



Vesak Celebration in Australia

The "Vesak," the Day, is the most sacred and widely celebrated occasion for millions of Buddhists globally. This significant day commemorates three pivotal events in the Buddhist calendar. It was on Vesak Day, in 623 B.C., that Prince Siddhartha Gotama was born, achieved enlightenment, and passed away at the age of eighty.



The day is commemorated to reflect the life and teachings of the Buddha, emphasising spiritual renewal, compassion, and enlightenment. The core message of Vesak Day is to encourage values such as non-violence, peace, compassion, and mindfulness as demonstrated by the Buddhist scriptures. Buddhists and followers of other faiths use

this opportunity to reflect on their personal spiritual journeys and strive to foster inner peace and understanding.

The observance of Vesak Day in Australia is primarily attributed to the presence of a diverse and expanding Buddhist community within the nation. This multicultural setting has enabled Vesak Day to evolve into a well-recognised and celebrated event (i.e., Buddha Birthday Festival in South Bank) showcasing Australia's dedication to religious inclusivity and cultural diversity. Vesak day is observed through a combination of religious, spiritual, and cultural practices, including visits to Buddhist monasteries, making various offerings, performing acts of kindness, compassion, and generosity, and engaging in introspection and meditation.



The Buddha's ministry extended over a period of forty-five years, during which the Buddhist philosophy and teachings found in Pali discourses such as Dhammacakkappavattana, Kalama, Metta, Singalovada, and Satipatthana suttas established Buddhism as one of the most pragmatic theories and the most tolerant social and spiritual philosophies. Within these discourses, we find a theory of knowledge, a theory of reality that elucidates the nature and destiny of humanity within the universe, an ethical framework, a social and political philosophy, and a philosophy of law.

The Buddha formulated his teaching in a way that directly addresses the critical problem at the heart of human existence — the problem of suffering (dukkha) — which was clearly and precisely illustrated in the main formula of the Four Noble Truths, without relying on the myths and mysteries typical of religion. He further promises that those who follow his teaching to its end will realise here and now the highest happiness and peace. All other concerns apart from this, such as theolog-

ical dogmas, metaphysical subtleties, rituals and rules of worship, the Buddha waves aside as irrelevant to the task at hand, the mind's liberation from its bonds and fetters.

To bridge the gap between the beginning and end points of his teaching, the Buddha offers a clear, precise, and practicable path composed of eight factors known as the Noble Eightfold Path. By distilling its essence, following the Noble Eightfold Path, one can appreciate the profound value of the Buddha's teachings and, consequently, the genuine importance of Vesak, which humanity has yet to fully grasp.

Sanka Wasalthilake

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Mothers Day

On Mother's Day people from around the world come to show recognition for their mothers, grandmothers and other loved ones. People show most recognition for mothers but I decided to write this passage on grandmothers.

Especially for grandmothers from Sri Lanka, many were mothers in very hard and bad times trying to live through war and keep their children safe. If grandmothers and their families eventually migrated to another country, they would have had to start from scratch which is very hard. Many would have lost lots of things including family members and people they cared for. So, we should show recognition for grandparents who have sacrificed so much for us.

Amali Britton age 10



Book Review: Half of a Yellow Sun by Chimamanda Ngozi Adichie

Half of a Yellow Sun by Chimamanda Ngozi Adichie is a powerful and deeply moving novel that explores the human cost of war through intimate, character-driven storytelling. Set during the Nigerian Civil War (1967–1970), also known as the Biafran War, the novel captures both the political upheaval of the era and the emotional lives of individuals caught in its wake. To my knowledge, it is one war in which starvation was used as a weapon.

In the university town of Nsukka, Ugwu, a thirteen-year-old village boy, begins work as a houseboy for Odenigbo, a radical mathematics professor. Odenigbo's home is a hub where intellectuals gather to debate Africa's post-colonial future. They are soon joined by Olanna, Odenigbo's beautiful and educated girlfriend, who abandons her life of privilege in Lagos to be with him, and her twin sister Kainene, who runs their father's company. Kainene also has a boyfriend, Richard, an English writer who visits Nigeria to explore Igbo-Ukwu art.

Four years later, ethnic tensions between the Hausa and Igbo people escalate into violence. Following a series of massacres, including the murder of Olanna's aunt and uncle, the southeast of Nigeria secedes to form the independent Republic of Biafra. Odenigbo, Olanna, their young daughter Baby, and Ugwu are forced to flee Nsukka, eventually settling in the refugee town of Umuahia. They experience severe food shortages, constant air raids by the Nigerian Air Force, and an environment of paranoia.

One of the novel's greatest strengths is its rich characterisation. Ugwu's transformation from an innocent boy into a young man shaped by violence is particularly compelling and, at times, unsettling. Olanna stands out as a figure of resilience and emotional depth, grappling with personal betrayals alongside the horrors of war. Richard, meanwhile, offers an outsider's perspective, though his character also raises subtle questions about belonging, identity, and cultural appropriation. Adichie ensures that none of her characters feel one-dimensional; each is flawed, human, and profoundly affected by the circumstances around them.

Half of a Yellow Sun explores issues of colonial legacy, ethnic tensions, class divisions, and the role of intellectuals in times of crisis. It also examines love, loyalty, friendship, and sacrifice under extreme conditions. The title itself, referring to the emblem on the Biafran flag, becomes a symbol of hope and a reminder of a dream that ultimately collapses.

Adichie not only tells an important story about a lesser-known conflict but also invites readers to reflect on the universal consequences of war.

Wimal Kannangara

Wimal lived in the Eastern region of Nigeria which was known as Biafra at one stage.

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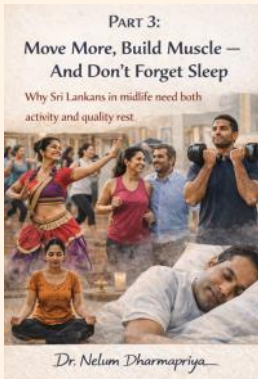
Curry, Carbs and Chronic Disease: Rethinking South Asian Diets

Why are so many of us developing diabetes, heart disease and metabolic problems earlier than expected — even when we feel well?

In this four-part series, I explore what I have learned as both a Sri Lankan-born GP and someone navigating midlife myself. We will look at how our traditional foods, modern lifestyles, muscle, sleep, and simple screening markers all shape our long-term health.

Because when we understand our bodies better, we give ourselves the power to change our future.

Part 3: Move More, Build Muscle — And Don't Forget Sleep



If food is one pillar of health, movement is the other.

But when I talk about movement, I don't just mean going to the gym.

For South Asians, especially, muscle is powerful medicine. We naturally tend to have less muscle mass, and muscle is where your body handles sugar. The more muscle you build and maintain, the better your blood sugar control, your metabolism, and even your long-term independence.

When I began strength training in midlife, it wasn't about appearance. It was about feeling strong again. And what surprised me most wasn't how I looked — it was how much better I felt. Clearer thinking. Better energy. More confidence.

But movement doesn't have to be formal.

In Brisbane, I've noticed so many Sri Lankan dance classes appearing — traditional dance, Bollywood-style fitness, cultural community groups. What a beautiful way to move. Music, rhythm, connection. It's joyful.

Walking after dinner with your spouse.
Playing with grandchildren.
Gardening.
Taking the stairs.

It all counts.

And then there is stress.

Many of us carry enormous responsibility — work pressures, supporting family here and overseas, caring for children and ageing parents. Chronic stress raises cortisol, and cortisol encourages belly fat and insulin resistance.

