and sodium, and have a low glycemic index.

Lentils are available in different colors, shapes, and sizes, such as brown, green, red, yellow, and black, each type has its own flavor and texture, ranging from earthy and nutty to sweet and peppery. Lentils do not require soaking before cooking and can be ready in as little as 15 minutes. Lentils can be used in soups, stews, salads, curries, fried, as Taste-Kadalay and MasalaVaday.

That night, we served it as a curry.

We started with one cup of Mysore (Red) dhal, and washed it thoroughly.

We put this in a saucepan and add a cup of tap water.

Into this we mix one tablespoon of chopped onions, 2 green chillies, one sprig of karapincha (curry leaves) a pinch of Fenugreek powder, 2 pinches of Turmeric powder and a Cup and a half of Coconut milk.

Bring to the boil and take it off the fire when well-boiled.

Sprinkle on top, half a teaspoon of salt, and half a teaspoon of roasted curry powder and half a teaspoon of hot chillie powder. Also one level teaspoon of Maldive – fish powder.

Finally, stir everything thoroughly and serve with hot rice.

Don't forget to pour everyone a glass of VSOA before you sit down to this repast!



Another Folk Tale From Sri Lanka



Once Upon A Time, in the land of Sri Lanka, there lived a king named Rajadhi Rajasinghe. He lived in majestic splendour and his Court included a Jester, as befitted royalty in those days.

The jester's duties included keeping His Majesty amused at all times. In some countries, they still carry on with this custom. The only change over the centuries has been merely nominal. Instead of His Majesty the King, they now have His Excellency The President. And instead of a single jester, they now have a whole team of comedians to humour him and they call this gang, the Cabinet.

But I digress. King Rajasinghe's Court jester was one Andare. Some people said he was really a Dutch tourist named Andree who had become a favourite of the king. Others, and these were probably correct, said he actually hailed from Akuressa.

Andare was a master story-teller and his anecdotes have been handed down the line from age to age.

The first story concerns Andare's wife and how Andare pulled the Queens leg.

One day, the queen urged Andare to bring his wife along for an audience with Her Majesty.

Like any average husband, he decided to pull a prank on this occasion. He told the queen his wife had a hearing problem and that Her Majesty would need to raise her voice somewhat to communicate with her. In turn, he told his wife that the queen was somewhat deaf and that she was required to speak very loudly to her Majesty.

The following day he duly took his wife along to meet the queen. The queen was in the parlour eating bread and honey when Andare presented his wife to her. Thereupon Andare quickly left the scene.

The Queen greeted her with a thunderous "A Y U B O W A N"

Andare's wife responded with an equally Fortissimo rendering of "A Y U B O W A N"

As the conversation continued, the palace resounded with the shouting to and fro and soon his Majesty hurried to the parlour to check on what sounded like a rowdy argument. At his heel was a sheepish Andare who before long was admonished by both the queen and by his own spouse.



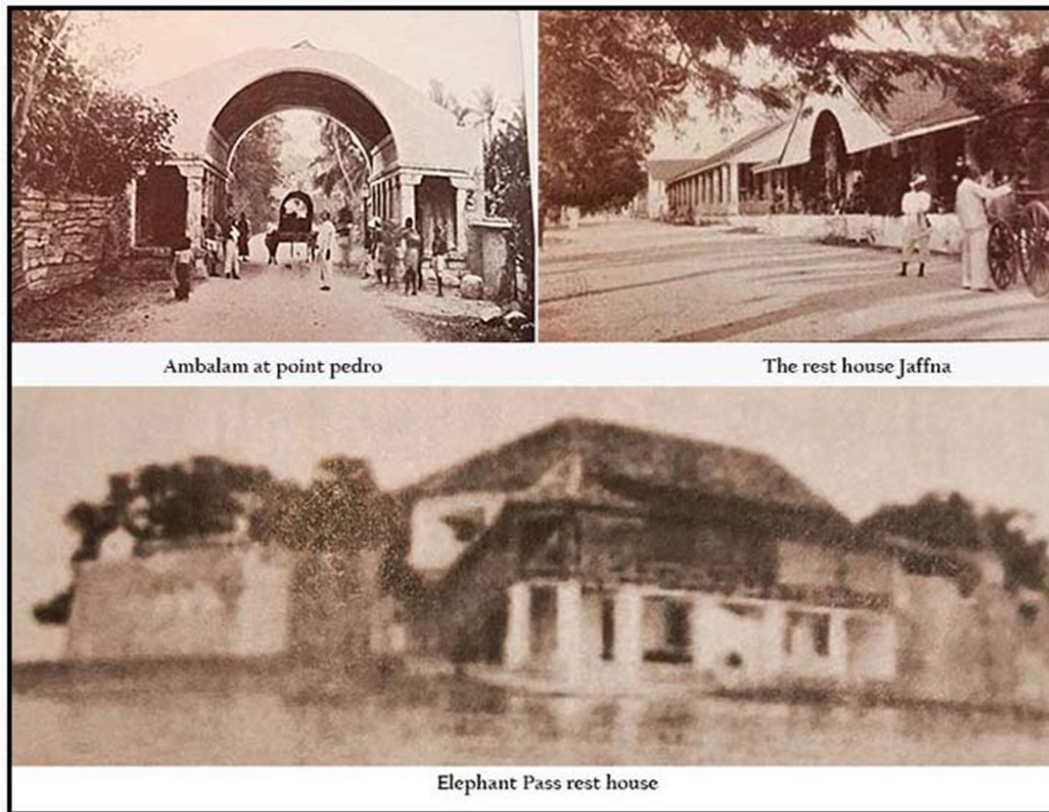
There was loud laughter in the palace when all was revealed.

