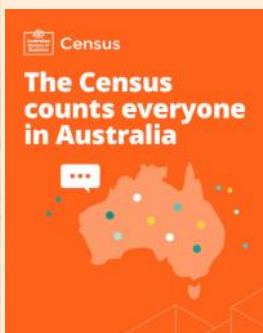




Daehæna

2026 Australian Bureau of Statistics Census: 11 August

Every five years, Australians are asked to participate in one of the nation's most important statistical exercises, the Census. Conducted by the Australian Bureau of Statistics (ABS), the Census provides a snapshot of who we are, where we live, how we work, the languages we speak, and the communities that make up modern Australia. The next Census on 11 August, is an opportunity for every member of the Sri Lankan community in Queensland to ensure that our presence, contribution and needs are accurately represented.



Australia is one of the world's most culturally diverse nations, and people of Sri Lankan heritage have become an important part of its social, cultural and economic fabric. From healthcare professionals, engineers and teachers to business owners, academics, skilled tradespeople and community volunteers, Sri Lankan Australians contribute significantly to Australia's prosperity. The Census is the official way to ensure these contributions are recognised.

Governments, local councils, businesses and community organisations rely on Census data to make informed decisions. Information collected helps determine where schools, hospitals, public transport, roads, aged care facilities and community services are needed. It also influences funding for language services, multicultural programs and support for newly arrived migrants.

For the Sri Lankan community, the Census offers a valuable opportunity to make our voices heard. By accurately stating our ancestry, country of birth, language spoken at home and religious affiliation, we help build a true picture of our growing community. This information enables governments and service providers to better understand our needs and to plan services that reflect our cultural diversity. It can also support funding for multicultural festivals, community organisations, language education and settlement programs.

The Census is confidential, and the ABS is legally required to protect the privacy of every individual who participates.

As members of the Sri Lankan community in Queensland, we have much to be proud of. Our achievements deserve to be visible in Australia's national statistics. By participating fully in the forthcoming Census, we strengthen not only our own community but also Australia's ability to plan wisely for the future. A few minutes spent completing the Census today can help shape better services, stronger communities and greater opportunities for generations to come. Let us all do our part by making sure every Sri Lankan household is counted.

<https://info.census.abs.gov.au/>, <https://chatgpt.com/>

Multicultural Queensland Month

This year's celebration of Multicultural Queensland Month is about bringing people together through food, music, art, sport and community events. Across the state, everyone is invited to connect and celebrate the many cultures and communities that contribute to our way of life.



Queensland is a vibrant mosaic of people from over 220 countries who speak more than 180 languages. Multicultural Queensland Month honours this rich tapestry. It reminds us that our state is stronger when we embrace different traditions and life experiences. Through local festivals, school projects, and community gatherings, residents share food, art, and personal migration stories.

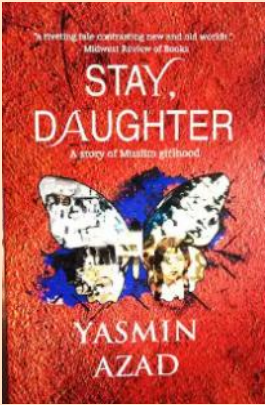
These events break down barriers and foster deep empathy. By celebrating our unique backgrounds, we reinforce a shared sense of home and mutual respect. Ultimately, the month is a powerful reminder that unity does not mean uniformity; rather, Queensland thrives because our diverse communities learn from one another and grow together in harmony.

Inside this issue:

Book Review: Stay Daughter: A Story of Muslim Girlhood by Yasmin Azad, මහනුවර ඇසල පෙරහැර	2
The Writing on the Flowers	3
Health Myths We Grew Up Believing: Part 1 pf 6, Myth #1: "I'm Not Overweight, So I'm Healthy"... Right?, චිරහාව	4
Stories Behind Names of Places in Sri Lanka: Meegamuwa, App of the Month: UCLA Mindful, කන්ද උඩරට උතුම් දළදා ඇසල පෙරහැර	5
Places to visit when you holiday in Sri Lanka: Gal Oya National Park and Senanayake Samudraya Sanctuary, Veteran Sri Lankan singer Mariazelle Goonetilleke Passes Away	6
රස කතා: ශ්‍රී ලාංකේය සිනමාවේ, ප්‍රභසනයේ නිර්මාණකරුවා	7
Ekka Celebrates 150 Years, Actor Gamini Samarakoon passes away	8
Swarabhimani Fund-Raiser Musical Show, Community Projects	9
Event Flyers	10-12
Monthly News Digest: July 2026	13
Sri Lankan Events Calendar-SE Qld, Program Schedule	14