Yet one of the gifts of our culture is that we already have tools built in. Prayer. Meditation. Chanting. Time in temple or church. Quiet reflection. Mindfulness is not foreign to us — it is woven into our traditions.

And now we must talk about something many Sri Lankans quietly struggle with: sleep.

Late nights. Screens in bed. Work emails. Social media. Family calls across time zones.

But without good quality sleep, none of the other changes will stick.

Poor sleep worsens blood sugar control. It increases hunger. It reduces willpower. It affects mood and memory. Seven to nine hours

of steady, consistent sleep can dramatically improve metabolic health.

Sometimes the most powerful health decision is simply going to bed earlier.

Move your body.
Build some strength.
Calm your mind.
Protect your sleep.

You don't need perfection. You need consistency.

And in the final article, we'll talk about why checking your numbers — even when you feel well — can be one of the most loving things you do for yourself.



Dr. Nelum Dharmapriya

Dr Nelum Dharmapriya, Sri Lankan-born Brisbane GP, helping midlife adults thrive through metabolic science, practical and sustainable lifestyle transformation.

[Connect with Dr Nelum:](#)

Follow Whole Food Revolution on Facebook, visit www.wholefoodrevolution.com.au, email hel-lo@wfrevolution.com.au, and explore more on [YouTube](#).

Very popular Dr Dharmapriya's Youtube presentation: "Curry, Carbs & Chronic Disease: Rethinking South Asian Diets" is at <https://www.youtube.com/watch?v=8piYGIgq6Yc>



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Sri Lanka U19 Girls Rule Brisbane Tri-Series

Disciplined bowling and fearless cricket power dominant run against Australia and England

Brisbane, Australia — Sri Lanka's Under-19 women's team produced a commanding all-round performance to emerge as the stand-out side in the recent Triangular Series in Brisbane, outplaying both Australia and England across ODI and T20 formats.

In a tournament designed to test emerging talent in challenging overseas conditions, the Sri Lankan girls finished top of the table with five wins from six matches, built on disciplined bowling, sharp fielding, and timely batting contributions.



Sri Lanka Women's U19 players

Early Statement Against England

Sri Lanka signalled their intent early with a convincing 52-run victory over England in the ODI format. Batting first, they compiled 170 through steady contributions across the order.

The bowlers then took control. Chamodi Praboda led the charge with a superb spell of 3 for 13, while Aseni Thalagune chipped in with key wickets as England were dismissed for 118.

In the return encounter, Sri Lanka again showcased their dominance, defending a modest total as England collapsed for just 69, underlining their ability to defend low scores through collective bowling pressure.

Australia Tested in Thriller

Sri Lanka's T20 clash with Australia proved one of the highlights of the series. After being restricted to 99 for 8, Sri Lanka's bowlers produced a composed and clinical performance to restrict Australia to 87 for 8.

The 12-run victory highlighted their growing confidence in defending totals under pressure.

Australia's best performance came against England, where Tegan Williamson anchored a comfortable chase with a well-compiled half-century.

England Struggle & Sri Lanka Rise

England endured a difficult tour, failing to register a win across formats. While individual efforts showed promise, they were unable to build partnerships or withstand sustained pressure.

Sri Lanka's success was driven by a disciplined bowling unit. Chamodi Praboda, Aseni Thalagune, and Shashini Gimhani consistently delivered breakthroughs, ensuring control in every match situation.

The tour marked a defining moment for Sri Lanka's emerging cricketers and signalled a bright future for women's cricket in the country.

★ PLAYER OF THE SERIES

Chamodi Praboda – Capt (Sri Lanka U19)

Sri Lanka's standout performer of the tournament, Praboda, was instrumental in her team's success with the ball. Her ability to strike at crucial moments consistently shifted momentum in Sri Lanka's favour.

- Best Performance: 3/13 vs England
- Role: Strike bowler & partnership breaker
- Impact: Match-defining spells across key fixtures

🏆 Awarded for consistent excellence and match-winning contributions throughout the series.

📋 MATCH SCORECARD (BRISBANE TRI-SERIES)

Match 1 – ODI

Australia U19 beat England U19 by 6 wickets
England 166 all out | Australia 167/4

🏏 Top: Tegan Williamson 58

Match 2 – ODI

Sri Lanka U19 beat England U19 by 52 runs
Sri Lanka 170 all out | England 118 all out

🏏 Top: Chamodi Praboda 3/13

Match 3 – ODI (Return)

Sri Lanka U19 beat England U19 by 35 runs
Sri Lanka 104/8 | England 69 all out

Match 4 – T20

Sri Lanka U19 beat Australia U19 by 12 runs
Sri Lanka 99/8 | Australia 87/8

Match 5 – T20

Sri Lanka U19 beat England U19

🏏 Sri Lanka dominant with disciplined bowling attack

Match 6 – T20

Australia U19 beat England U19

🏏 Tegan Williamson 50+ anchored chase

TOURNAMENT STATISTICS

Top Run Scorers

Tegan Williamson (Australia U19) – 58 (HS)

Sri Lanka U19 – multiple contributors (30+ scores)

Top Wicket-Takers

Chamodi Praboda (Sri Lanka U19) – 3+ wickets, best 3/13

Aseni Thalagune (Sri Lanka U19) – key breakthroughs

Shashini Gimhani (Sri Lanka U19) – consistent economy

📌 Note: Sri Lanka's commanding performances in Brisbane underline the rapid development of their women's youth cricket program. Their ability to consistently outperform stronger opposition marks them as a rising force in international cricket.

Jayantha Pathikirikorale (Past President & Founding Member of Sri Lanka Sports Association of Qld (www.slsaq.com.au))

Stories Behind the Names of Places in Sri Lanka: Kurunegala

Today, we look into the name of a well known city, Kurunegala. Incidentally, after the British captured our motherland due to their pronouncing difficulties they called Mee-gamuwa, Negambo, Kanda, Kandy, Galla as Galle, ත්‍රිකුණාමලය as Trincomalee and කෑගල්ල as Kegalle. Accordingly they called කුරුණෑගල, Kernegalle. By the way, there is another popular Sinhala name for Kurunegala. It is ඇතුගල්පුර.



In Sinhala "kuru nae"(කුරුණෑ) refers to a tusker elephant. ගල is rock. ඇතා means the tusker.

ඇතුගල means the rock in the shape of a tusker. The huge rock that dominates the view of the land is so majestic that it is more suitable to call it ඇතුගල්පුර. However, in the Sri Lanka map and for all geographical purposes, it is officially called Kurunegala.

Kurunegala too means the rock in the shape of an elephant. Further, there is another analysis that the rock is in the shape of a "kuru" elephant. "kuru" means, not so tall. A type of not so huge elephants are called, "kuru-alli".

However it is clear that name Kurunegala has derived from the beautiful huge rock that dominates the view of the area and has the shape of an elephant.

I also wish to share a personal experience pertaining to the driveway to this hill.

As my wife was from the vicinity of Kurunegala ,we used to drive up the mountain to the highest possible place whenever possible and admire the view.

I hope it might be an ideal view point to promote among tourists and locals and to build tourist hotels.



Nimal Sedera

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

App of the Month : Forest: Focus for Productivity



Forest transforms focus into something visual and intentional. When you want to concentrate, you plant a virtual tree. If you leave the app to check social media or messages, the tree dies.



What makes Forest special — beyond its elegant simplicity — is that it creates a small emotional incentive to not get distracted. Over time, you grow an entire “forest” of focus sessions, which many users find more motivating than traditional timers.