Andare was quickly forgiven.



Old Rest Houses of the Jaffna Peninsula

Excerpts from Hugh Karunanayake's Article Sunday Island 15 October 2023



Rest houses were the pioneering institutions associated with the hospitality industry in Ceylon of the period between the 18th and 20th Centuries. Readers may be surprised to note that “Rest House” is an institution found only in Sri Lanka. The name seems to be derived from the Dutch term *Rust Huys* which was the appellation in use when they were originally established during the days of Dutch rule over the island’s maritime provinces. They were originally used as inns or hostelry for the use of the Governor or leading government officials when visiting local areas when there were neither hotels nor proper roads to the island. Its Indian counterpart during days of British rule was called “Inspection Bungalows” or IBs and also as Dak bungalows.

Over the years, rest houses in Ceylon became popular places for holidaying and for rest and recreation especially during colonial days when many of them were established across the country, mainly as accommodation for government officials on “circuit”, as inspection tours were officially known. They also served as convenient accommodation for the local traveller, there being hardly any alternative in those early days.

MIRACLE on 35th STREET



"Your entire family has the flu, and they won't be coming for Christmas!"

Trivia Page Christmas Fun



Name: _____ Date: _____

DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

Christmas PARTY

- BINGO
- BLACK TIE
- BONFIRE
- BOSS
- CANDLES
- CANDY CANES
- CAROLS
- COCOA
- COLLEAGUES
- COOKIES
- EGGNOG
- FRIENDS
- GAMES
- GARLAND
- GIFT EXCHANGE
- LAUGHTER
- MINGLE
- MISTLETOE
- MOVIES
- NEIGHBORS
- PARTY
- PUNCH
- SANTA
- SCAVENGER HUNT
- TREATS
- UGLY SWEATER
- WREATH

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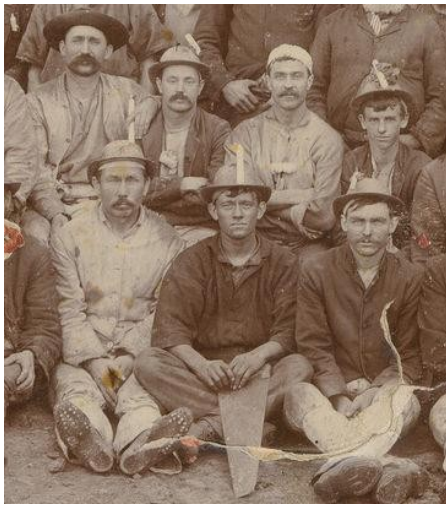


Carols by Candlelight - Adelaide

From: State Library of South Australia
Remembering - Christmas Past

In nineteenth century Moonta, Cornish miners with candles on their hats, would gather to sing carols on Christmas Eve. The tradition of community singing was picked up in Melbourne in 1938 with the first Australian 'Carols by Candlelight'.

In 1944 Adelaide's first 'Carols by Candlelight' was staged as a joint charity fundraiser by the Commercial Travellers' Association and Radio Station 5AD. A huge crowd of 50,000 people attended the concert in Elder Park, holding candles and singing together. Many local councils across South Australia also began their own outdoor Christmas community concerts. The Elder Park concert, was cancelled in 2020 and 2021, going online instead due to COVID19.



Miners at Moonta circa 1894



Adelaide Carols by Candlelight 1944



Carols by Candlelight today

*The ASLA Committee wishes you a very
Merry Christmas and a Happy New Year.
We look forward to seeing you at our next exciting event!*



ASLA Newsletter contributions

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

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