Book Review: Stay Daughter: A Story of Muslim Girlhood by Yasmin Azad

Like Yasmin Azad, the author of this book, I also fall into the group of children who grew up in the 1950s and 60s. During that era, there was no TV, no internet. Yet as children, we were always inquisitive and loved to know about the outside world. Books proved to be the only solace.



It is almost unbelievable when Yasmin says they only had religious books in her home in the early days. That shows how strict things were in a religious, traditional, conservative Muslim household during that period.

Books, music, dancing, etc could attract not only young children but adults too. According to Ulemas, the religious leaders, they were "haram". Yasmin describes how confusing and difficult it was to understand those things that were considered haram. Even music was haram! "The piano distracted the pious on their way to the mosque". Out of context, this may sound ridiculous! But the way Yasmin has built up the story, layer by layer, the reader can easily understand that situation.

Frankly, we did not know much about the Muslim communities those days as they were a tightly knit community and almost completely closed to outsiders.

Another fact that drew me closer to this book was the historical and the geographical part of it. The first time I visited Galle Fort, in the late 1950s, as a child, I found it fascinating. It was like finding a hidden gem. The imposing ramparts, rows of shops next to each other, Dutch churches, old government buildings, men roaming streets completely covered from head to toe in white garments with white caps on their heads and buggy carts curtained in the front and back, covering the passengers inside. Only later I got to know that those passengers were either Muslim girls or ladies. They did not want to be seen by outsiders. Yasmin has described all these things just as I remember seeing them!

Stay Daughter is a very insightful memoir. An eye-opener! Even though this book narrates the story of one single family, you can get a clear glimpse and a better understanding of this conservative community in general during that period.

This is a very open-hearted narrative. By way of engaging in conversations with her female family members, Yasmin reveals their family values, customs and traditions. Amongst all the characters in this book, Yasmin depicts her father's character the best. He is sometimes torn between his love for his daughter and his family's honour and religious beliefs. Even though he objects to certain things at the beginning, at the end he gives in to Yasmin's wishes. A loving father!

I strongly believe that by learning about other cultures and religions, you not only gain knowledge but you become a more tolerant person too. You tend to look at their ways of life from a different angle. If anyone wants to get an insight into the Muslim community in Galle Fort, Sri Lanka in the 1960s, you should read this book. You will not be disappointed!



Kumudu Weerasinghe

Kumudu Weerasinghe resides in Singapore. Reading, travelling and painting make her happy!

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ශ්‍රී ලංකාවේ කන්ද උඩරට ඓතිහාසික මහනුවර නගරය සෑම වසරකම ආලෝකයෙන්, ශබ්දයෙන් සහ අසිරිමත් හක්නියෙන් බැබළෙයි. ඒ, ලොව වෙසෙන සමස්ත බෞද්ධ ජනතාවගේ මුදුන් මල්කඩ බදු වූ ශ්‍රී දන්ත ධාතුන් වහන්සේ උදෙසා පවත්වනු ලබන, ආසියාවේ විශිෂ්ටතම සහ පැරණිතම සංස්කෘතික මංගල්‍යය වන "මහනුවර ඇසළ පෙරහැර" නිමිත්තෙනි.

දින දහයක් පුරා විදි සංචාරය කරන මෙම මහා පෙරහැර මංගල්‍යය ප්‍රධාන කොටස් දෙකකට බෙදා දැක්විය හැකිය. කුඹල් පෙරහැර: මුල් දින පහ පුරා විදි සංචාරය කරන්නේ කුඹල් පෙරහැරයි. "කුඹල්" යන වචනය කුඹල්කරු හෝ මැටි වළං තැනීම හා සබැඳේ. ඉතිහාසඥයන් පවසන පරිදි, දෝෂාන්ධකාරය සහ වසංගත දුරු කිරීම උදෙසා කුඹල්කරුවන් ලවා මැටි වළඳක් සකස් කර, කප සිටුවා ආරම්භ කරන බැවින් මෙය "කුඹල්" පෙරහැර