It's frequently recommended on productivity blogs because it makes staying focused feel almost like a game, but without becoming a distraction itself.

Courtesy: <https://espirito.dev/sparkles/>

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බුදු දම් අදහනා බොදු දන ලෝ දස නේ
සමරයි වොසක වරුණේ දැන දැහැමි සි නේ
සරණා තුරා බොදු සැම සසරේ රදයි මෙ නේ
සාදු සාදු වෙසභ උතුම් නමදිමු බැති බරින් සි නේ



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

Former Minister Mahinda Wijesekera Passes Away

Former Cabinet Minister and prominent Southern politician Mahinda Wijesekera has passed away on 2 April at the age of 83.

He was the father of former Minister Kanachana Wijesekera.



Mr Wijesekera was a leading political figure in the Matara District and had a parliamentary career spanning nearly three decades; first as Member of Parliament for Matara from the Sri Lanka Freedom Party (SLFP) and later as a MP from the United National Party (UNP). He also held several ministerial portfolios including Fisheries, and Post and Telecommunication.

Mr Wijesekera suffered serious injuries in an LTTE bomb attack in 2009 at Akurana. He was rarely seen in public after that.

Mr Wijesekera began his political career as a student activist. He was a leading member of the Janatha Vimukthi Peramuna (JVP) having joined the group while he was a student at the Vidyodaya University. He was among those tried for the conspiracy to topple the government in the 1971 insurrection by the Criminal Justice Commission established in 1972.

During his political career, Mahinda Wijesekera held several ministerial portfolios, including Minister of Postal and Telecommunication Services in 2008 and Minister of Fisheries and Aquatic Resources from 2001 to 2004.

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

Places to visit when you holiday in Sri Lanka

This series is a regular feature in the newsletter. Hopefully, you might get benefited when you plan to visit Sri Lanka during your next visit. We welcome your experiences which sometimes may not be found in the popular web sites.

Sorabora Wewa and the Unique Natural Stone Sluice

Located just 1 km from present-day Mahiyangana town, Sorabora Wewa is one of the most prominent and unique irrigation reservoirs of ancient Bintanne. It is a popular stop for visitors en route to the sacred Mahiyangana Rajamaha Viharaya.

A Reservoir Without a Bisokotuwa



Historically known as the “Sea of Binthanne,” Sorabora Wewa stands out among Sri Lanka’s ancient reservoirs. It is believed to be the only surviving reservoir that does not utilize a Bisokotuwa—the vital pressure-regulating chamber found in nearly all large ancient reservoirs.

Typically, sluice gates are installed within the embankments and work in conjunction with the Bisokotuwa. However, at Sorabora Wewa, the builders ingeniously bypassed this method by cutting a deep canal

through a natural rock formation away from the bund. This rock sluice served the same function without the need for additional structures, as the rock itself withstood the immense pressure of water.

Construction and Scale

The reservoir was constructed by damming the Diyawanna Oya with a massive embankment measuring 1,590 feet (485 meters) in length and 40 feet in height. The embankment is approximately 11 feet wide. At full capacity, the reservoir spans about 1,100 acres (4.5 sq km) and holds 11,800 acre-feet (approximately 14.6 million cubic meters) of water. The rock-cut sluice gates, located away from the embankment, are about 5 feet wide and display expert craftsmanship.

The Legend of Bulatha – Builder of Sorabora Wewa

According to tradition, Sorabora Wewa was constructed in the 2nd century BCE by a lesser-known but mighty general named Bulatha during the time Prince Gemunu was campaigning against the Tamil king Elara.

As the prince and his ten famed warriors advanced toward Anuradhapura, they temporarily camped at a village called Kadali Pathra—modern-day Keselapatha—near Mahiyangana.

Bulatha, a strongman from Kiripattiya village in Ududumbara, joined Gemunu’s forces at this point. He was entrusted with the daily task of collecting and delivering various provisions: treacle from Meemure, milk from Kiripattiya, betel leaves from Kevulgama, and areca nuts from Puwakpitiya (now Popepitiya), navigating the treacherous Kosgolla mountain pass that connected Ududumbara to Minipe and was frequented by pilgrims traveling to Mahiyangana.

While traversing this route, Bulatha noticed a stream flowing between two hills and envisioned building a reservoir there to irrigate thousands of paddy fields. Despite his demanding duties, he began constructing the embankment on his own during his free time. His extraordinary strength was legendary—his mamoty (spade) was said to be ten times larger than a typical one, and his earth basket was equally massive.

His wife, known for her strength equivalent to 20 women, supported him tirelessly. She would cross the dangerous Kosgolla Pass daily

to bring him meals. Witnessing the struggles of countless pilgrims using this rugged route, she resolved to improve the path by building a flight of stone steps. Each day, as she brought food to Bulatha, she laid a few stone steps along the path.

Beyond the story, Sorabora Wewa is simply a lovely place to slow down. The lake is surrounded by forest and open sky, and the air often feels cooler and cleaner than you expect. If you enjoy birdwatching in Sri Lanka, this is a rewarding spot. You may see water birds gliding low over the surface, and you will often hear birdsong all around the shore. The waters and nearby trees support many small creatures, reptiles, and fish. Every visit feels slightly different. Some mornings are bright and still. Some evenings bring misty light and soft wind across the lake. If you are lucky, you might even notice signs of elephants in the wider area. These moments are never guaranteed, and that is part of what makes the place feel real.

A boat ride on Sorabora Lake is one of the nicest ways to take in the scenery. The views open out gently, and you can see the lake edge, the hills, and the forest line from a peaceful distance. It is quiet, simple, and memorable in the best way. If you prefer land-based time, the shoreline is ideal for slow photographs, relaxed chats, and calm reflection.

Courtesy: <https://amazinglanka.com/>, <https://www.tripadvisor.com.au/>



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Sri Lanka 2024 Census highlights ageing population

The final report of the 2024 Census of Population and Housing, released by the Department of Census and Statistics, reveals significant demographic, social and economic shifts across Sri Lanka, including a rapidly ageing population, declining fertility rates, rising literacy, and changing household and migration patterns.

The census also marks Sri Lanka's first fully digital population count, expected to guide future policy decisions in health, labour, urban development and social welfare.

Sri Lanka's total population stands at 21.78 million, with a density of 350 persons per square kilometre. The Western Province remains the most populated region, accounting for 28.1% of the population, while Gampaha is the most populated district and Mullaitivu the least populated. Social trends show a shift in marriage patterns, with the average age at marriage rising to 29.2 years for males and 25.6 years for females, while 41.8% of the population remains unmarried.

The country is undergoing a clear demographic transition, with people aged 60 and above making up 18% of the population, compared to 20.7% children aged 0–14. The median age has risen to 35 years, while the Total Fertility Rate has dropped to 1.3, well below replacement level — indicating a long-term slowdown in population growth.

Literacy levels have reached a historic high of 97.4%, with near gender parity. However, digital literacy remains at 67.6%, while computer literacy stands at 34.7%, highlighting a persistent digital skills gap.

Health indicators show that 19.2% of the population (4.18 million people) reported non-communicable diseases, with high blood pressure and diabetes among the most prevalent conditions.

Migration patterns also continue to evolve, with 13% of Sri Lankans identified as lifetime migrants. Conflict-affected districts such as Vavuniya, Kilinochchi and Mullaitivu report higher mobility levels, while Colombo remains the primary destination. Marriage is identified as the main reason for internal migration.



The report estimates 672,249 Sri Lankans are currently living abroad, with the majority (86%) engaged in employment, and the Middle East remains the leading destination.

Labour force participation stands at 47.3%, while 52.7% of the population is economically inactive, largely due to domestic responsibilities among women.

Improvements in housing are also evident, with 98% electricity access, 92.2% access to drinking water, and 99.6% of households using water-sealed toilets. The country records 6.1 million households, with an average household size of 3.5 persons, while single-person households account for 10.5%, mostly elderly women living alone.

The census further shows a gender imbalance, with a sex ratio of 93.3 males per 100 females, and significant disparities in older age groups — where 44.2% of women aged 65 and above are widowed, compared to 10.5% of men.

The 2024 Census provides a comprehensive demographic snapshot of the country at a critical stage of transition, reflecting major structural changes that will shape Sri Lanka's long-term policy and development priorities.

Courtesy: <https://ceylontoday.lk/>

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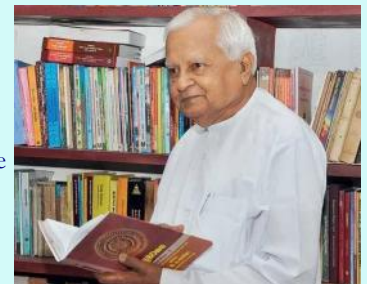


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Godage Publications Founder Sirisumana Godage Passes Away

Former Deshabandu Sirisumana Godage, the founder of Godage Publications and a prominent figure in Sri Lanka's printing and publishing industry, has passed away at the age of 90.



He was conferred with the Deshabandu title in 2003 in recognition of his services to society.

Godage is widely regarded as a leading figure in Sri Lanka's publishing sector. His company, Godage Publications, became one of the country's most recognised publishing houses, producing works in Sinhala, Tamil and English. The institution has also received state recognition for its publications in Tamil and English.

Godage Publications holds a notable record at the State Literary Awards, winning awards continuously for 38 years. At the 2022 State Literary Awards ceremony, the institution received five accolades.

His death marks the end of an era in Sri Lanka's printing and publishing industry, leaving behind a significant literary legacy.

Courtesy: <https://dailynews.lk/>

වෙදිකාව, රිදී තිරය, පුවි තිරය, එහෙම නැත්නම් කවියක්, ගීතයක්, කෙටි කතාවක්, නව කතාවක් වැනි කලා කෘතියක් නිර්මාණකරණයේදී හමුවන විවිධාකාරවූ රසවත් සිද්ධීන් එමයි. මෙම කතා බහ අහ දැනගන්න, බෙදා හදාගන්න, මං දන්නවා කලාකෘතී අපි හැමෝම කැමැත්තක්, රුචිකත්වයක් දක්වනවා කියලා. කෙලින්ම නොකිට්ට, අපි කවුරු කවුරුත් gossip අහන්නත් මනාපයි නේ.

ඔබ දන්නා, අපි නොදන්න, තිරය පිටිපස්සේ ඇතිවන රසවත් සිද්ධීන්, බෙදා හදා ගැනීමේ උත්සාහයක් හැටියට මෙම කොලම ඔබට විවෘතයි. සමහර වෙලාවට මේ අතරේ ඉතා අනුවේදනීයවූ, දුක්මුසු කතා බහත් තියෙනවා. කතාවේ මුණ ගැහෙන, ඒ කාටවත් උපහාසයක්, අපහාසයක් නොවන විධියට, අපි ලියමු.



සොබාදහමට පෙම් බැඳි ලොව දිනු පරිසරවේදියා

මම හොඳින්ම දන්නවා, ඕස්ට්‍රේලියාවේ අපි බොහෝ දෙනෙක් ස්වභාවික පරිසරයට, පරිසරයේ අපි දකින නොඉදුල් වූ සුන්දරත්වයට, ඒ වගේම සනාඪසාවාට ආදරය කරනවා, රුචිකත්වයක් දක්වනවා කියලා. අප හැමෝම ඇලුම් කරන, මේ සොබා දහමේ අරුමය, අපූර්වත්වය වගේම විස්මිත සත්ව ලෝකයේ සුන්දරත්වය ලොවට විදහාපාමින්, සොබා දහමේ වටිනාකම, වැදගත්කම අපට කියා දුන්, කීර්තිමත් පරිසරවේදියා, ස්වභාවික ඉතිහාසඥයකු ගැන තරමක වෙනස් කතා බහක යෙදෙන්නට තමයි, අද 'තිරය පිටුපස රස කතා' කොලම තුලින් මගේ මේ උත්සාහය.



දශක හයකට වැඩි කාලයක් පුරාවට, තම නිර්මාණයන් තුලින් සොබා දහමේ අපූර්වත්වයන්, විස්මිත සත්ව ලෝකයේ සුන්දරත්වයන් ලොවට විදහාපාමින්, සොබා දහමට ආදරය කරන්නට අපට කියා දුන් ඒ විස්මිත පරිසරවේදියා Sir David Attenborough, ශ්‍රීමත් ඩේවිඩ් ඇටන්බරෝ. ඔහු උපතින් බ්‍රිතාන්‍යය ජාතිකයෙක්. 1926 මැයි 8 වැනිදා බ්‍රිතාන්‍යයේ අයිස්ල්වර්ත්හිදී උපත ලබන Sir David Attenborough තව දින කිහිපයකින්, තම ශත සංවස්තර කඩඉමට එළඹෙනවා. එය මිනිසෙකුට තම ජීවිත කාලයේදී ලඟා විය හැකි, ලබා ගත හැකි ඉතාමත් විශේෂිතවූත්, දුර්ලභවූත්, වාසනාවන්ත, උතුම් අවස්ථාවක් හැටියට, මන් දන්නවා අපි හැමෝම එකඟවම පිළිගන්නවා. පරිසරයට, සනාඪසාවාට දැඩිසේ ඇළුම් කරන නිසාවෙන්, මෙතුමාගේ තුන් සිතම හැමවෙලාවෙම, දයාවෙන්, කරුණාවෙන් පිරි තිබීම, මෙලෙසින් දීර්ඝායු ලැබීමට හේතුව වන්න ඕන කියලයි මම නම් විශ්වාස කරන්නේ. සියවස් සපිරෙණ, පරිසර හිතකාමී, අවිභිංසාවාදී සත්පුරුෂයාණනි, විරං ජයතු ඔබට.



මෙතුමා තරුණ අවධියේ ඉඳලම පරිසරයට ඉතාම ළැදි, පරිසරය එක්කම ජීවත් වූණ කෙනෙක්. පසුගිය වසර 60 කට වගේ කාලයක් පුරාවට සොබාදහමේ අරුමය අපට කියා දෙමින්, ලොව සෑම අස්සකටම, මුල්ලකටම සංචාරය කළ මේ අපූරු මිනිසා ඉදිරිපත් කළ වාර්තාමය වැඩසටහන් සහ වාර්තාමය චිත්‍රපට ලොකු කුඩා කාගේත් ආදරයට, පැහැසුමට නිරන්තරයෙන්ම බඳුන් විය. ඒ වගේම, ලෝකයේ විවිධාකාර පරිසර පද්ධතීන් මෙන්ම ජීවයේ පරිණාමය පිළිඳව ඔහු ඉදිරිපත් කළ වැඩසටහන්වල දැනුමෙන් ඉදිරි පරම්පරාවන් පෝෂණය වුණා. එසේ නිෂ්පාදනය වූ වාර්තා වැඩසටහන් අතරින්, 'Life on Earth', 'Planet Earth', 'The Blue Planet', 'A life on Our Planet', ඇතුළු දහස් ගණනක් රූපවාහිනී වාර්තා වැඩසටහන් ලොකු කුඩා කා අතරේත් අතිශය ජනප්‍රියය.