ලෙස හැඳින්වේ. මෙය සාපේක්ෂව වාමි පෙරහැරකි. රන්දෝලි පෙරහැර: අවසන් දින පහ පුරා පැවැත්වෙන රන්දෝලි පෙරහැර, නිකිණි පුර පසළොස්වක පොහෝ දිනෙන් අවසන් වේ. "රන්දෝලි" යනු "රන් සිව්කා" (Golden Palanquins) යන්නයි. මහනුවර රාජධානි සමයේ රජ බිසවුන් ගමන් ගත් රන් දෝලි මේ සඳහා භාවිත වූ අතර, වර්තමානයේ මෙම දෝලි පෙරහැරේ අවසානයට ගමන් කරන්නේ දේව මාතාවන් උදෙසා ගෞරවයක් වශයෙනි. මෙය අතිශය උත්කර්ෂවත් වන අතර, විශාලතම අලි ඇතුන් පිරිසක් සහභාගී වන්නේ ද රන්දෝලි පෙරහැරටයි.

අතීතයේ දී ඇසළ පෙරහැර පැවැත්වුණේ සතර මහා දේවාල (නාථ, විෂ්ණු, කතරගම සහ පත්තිනි) මුල් කරගනිමිනි. එහි මූලිකම අරමුණ වූයේ කෘෂිකාර්මික කටයුතු වෙනුවෙන් වැසි ලබා දෙන ලෙස දෙවියන්ගෙන් ඉල්ලා සිටීමයි. කෙසේ වෙතත්, ක්‍රි.ව. 1753 දී කීර්ති ශ්‍රී රාජසිංහ රජු දවස, සියමෙන් (තායිලන්තයෙන්) මෙරටට පැමිණි උපාලි හිමියන් ඇතුළු මහා සංඝරත්නයේ උපදෙස් පරිදි පෙරහැර ක්‍රමය වෙනස් විය. දේව ඇඳහිම්වලට වඩා බුදුදහමට ප්‍රමුඛතාව දෙමින්, සතර මහා දේවාල පෙරහැරට ඉදිරියෙන් ශ්‍රී දන්ත ධාතුන් වහන්සේ වැඩම කරවන "ශ්‍රී දළදා මාළිගාවේ" පෙරහැර ගමන් කළ යුතු බවට රජු නියම කළේය. එතැන් පටන් බුදුදහම සහ දේව ඇඳහිම් අපූරුවට මුසු කරමින් සතර මහා දේවාල පෙරහැර දළදා පෙරහැර පිටුපසින් ගමන් කිරීමේ ඓතිහාසික සම්ප්‍රදාය ආරම්භ විය.

ඇසළ පෙරහැර යනු ශ්‍රී ලාංකීය සාම්ප්‍රදායික කලා නර්තනයන්හි සජීවී කෞතුකාගාරයකි. පෙරහැර මහ දෙපස අඳුර මකන ගීති බෝල කරුවන්, විදිය පවිත්‍ර කරන කසකරුවන් සහ විවිධ වාදකයන්ගෙන් සමන්විතය. මෙහි වඩාත්ම සිත්ගන්නා සුළු කොටස වන්නේ සම්ප්‍රදායික රිදී ආභරණවලින් සැරසුණු උඩරට "වෙස් තැටුම" ශිල්පීන්ගේ සහ ගැටබෙර වාදකයන්ගේ අසිරිමත් ඉදිරිපත් කිරීමය. මේ සියල්ල මධ්‍යයේ, පාවඩ මතින් ඉතා සංවර්ධ ගමන් කරන මංගල හස්ති රාජයා මත සර්වඥ ධාතුන් වහන්සේලා තැන්පත් කළ රන් කරඬුව වැඩම කරවීම මුළු මහත් පෙරහැරේම අභිමානවත්ම අවස්ථාවයි. මහවැලි නදියේ සිදු කෙරෙන ඓතිහාසික "දිය කැපීමේ මංගල්‍යයෙන්" මෙම උතුම් පූජෝත්සවය සාර්ථකව නිමාවට පත්වේ.



සමීර සමරසිංහ

සමීර සමරසිංහ, හිටපු මහනුවර ශ්‍රී නාථ දේවාල හා ජනාධිපති සම්මානලාභී වෙස් නර්තන ශිල්පියෙකි.