2020 වර්ෂයේදී, Sir David Attenborough විසින්, එතෙක් ඔහු ඉදිරිපත් කළ වැඩසටහන්වලට වඩා වෙනස්වූ නේමාවක් රැගත් 'Extinction: The Facts' වාර්තාමය වැඩසටහන, 'BBC One' නාළිකාව ඔස්සේ විකාශණය කළේය. පැයක පමණ කාලයක් පුරා දිගහැරෙන 'Extinction: The Facts' සඳහා පාදක වන්නේ, පෘථිවියේ ආධිපත්‍ය පතුරුවමින්, පෘථිවිය තමන්ගේ පමණක් යැයි සිතමින් මනුෂ්‍ය වර්ගයා විසින් පරිසරයට කරන විනාශයයි,

සත්ව ලෝකයට කරන හානියයි. “මා ලෝකයේ සෑම අස්සකටම, මුල්ලකටම ගිහින් තිබෙනවා. සොබා දහමේ අපූර්ව මෙන්ම සුන්දර දේවල්, අමුතු අපූරු සතුන්, එම සතුන්ගේ විස්මිත හැසිරීම් රටා මට දකින්න ලැබුණා. මා සැබැවින්ම හරිම වාසනාවන්තයි. ඒ දසුන් ඔබටත් දකින්නට සැලැස්වීමට ලැබීම ගැන මා ආඩම්බර වෙනවා. මට දකින්න ලැබුණු සත්ව විශේෂ බොහොමයක් අද මිහිමත නැහැ. සඳහටම සමුගෙන ගිහින්. මාගේ ජීවිත කාලය තුළදී එසේ වීම ගැන මා තුළ ඇත්තේ දැඩි කනගාටුවක්”. “පරාගනය වෙනුවෙන් අතිශය වැදගත් කාර්යයක් ඉටු කරන කෘමි සතුන් බොහොමයක් සඳහටම ලොවෙන් සමුගෙන ගිහින්. පරාගනය ඉතා වැදගත්. ගස්වැල් නැතිනම් ඔක්සිජන් නැතිවේවි. එසේ වුණොත් අප හුස්ම ගන්නේ කොහොමද? ගස් අඩුවෙද්දී, වායු දූෂණය දිනෙන් දින ඉහළ යාවි. වාතය අපිරිසුදු වෙනවා. උණුසුම වැඩි වී, අයිස් දියවෙවි”. “මිහිමත සාගර දිනපතා දූෂණය වෙනවා. ජලාස්ථික් සාගරයට එක්වෙලා. විෂවෙලා. අද බොහෝ සාගරවල මසුන් නැහැ. පමණ ඉක්මවා ධීවර කටයුතු සිදුවෙනවා. එයත් මසුන් අඩුවීමට හේතුවක්”.



“මා ගෙවන්නේ මගේ ජීවිතේ අවසන් කාලය. මා හැකි සෑමවිටම ඔබ දැනුවත් කළා. අනාගතය ඇත්තේ ඔබ අතේ. තවමත් ඔබ ප්‍රමාද නැහැ. මිළඟට කළ යුත්තේ කුමක්දැයි තීරණය කළ යුත්තේ ඔබයි”. Sir David Attenborough විසින් 'Extinction: The Facts' වාර්තා වැඩසටහන අවසන් කරන්නේ මෙලෙසිනි.

ඔහු 'Extinction: The Facts' වැඩසටහන කෙතරම් යථාර්ථවාදී ලෙසින්, සංවේදීව ඉදිරිපත් කළේද යත්, සොබාදහමෙන්, සත්ව ලෝකයේත් අපූර්වත්වය දැක ගැනීමේ අපේක්ෂාවෙන්, වැඩසටහන සමඟ එක් වුණු බොහෝදෙන, එය නැරඹීමෙන් පසුව මහත්සේ කම්පනයට, කණගාටුවට පත්වූ බව, ඒ වෙනුවෙන් නිකුත්වූ මාධ්‍යය ප්‍රතිචාර සියල්ලම පාහේ සනාථ කළේය.

Sir David Attenborough බ්‍රිතාන්‍ය වැසියන්ගේ ජාතික සම්පතක් ලෙස බුහුමන් ලබන්නෙකි. රූපවාහිනී විකාශනය මගින් ස්වභාවික ඉතිහාසය සහ පරිසර සංරක්ෂණය සඳහා ඔහු කළ අසාමාන්‍ය දායකත්වය වෙනුවෙන් දෙවැනි එලිසබත් රැජිණ අතින් 1985දී සිය මුල්ම නයිට් පදවිය ලැබූ David Attenborough හට, 2022 ජූනි 8 වැනි දින, වාල්ස් කුමරු විසින් චින්ඨිසර් මාලිගයේ පැවති උත්සවයකදී, Knight Grand Cross of the Order of St Michael and St George පදක්කම් පළඳවා, ඔහුට මෙම නව ගෞරව දෙවැනි නයිට් පදවිය ප්‍රදානය කළේය.



තවද, 2022 අප්‍රේල් 21 වන දින එක්සත් ජාතීන්ගේ පරිසර වැඩසටහන (UNEP) විසින් Sir David Attenborough, 'Champion of the Earth' ('පෘථිවියේ ඉරයා') ලෙස නම් කරන ලදී. ස්වභාව ධර්මයේ ආරක්ෂාව සහ ප්‍රතිසංස්කරණය සඳහා පර්යේෂණ, ලේඛනගත කිරීම සහ උපදේශනය සඳහා ඔහුගේ කැපවීම වෙනුවෙන්, ඔහුට මෙම Prestigious Life Time Award සම්මානය හිමි විය. සම්මානය පිළිගනිමින් Sir David Attenborough පැවසුවේ ලෝකය ස්වභාවධර්මය සහ ග්‍රහලෝකය ආරක්ෂා කිරීමට දැන්ම පියවර ගත යුතු බවයි.

“බුද්ධිමත්කම හෝ කාඨිශූර බව ප්‍රමාණවත් නැ, අපට දැන් වඩාත්ම අවශ්‍ය වී තිබෙන්නේ ප්‍රඥාව”. “අපි විසින් පරිසරය රැකබලාගනු ලැබුවොත්, පරිසරය විසින් අපව රැක බලා ගනීවි”. ඩේවිඩ් ඇටන්බරෝ ශ්‍රීමතාණන්ගේ ආදරණීය පණිවිඩය එයයි.

සමන්මල් ගුණරත්න



මෙම සටහන ප්‍රසිද්ධ පුවත්පත්, අන්තර්ජාලය තුලින් ලබා ගත් ලිපි ඇසුරින් නිමවූ බව කරුණාවෙන් සළකන්න.

ANZAC Day Commemoration – 25 April 2026

“A Day of Remembrance, Unity, and Deep Emotion”

Former On 25 April 2026, the Brookfield Showgrounds once again became a place of profound remembrance as the community gathered to honour ANZAC Day — a day etched into the heart of Australia and New Zealand. From the early hours of the morning, the grounds filled with veterans, serving personnel, families, young people, and dignitaries, all united by a shared purpose, to remember the courage, sacrifice, and unwavering spirit of the ANZACs.

The dawn service set a solemn tone, its silence broken only by the soft rustle of flags and the quiet reflection of those who stood shoulder to shoulder in the cool morning air. As the sun rose, the parade commenced, bringing together ex-service organisations from across Queensland. Among them marched the Sri Lanka Ex-Servicemen’s Association (Queensland Branch), proudly carrying their colours and honouring not only the ANZACs but also the brave men and women who served across the Commonwealth.



This year’s march carried a particularly emotional weight. As our contingent made its way toward the grounds, applause rippled through the crowd — a heartfelt gesture of gratitude

that resonated deeply with every marcher. In one unforgettable moment, a middle-aged lady stood by the roadside, tears streaming down her face as she clapped. Her emotion captured the essence of ANZAC Day, remembrance that lives not only in ceremony, but in the hearts of everyday Australians.

The Sri Lanka Ex-Servicemen’s Association was honoured to play a meaningful role in the official proceedings. Major General (Retired) Shyaman Kulathunge and Wing Commander Nalin Wickremasinghe (Ex-SLAF), President of SLESA Queensland, laid floral wreaths on behalf of the association. Their tribute symbolised the enduring bonds between nations that fought side by side, and the shared sacrifices that continue to unite us across generations.

This connection is rooted in history. During the First World War, members of the Ceylon Planters Rifle Corps — a volunteer regiment from then-Ceylon — were attached to ANZAC units during the Gallipoli campaign. Though small in number, they endured the same unforgiving terrain, the same hardships, and the same losses. Their service remains a proud chapter in Sri Lanka’s military heritage and a reminder of the global unity forged in times of conflict.

Throughout the day, families enjoyed community activities, live music, and traditional ANZAC Day refreshments. Children listened to stories of bravery, ensuring that the legacy of the ANZACs continues to be passed down with respect and understanding.

The 2026 Brookfield ANZAC Day ceremony stood as a powerful testament to remembrance, unity, and shared history. It reminded us that ANZAC Day is not merely a date on the calendar — it is a living tradition, carried forward by communities who refuse to let the sacrifices of the past fade into silence.

Nalin Wickremasinghe

President – Sri Lanka Ex-Servicemen’s Association Queensland

Lest We Forget



Sri Lanka Ex-Servicemen Association of Queensland Management Committee 2026

Patron	Jayantha Pathikirikorale
President	Nalin Wickremasinghe
Vice President	Shyaman Kulathunge
Secretary	Jayamal Jayawardane
Asst. Secretary	Aza Yasmin Abdul Jabbar
Treasurer	Gishanthi Wickremasinghe
Committee members	Uditha Liyanage Harsha Perera Nilantha Udukala Champaka Jinendradasa Amila Sampath Nilmini Liyanage Woshitha Epa Danushka Goonerathna

Tripzant

— Your Journey, Our Passion —

එක් ලෝකයක්. නිමක් නැති ගමන්.

ලොව පුරා බාඩාවකින් තොර සංචාරක අත්දැකීම් සඳහා ඔබේ විශ්වාසවන්ත සංචාරක සහභාගී.

ඉඩම් විකට්පත් වෙන් කිරීම්

හෝටලු වෙන් කිරීම්

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දැනට සාමාන්‍ය fare now **A\$899**

SQ246 + SQ468 - Economy + 1 passenger - checked baggage included

ලාභලාභී	1M	3M	6M	9M	12M
1M මැයි	3M ජූලි	6M Oct	9M Jan		
UL337 + QF51	MH140 + MH179	EK450 + ඔන්යෝබර්ට්	QR664 + එසෝබර්		
A\$945	A\$1,025	A\$1,115	A\$980		
Off-season	සමාන සමාන	මධ්‍යම සමාන	උසම සමාන		

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FARE MAXIMISER ROBOTIC

After ticket purchase, Amadeus keeps checking until take-off for a lower flight booking class. If found, WhatsApp rebook alert is sent and savings can be refunded.

FARE DROP ALERT

Traveler is notified when a lower-class fare becomes available due to cancellation, rebooking to airline inventory change.

AIR TICKET CHANGER

Travelers can manage eligible changes themselves through the Qantas Manage Booking portal or airline-supported flow.

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Shop 8, Level 1,
1151 Wynnum Road,
Cannon Hill, QLD 4170,
Australia

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info@tripzant.com

www.tripzant.com

+61 406 804 559

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A Beautiful Beginning for the Women's Forum in 2026

The Sri Lankan Women's Forum in QLD proudly commenced its first gathering of the year with a vibrant and heartwarming picnic, bringing together women from across Queensland for an afternoon of friendship, laughter, and connection.



Organised by the committee as the first official event of the term, the picnic was met with an overwhelmingly positive response, with attendees enthusiastically joining in and contributing shared plates of delicious food, flasks of tea and coffee, and plenty of positive energy. A special highlight of the day was the nostalgic childhood games enjoyed by all, filling the afternoon with laughter and creating instant bonds among participants.

The Women's Forum was established under the guidance and encouragement of the Federation of Sri Lankan Organisations of Queensland, recognising the importance of creating a dedicated platform for Sri Lankan women in Queensland to connect, support one another, and empower each other through friendship, networking, and shared experiences. The forum aims to foster a strong and uplifting community where women can build meaningful relationships while celebrating culture, collaboration, and personal growth.

Given the incredible success of this first event, the committee is excited to continue building momentum and is planning to host at least one event every couple of months, offering regular opportunities for women to gather, engage, and participate in enriching activities.

The next event will be a Bhakthi Geetha Session scheduled for 24 May 2026, and all Sri Lankan women living in Queensland are warmly invited to attend.

To stay updated on future events and announcements:

Join the Women's Forum WhatsApp Group via the link on our Facebook page

Follow us on Facebook by searching: Sri Lankan Women's Forum in QLD

The committee extends its heartfelt gratitude to everyone who attended and helped make this first gathering such a memorable success. This wonderful turnout has provided great encouragement for the future of the forum, and we look forward to welcoming many more women into this growing community.

Together, we are building something truly special.



Mini Keerawella
Convenor
Sri Lankan Women's Forum in QLD

Dāhæna (Newsletter) Archives

Past copies of Dāhæna are found at the following location

<https://drive.google.com/drive/u/2/folders/1axuqUAWpqN9pUpirl36jyMH4EtO9E55>

Sri Lanka Society Sri Lankan New Year Festival

The Sri Lanka Society of Queensland held its Sri Lankan New Year celebration on Sunday, 26 April at the Belmont Bowls Club.



The daytime indoor event, chosen with members of all ages in mind, brought the community together to continue celebrating the spirit of Aluth Avurudu beyond the traditional date of 14 April. The function included honouring past presidents, traditional Sri Lankan dance performances by the students of Ranwala Balakaya, and engaging activities such as the lime-and-spoon race and a quiz that challenged the memory of attendees.

A highlight of the event was a fashion parade by younger participants showcasing Sri Lankan-designed attire.

In his address, President Chamitha Weerasinghe welcomed attendees and noted that the New Year is not limited to a single day, but reflects ongoing values of respect, family, generosity, and unity, while creating opportunities to stay connected to our roots.

Guests also enjoyed a sumptuous Sri Lankan buffet lunch, adding to the festive atmosphere.

Chamitha Weerasinghe

President: Sri Lanka Society of Queensland




*Richmond Mahinda
Old Boys Association
Queensland*

10th Annual Old Boys' Cricket Match
Sunday 17th May from 2.30PM to 9PM
at McGregor Cricket Club
Oval -2
(122 Granadilla st, McGregor QLD 4109)
**Day/Night Cricket Match
and
Entertainment**



Children's Sinhala New Year Celebration at SLBM

The Sri Lanka Buddhist Monastery (Brisbane) (SLBM) proudly hosted its annual Children's Sinhala New Year Celebration on Saturday, 11 April, bringing together children, parents, teachers, and the wider community for a joyful and culturally enriching day.