The Writing on the Flowers

What are those letters, Mother dear,
So daintily written on flowers here?
Who writes them, Mother, line by
line,
In colours bright and shapes so fine?

Of wonders in the moonlit woods,
You do not know, my little son —
For when wise sages speak of good,
The forest angels write each one.

From where do flowers get their
hue?
Such lovely shades — we have so few.
Mother, Mother, tell me how;
I cannot understand it now.

When sunrise glows and sunsets blaze,
The clouds paint skies in shifting haze;
From those soft dyes the flowers take
Their colours, son — for beauty's sake.

Mother, Mother, see the birds —
They glance at petals as if at words.
Their chirping sounds, so quick and bright,
Suggest they know the message right.



My little son, you may be right;
Bird songs bring joy in morning light.
In every tune, what's softly said
Is written on each petal head.

Flowers above and flowers below,
And birds in flocks that come and go —
Why is this not seen each day?
Where do birds and flowers stray?

In days when lived the ancient sage,
Nature's beauty graced each age;
Humans, creatures, leaf and tree
Rejoiced together, serene and free.

Mother, when I was saying a prayer,
The sage looked down at flowers there.
Did you see him softly smiling,
As though recalling ancient teaching.

- Niranjan Selvadurai

Author's Note:

Inspired by the Sinhala song "Monawada Amme Akuru Jathiyak" by poet Sri Chandrarathne Manawasinghe (1950s), this poem is a contemporary adaptation that reimagines its spirit in English.

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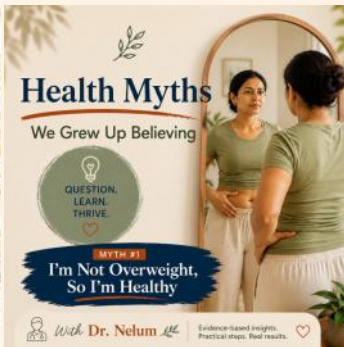
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Part 1 of 6 : Health Myths We Grew Up Believing

Myth #1: “I’m Not Overweight, So I’m Healthy”... Right?



For many years, I thought I was healthy.

Compared with many of my Australian friends and colleagues, I was relatively slim. People would often tell me, “You don’t need to worry about your weight.” I believed them.

After all, I wasn’t obese. I wasn’t the biggest person in the room.

But if I’m honest, I was also in

denial.

My waist was gradually getting bigger. My belly was becoming more noticeable. I had developed those familiar “love handles.” Looking in the mirror from behind, I realised I was beginning to look like my mother—and I knew where that path had led with diabetes and heart disease running in our family.

Still, because I wasn’t “overweight”, I convinced myself everything was fine.

Then, in my early fifties, I finally looked beneath the surface.

My blood tests showed prediabetes. My cardiovascular risk was moderately elevated. Despite looking reasonably healthy on the outside, my metabolism was telling a very different story.

As both a doctor and a Sri Lankan woman, this was a turning point.

One of the biggest myths in our South Asian community is that if we’re not overweight, we must be healthy.

Unfortunately, that’s simply not true.

South Asians—including Sri Lankans—are genetically more likely to develop insulin resistance, prediabetes, type 2 diabetes and heart disease at a lower body weight than people of European backgrounds. We also tend to carry less muscle and store more fat around our abdominal organs, particularly the liver and pancreas, even when we don’t appear overweight.

This is why many South Asians develop diabetes in their 40s and 50s while friends from other ethnic communities of the same age and size remain healthy.

The scales don’t tell the whole story.

Instead of focusing only on weight, we need to pay attention to what matters most.

Is your waist slowly increasing?

Are you becoming less strong than you were a few years ago?

Do you have a family history of diabetes or heart disease?

Have you checked your blood sugar, cholesterol and blood pressure recently?

And perhaps the most important question of all:

Is my health actually improving each year?

Am I sleeping well?

Do I wake up with energy?

Am I maintaining my strength and independence?

Or am I simply accumulating more medications while hoping my health doesn’t get any worse?

For me, accepting the truth was uncomfortable.

But it was also incredibly empowering.

Because once I understood what was happening inside my body, I could finally do something about it.

Looking healthy isn’t the same as being healthy.

Sometimes the biggest health risks are the ones we can’t yet see.

Got a Health Myth You’d Like Busted?

Over the next six months, I’ll be exploring some of the most common health beliefs in our Sri Lankan community.

Is there a health myth you’ve always wondered about? Perhaps it’s something you’ve heard from family, friends, social media or even health professionals.

Send me your questions and suggestions, and your myth may be featured in a future article.

hello@wfrevolution.com.au

Please note: Questions submitted may be used as inspiration for future articles but cannot be answered as personal medical advice. Always discuss your individual health concerns with your own doctor or healthcare professional.



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 hello@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=8pjYGJgq6Yc>

විරහාව

විප්‍රයෝගය නිබිය යුතුමද
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පත්තිද ඔබ නොදනී ද?

ආනන්ද සමරතුංග

Stories Behind the Names of Places in Sri Lanka: Negombo (Meegamuwa, මීගමුව)

Very often, there is more than one story behind the origins of the names of cities and villages in Sri Lanka.

Today, we are looking at how the name මීගමුව (meegamuwa) came into being.

There are about four key opinions on the name මීගමුව. I will present only two views in this article.

Surprisingly, one documented story links to the greatest King in the Mahavamsa, and that is King Dutugemunu. It dates back to BC 161.



Mee plant

Prince Dutugemunu was born to Queen Vihara Mahadevi, the wife of the ruler of Magama in southern Sri Lanka, King Kavantissa.

It is stated in the "Thupawansa" and endorsed in the "Rajawaliya" that when Queen Vihara Mahadevi was pregnant to deliver Dutugemunu, one of the key desires (දෙලදුක) she had was to get a huge beehive and offer it to the Maha Sanga and for her to enjoy the honey.

Her desire had been made known to the country, and people were searching

for a huge beehive. It is said that such a beehive was found in an abandoned overturned boat in the coastal area passing Colombo, far away from southern Sri Lanka where King Kawantissa ruled. It is said that the boat with the hive was carried to the King's palace, and from that day the place where the huge beehive was found became meegomuwa (මීගොමුව), and over time it became Meegamuwa (මීගමුව).

The second opinion is that, as the area was full of "mee trees" (මීගස්), this led to naming it Meegomuwa (මීගොමුව) and evolved it to be මීගමුව (meegamuwa). In the olden days, mee seed oil had been used for Ayurveda treatment, cooking and also to lightup houses.

There are several other places named after mee trees in Sri Lanka, like මීගස්වත්ත (Meegawatta) and මීමුරේ (Meemure).



Nimal Sedera

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



App of the Month: UCLA Mindful

With this easy-to-use app, you can practice mindfulness meditation anywhere, anytime with the guidance of UCLA Mindful, the mindfulness education center of

UCLA Health. Scientific research shows mindfulness can help manage stress-related physical conditions, reduce anxiety and depression, and cultivate positive emotions.

Mindfulness is paying attention to our present moment experiences with openness and curiosity and a willingness to be with our experience. Through regular practice, taught through this app, you can develop a meditation practice and learn to bring more mindfulness into your daily life.

This app offers:

- Basic Meditations for getting started in multiple languages.
- Informative videos exploring how to get started, supportive meditation postures, and the science of mindfulness

Courtesy: <https://apps.apple.com/>, <https://play.google.com/>

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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.

Gal Oya National Park and Senanayake Samudraya Sanctuary



Gal Oya National Park lies south-east of the country in the Monaragala District of Uva province. This park was established to protect the catchment area of the Senanayake Samudraya (lake). This reservoir was created by damming the Gal Oya River at Inginiyagala, from which the name of the park is derived. This reservoir covers 78 sq. kilometres in

extent and was named after the first prime minister of the country after independence and the instigator of this project. This park was closed to the public for the last two decades due to Tamil terrorist activities but now is open to the public.

In addition to the national park, three sanctuaries were declared to protect the catchment area of this tank. They are:

Senanayake Samudra Sanctuary (Managed Nature Reserve)

Gal Oya Valley North-East Sanctuary (Managed Nature Reserve)

Gal Oya Valley South-West Sanctuary (Managed Nature Reserve)

Together these reserves and the national park cover approximately 63,000 ha of land. The park and the three sanctuaries were established by the Gal Oya Development Board on 12 February 1954 and subsequently handed over to the Department of Wildlife Conservation in 1965. There is also a proposal to connect this area with the Maduru Oya National Park through the Nilgala jungle corridor (10,360ha). for elephants to freely move from one jungle to another.