The celebrations commenced with blessings from the Venerable Maha Sangha, followed by the traditional boiling of milk ceremony symbolising prosperity, unity and new beginnings for the year ahead. Children then paid respectful homage to the Maha Sangha, as well as to their parents and elders, reflecting the cherished Sri Lankan values of gratitude and respect.



Throughout the day, children participated in a variety of traditional New Year games and cultural activities, creating an atmosphere filled with laughter and community spirit. Families and visitors also enjoyed authentic festive food and refreshments,



This annual event is recognised as the oldest Sinhala New Year celebrations in Brisbane dedicated to children. It continues to play a significant role in preserving and promoting Sri Lankan cultural heritage among younger generations, in line with SLBM's ongoing mission of guiding children along a virtuous, disciplined, and culturally enriched path.



SLBM would like to sincerely acknowledge and thank the many dedicated volunteers who worked tirelessly to organise this event, as well as those who generously contributed towards the breakfast and lunch offerings and fund raising.

The monastery sincerely acknowledges and thanks the many dedicated volunteers who worked tirelessly to organise the event, as well as the generous supporters who contributed towards breakfast, lunch, and fundraising activities.

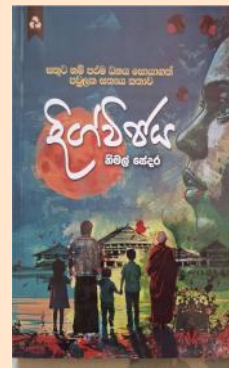


Sri Lanka Buddhist Monastery

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Federation of Sri Lankan Organizations of Queensland (FSOQ)
 BSB# 064-173- AC#10785847 - Commonwealth Bank

For info:	Randeva 0490659731	Uditha 0402143051	Jayantha 0422368851	Sanjaya 0412172286
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Dāhæna (Newsletter) Archives
 Past copies of Dāhæna are found at the following location
<https://drive.google.com/drive/u/2/folders/1axuqUAWpqN9pUpirl36jyMH4EtO9E55>

**GRAB YOUR
TICKETS NOW!**

**සිංහ නාද
GOLD COAST**

LIVE KARAOKE SHOW
 GREAT MUSIC
 DANCING AND SINGING
 FAMILY GET-TOGETHER

Adults: \$30

Students: \$20

COUNTRY PARADISE NERANG

SATURDAY 16 MAY 2026

6.30 PM - 10.30 PM

FAMILY GET-TOGETHER

DELICIOUS KOTHTHTU IS INCLUDED WITH EVERY TICKET!

BUY TICKETS NOW!

VISIT OUR WEBSITE

<https://sinhanaada.com.au>

FOR MORE INFORMATION

0414660477 / 0469547759

**Sama Hitha
Mindfulness Group**

**6 DAY RESIDENTIAL RETREAT 2026
(BRISBANE)**

Conducted by a master of mindfulness from
Meethirigala Nissaranavanaya
VENERABLE BRISBANE DHAMMARAKKHITHA

Saturday 2nd May - Friday 8th May 2026

At
Ivorys Rock
(310 Mt Flinders Road Peak Crossing Qld 4310)

www.ivorysrock.org.au

Registration:
<https://forms.gle/XCuLeooq3n8yhtgc6>

Enquiries:
Wimal Wimalaratne: 0423894022
Naveen De Silva: 0430344223
Email: samahitharetreatsmidyea@gmail.com

Registration Closing:
28 April 2026

Program will be conducted in both English and Sinhala and will be an ideal opportunity for the beginners to enter the path as well as experienced yogis to strengthen the practice

අභිමානවත් දේශයක වන්දනීය ආවර්ජනය

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06th JUNE 5.00pm ONWARDS

Acacia Ridge State School

Nyngam St, Acacia Ridge QLD 4110

Adult \$45

Child \$30

Channinla Herage +61 430 876 233
Kalanka Gominawana +61 466 981 648

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Celebrate Mother's Day
with Afternoon Tea
and a Fashion Parade

WAVELL HEIGHTS COMMUNITY CENTRE
175 EDINBURGH CASTLE ROAD
WAVELL HEIGHTS

SUNDAY, 24 MAY 2026

1:00 TO 5:00 PM

*Fabulous Fashions for the mature woman
by U and I Designs, Burleigh Heads*

All sizes XS to 3X from \$29 - \$ 99 will be on Sale

EFTPOS available

Afternoon Tea catered by
Jeremy Henderling

Music by Ray and Johnny
BYO DRINKS

For bookings contact :

Thomazine Fernando: 0419 480 808
Suzie Anthonisz: 0409 533 540
Laurenz Manricks: 0408 414 973
Namal Wijeratne: 0433 427 377

Bookings close 14 May 2026

Members: \$30.00
Guests: \$40.00

“ධේනි”

සුමිසුරු ගීයක - රසහවි විමසෙන
සොඳුරු සුයාමයකට
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සවස 6.30 ට**

ස්ථානය:

Acacia Ridge Community Hall,
13 Coley Street,
Acacia Ridge.



ක්වින්ස්ලන්ත බෞද්ධ විහාරස්ථානය, ගුඩ්නා
Buddhist Vihara of Queensland, Goodna

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🕒 ප.ව. 5.00 සිට

📍 108, Eric Street, Goodna, QLD

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මු.ව. 2570

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මැයි 09

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මැයි 10

සිලි කාවනා වැඩසටහන
(ප.ව. 8.30 සිට)
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(ප.ව. 6.00 සිට)

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BRISBANE

KASUN KALHARA
KUSHANI SANDAREKHA

INDRACHAPA LIYANAGE
SAMANALEE FONSEKA



හරිත නිවේදනය AUSTRALIA

TOUR 2026

02ND MAY
6.30 PM ONWARDS



The Lighthouse - Community and Event Centre
65 Woogaroo Street, Ellen Grove

Sumudu +61 430 222 075



Monthly News Digest: April 2026

03	US\$ 2bn World Bank-backed plan to power Sri Lanka's next growth phase	https://www.dailymirror.lk/business/US-2bn-World-Bank-backed-plan-to-power-Sri-Lankas-next-growth-phase/215-337034
04	Committee appointed to reform teacher training colleges	https://www.themorning.lk/articles/6oE6gG51bllFAsior6mL
05	China offers fuel to Sri Lanka; shipment due within weeks	https://www.sundaytimes.lk/260405/news/china-offers-fuel-to-sri-lanka-shipment-due-within-weeks-637957.html
05	Lanka says no to Russian nuclear plant offer	https://www.sundaytimes.lk/260405/news/lanka-says-no-to-russian-nuclear-plant-offer-637955.html
05	CIABOC issues notice on ex President Mahinda Rajapaksa	https://www.sundayobserver.lk/2026/04/05/news/75509/ciaboc-issues-notice-on-ex-president-mahinda-rajapaksa/
06	Sri Lanka's Hambantota Port expands capacity as transshipment volumes increase	https://economynext.com/sri-lankas-hambantota-port-expands-capacity-as-transshipment-volumes-increase-266330/
06	Sri Lanka among Countries showing Democratic Gains in 2025: Freedom House	https://www.newswire.lk/2026/04/06/sri-lanka-among-countries-showing-democratic-gains-in-2025-freedom-house/
06	Rs. 13 b fraud-hit NDB numbs banking sector; CBSL reassures	https://www.ft.lk/top-story/Rs-13-b-fraud-hit-NDB-numbs-banking-sector-CBSL-reassures/26-790567
10	Sri Lankan-Aussie playwright Shakthi wins Windham-Campbell prize	http://island.lk/lankan-aussie-playwright-shakthi-wins-windham-campbell-prize/
11	Sri Lanka's workers' remittances exceed USD 2.2 bln in first three months of 2026	https://www.adaderana.lk/news.php?nid=121089
12	Peace dog Aloka set to join Buddhist monks' Walk for Peace	https://www.sundaytimes.lk/260412/news/peace-dog-aloka-set-to-join-buddhist-monks-walk-for-peace-639000.html
12	SL 2024 Census highlights ageing population	https://ceylontoday.lk/2026/04/12/sl-2024-census-highlights-ageing-population/
12	ICTA exit turning point in digital transformation	https://www.sundaytimes.lk/260412/business-times/icta-exit-turning-point-in-digital-transformation-638634.html
12	Urban water emergency: Colombo's water system buckles under pressure	https://www.themorning.lk/articles/0RHqLjsDSqgLnj1kPr0
17	Energy Minister Kumara Jayakody and Ministry Secretary resign from posts	https://www.themorning.lk/articles/E5GgPjOSCG1s2vTIVUXI
19	Expressway revenue tops Rs. 441 million during New Year travel	https://www.themorning.lk/articles/vHujzmVCDIjexjzMIkhp
19	The number of seniors increases; more than 50% of women are still confined to home duty	https://www.sundaytimes.lk/260419/news/the-number-of-seniors-increases-more-than-50-of-women-are-still-confined-to-home-duty-639329.html
20	World Bank sees Sri Lanka growth slowing to 3.6% in 2026 amid energy shock	https://www.ft.lk/top-story/World-Bank-sees-Sri-Lanka-growth-slowing-to-3-6-in-2026-amid-energy-shock/26-790862
21	Low-floor bus service launched at Makumbura	https://www.dailymirror.lk/caption-story/Low-floor-bus-service-launched-at-Makumbura/110-338309
21	Anura Karunathilaka sworn in as Energy Minister He also serves as the Minister of Ports and Civil Aviation	https://www.dailymirror.lk/front-page/Anura-Karunathilaka-sworn-in-as-Energy-Minister-He-also-serves-as-the-Minister-of-Ports-and-Civil-Aviation/238-338255
22	International 'Walk for Peace' commences in Sri Lanka	https://www.themorning.lk/articles/HUZxmyTakTXbS42RmIya
22	Roadmap targets tripling insurance penetration by 2035 with mandatory cover, State-backed schemes	https://www.ft.lk/front-page/Roadmap-targets-tripling-insurance-penetration-by-2035-with-mandatory-cover-State-backed-schemes/44-790925
24	Sri Lankan Rupee declines further as US Dollar exceeds Rs. 317	https://www.adaderana.lk/news.php?nid=121673
26	Renovated Maradana Railway Station vested with the public	https://www.sundayobserver.lk/2026/04/26/news/76417/renovated-maradana-railway-station-vested-with-the-public/
28	Govt. to introduce cable car facilities to Sri Pada	https://www.adaderana.lk/news.php?nid=121850
28	SLC President Shammi Silva and Executive Committee decide to step down	https://www.adaderana.lk/sportsnews.php?nid=12107
29	Ex-MP Eran Wickramaratne appointed chairman of SLC interim committee	https://www.adaderana.lk/news.php?nid=121901
30	Ehipassiko peace walk team along with Aloka leaves Sri Lanka from Katunayake in peace	https://dailynews.lk/2026/04/30/local/987277/ehipasiko-peace-walk-team-along-with-aloka-leaves-sri-lanka-from-katunayake-in-peace/

Sri Lankan Events - Brisbane and SE Qld

May 2026

01-10	Vesak Festival (Vesak Sathiya)	Forest Lake Temple
02	Musical Show: Haritha Nimnaya: Kasun Kalhara, Ft Kushani, Indrachapa, Samanalee	Aradhana Entertainment
2-6	Mindfulness retreat (Applications close on 15 Feb)	Sama Hitha
08	"ධවනි" ගී පද විමසුම්	Private
15-17	Vesak Festival at the Temple (වෙසක් කලාපය) - Including Flowers & Food Dansal	Goodna Temple
16	Sinha Nada: Karaoke Singing Night	Gold Coast Buddhist Centre
17	10th Annual Old Boys Cricket Match	Richmond Mahinda Old Boys Association
24	Mother's Day Afternoon Tea	Silver Fawn Club
31	Annual Meeting	Radio 4EB Sri Lankan Group

June 2026

06	Cultural Concert: Deshabhimani	Sri Lanka Arts Circle
14	Blood Donation Campaign	Goodna Temple
27-28	Poson Festival	Forest Lake Temple
27-28	Poson Festival	Goodna Temple

July 2026

04	Anniversary Ball	Silver Fawn Club
10	Fund Raising Dinner Dance with "The Redeemers"	FSOQ
11	Golden Night Music Concert	Richmond Mahinda OBA
25	Vas Invitation Ceremony	Forest Lake Temple
25	Vas Invitation Ceremony	Goodna Temple
25	Annual Our Lady of Madhu Feast - Canungra	Brisbane Catholics

August 2026

01	Hantana Nite 2026	University of Peradeniya Alumni
01	Bandu Samarasinghe Live on State Comedy show (Gold Coast)	Private
08	Bandu Samarasinghe Live on State Comedy show (Brisbane)	Private
15	මුදානාය හා රුක් රෝපණ ව්‍යාපෘතිය	Goodna Temple

August Contd

17	Ru Sanda Re (රු සඳ රූ)	Private
29	Annual General Meeting	Goodna Temple

September 2026

05	Musical Concert: Swaranjana: Amarasiri Peiris and Nirosha Virajini	Ceylon Rhythms
13	හදුගැස්ම Bhathiya & Santhush	Nexxt Entertainment
20	Saralanga: Cultural Concert	Sinhala Asso. Of Qld

October 2026

04	Sri Lanka Day	FSOQ
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November 2026

07-08	Annual Katina Ceremony	Forest Lake Temple
14-15	කැටින පිංකම	Goodna Temple

Radio 4EB - Sri Lankan Program Schedule

Arunella - Sunday 9.00am - 10.00am FM 98.1

Date	Producer/Panel Operator
03 May	Chathurika, Dinithi, Darshika/ Darshika Koggalahewa
10 May	Himaya and Sameera/ Sameera Samarasinghe
17 May	Samanmal Gunaratne/ Samanmal Gunaratne
24 May	Kumara Dissanayake and Guest/ Dinesh Kumara
31 May	Lakmini Keerawella and Janaka Weerasinghe/ Janaka Weerasinghe
07 Jun	Samanmal Gunaratne/ Samanmal Gunaratne

Sandella - Wednesday 9.00pm - 10.00pm FM 98.1

Date	Producer/Panel Operator
06 May	Geetha Pahal Katha Pahal- Janaka, Chamod, Isuru and Pavithra/ Dhanushka Bandara
13 May	Darshika, Thilina, Muditha, Upul/ Niraj Kariyawasam
20 May	Himaya, Sandhya, Buddhika / Buddhika Gamage
27 May	Dushan, Pulastha, Pulith, Sanduni/ Dhanushka Bandara
03 Jun	Geetha Pahal Katha Pahal- Janaka, Chamod, Isuru and Pavithra/ Ruwan Kaluthara

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