Due to the richness of this wetland, the park is a natural habitat for a wide range of fauna and flora consisting of dry mixed vegetation including savannah grass and an extensive green cover. About 45% of the vegetation is evergreen forest, 33% savanna, 9% grass-

land, 2% chena cultivations and the balance is water bodies dominated by Senanayake Samudraya. A host of medicinal shrubs and trees such as Aralu, Bulu, and Nelli can be readily found in the Nilgala area, while several locally known trees such as Vevarana, Halmilla, Veera, Palu, Ebony and Mahogany are found in great numbers.

The park with its thick green canopy is a haven for species of birds and nearer to the Samudraya even migratory birds such as Painted Storks, Pelicans, Cormorants and Teals could be seen. A host of local birds such as the Grey Dove, Malabar Horn Bill and Grey Horn Bill, Koel and several water birds are found in this jungle habitat.

In addition to elephants, the park is home to leopards, bears, spotted deer, sambur, wild boar etc. Among other fauna are several species of monkeys, Porcupine, several fish species, reptiles and four species of butterflies such as the Crimson rose and Glassy Tiger have been recorded.

Gal Oya is a valley, which has given refuge to several kings in the ancient past. In the 2nd century BCE, King Tissa sought refuge at the Digavapi, a place Lord Buddha visited on his third visit to Sri Lanka. The Digavapi Dagoba, built in the 2nd century BC to mark the spot where the Lord Buddha sat on his last visit to Sri Lanka, attracts thousands of pilgrims even today. Again in the 13th century, King Buwenekabahu sought refuge on the summit of Govindahela. This is the tallest peak (573 m) in the area and lies just outside the protected land. The self-proclaimed King Dore Swamy sought refuge at Nilgala in the 19th century. Henebedde Cave near Vadinalgala has a drip ledge and contains a Brahmin inscription. Near the cave are a moonstone, guard stone and balustrade stone. The ruins of an ancient structure are close by.

Visiting Hours

All national parks in Sri Lanka operate daily throughout the year, remaining open from 6.00 a.m. to 6.00 p.m. Entry ticket counters open at 6.00 a.m. and close at 4.00 p.m., and all vehicles are required to exit the parks strictly by 6.00 p.m.

Travel Directions to Gal Oya National Park and Senanayake Samudraya

Access from Colombo (186 miles/315 km) is via Ratnapura, Beragala, Wellawaya, Moneragala and then north from Siyambalanduwa to Inginiyagala.

Courtesy: <https://amazinglanka.com/>



Veteran Sri Lankan singer Mariazelle Goonetilleke Passes Away

Veteran vocalist Mariazelle Goonetilleke passed away on 10 July at the age of 68, according to family sources.

With an illustrious career spanning over six decades since the 1960s, she remained a powerful and energetic force on the Sri Lankan stage. Having initially stepped into the limelight performing Western music and cover versions, she later transitioned into Sinhala pop, seamlessly blending contemporary rhythms with Sri Lankan culture.



Goonetilleke excelled across a wide array of musical genres, ranging from Western pop to upbeat Sri Lankan Bala. She shot to phenomenal stardom with her massive evergreen hit "Kandy Lamsiri" in 1977.

Her hit songs such as 'Yowun Sihina Loke', 'Pahan Nowana Rayaka', 'Rahasai Sonduru Jeewe', 'Wahi Andakaraye', and 'Nisala Rayaka' remain incredibly popular among generations of music lovers. She was also widely celebrated for her iconic duets with veteran vocalist T.M. Jayaratne, including 'Sanda Tharu Nisansala' and 'Muhude Rala Bindu'.

In recent years, her deeply moving track 'Sihina Nelum Mal' became widely embraced as an emotional anthem dedicated to Sri Lankan mothers.

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

වේදිකාව, 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, රුවකත්වයක් දක්වනවා කියල. කෙලින්ම නොකිවට, අපි කවුරු කවුරුත් gossip අහන්නත් මනාපයි නේ.

ඔබ දන්නා, අපි නොදන්න, තිරය පිටපස්සේ 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.



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අපේ ජීවිතේ සතුවත්, සැනසීමෙන්, ඒ වගේම නිරෝගීව ඉන්න නම් භාසාය, ප්‍රභසනය අනිවාර්යයෙන්ම ඕන කරනවා. මේ මගින් අපේ ඇහේ තියෙන ආතති හෝමෝන අඩු කරලා, මානසික පීඩනය නැති කරලා, මනස සැහෙන දුරට සැහැල්ලු කරන්නට හැකි බව තමයි පොත පතේ සඳහන් වෙන්නේ.

ඉතිං, ශ්‍රී ලාංකේය සිනමාව තුල බිහිවූ, එවන් විශිෂ්ටවූ භාසෝත්පාදක රංගන ශිල්පියෙක් වන, රංගනයට අමතරව සිනමා අධ්‍යක්ෂකවරයෙක්, නිෂ්පාදකවරයෙක්, ගායකයෙක් වශයෙන් සිංහල සිනමාවට අනුපමේය දායකත්වයක් සැපයූ, බන්දු සමරසිංහ කලාකරුවා ගැන ඔබ මතකය අවදි කරන්නට තමයි, අද 'තිරය පිටුපස රස කතා' කොළම තුලින් මගේ මේ උත්සාහය.

'බන්දු සමරසිංහ' යන නම ඇසුණු සැනින්, ඔබ මුවගට නිතැතින්ම නැගෙන සිනහවක් සමඟින් ඔහුගේ රූපය මනසේ මැවෙනවා නොඅනුමානයි. ඒ සත්තකින්ම ඔහු විසින් රිදී තිරයේ ප්‍රතිනිර්මාණය කළාවූ, ඔහුටම පමණක් ආවේනිකවූ, අමරණීය සිනමාරූපයයි. තම මුහුණේ ඉරියව් පමණක් ක්ෂණිකව, සියුම්ව හසුරුවමින්, ප්‍රේක්ෂකයන් හට නිරායාසයෙන්ම භාසාය මතු කරලන්නට ඇති සුවිශේෂී හැකියාව, ඇත්තෙන්ම ඔහු සතුව පවතින අසාමාන්‍යවූ, සහජ දක්ෂතාවයකි.



බන්දුගේ ළමා කාලයේ චිත්‍රමයන් ගැන ඇසුවොත් ඔබ මහත් පුද්ගලයෙකුට පත්වෙනවා නොඅනුමානයි. ඔහු සිනමා නළුවෙක් නොවුණා නම් ඇතැම්විට ජාතික මට්ටමේ ක්‍රිකට් ක්‍රීඩකයෙක් වෙන්නට හැකියාවක් තිබූ බව තමයි, ඔහුගේ මිතුරන්, නෑදෑ හිතවතුන්

පවසන්නේ. 1952 වර්ෂයේ කැගල්ල, තිහගොඩදී ජන්මලාභය ලැබූ බන්දු සමරසිංහයන් තම පාසල් අධ්‍යාපනය ලැබුවේ කැගල්ල ශාන්ත මරියා විද්‍යාලයෙනි. පාසල් සමයේ දක්ෂ ක්‍රීඩකයකු වූ බන්දු සාන්ත මරියා විද්‍යාලයේ ක්‍රිකට් කණ්ඩායමේ කැපී පෙනෙන වර්තයක් විය. ක්‍රිකට් ක්‍රීඩාවට පමණක්ම නෙවෙයි ඔහු පාසලේ පාපන්දු කණ්ඩායමේත් සාමාජිකයෙක් විය. එසේම ඔහු පාසලේ බාලදක්ෂ කණ්ඩායමේ වගේම ශිෂ්‍යභට කණ්ඩායමේද සාමාජිකයෙක් විය. ළමාවියේ සිටම කලාවටද ඇලුම් කළ බන්දු සමරසිංහ පාසලේ සිසුවා, පාසලේදී දක්ෂ ගැට බෙර වාදකයෙකු සහ ගායකයකු වශයෙන්ද ඉහළ සමත්කම් විදහා පෑවේය.

බන්දු සමරසිංහයන්ගේ සිනමා ජීවිතය ආරම්භ වන්නේ 1973දී තිරගතවූ 'සඳහටම ඔබ මගේ' චිත්‍රපටය තුලිනි. බන්දු තම මුල්ම සිනමා රංගනයෙන්ම, එම චිත්‍රපටයේ ඔහු නිරූපනය කළාවූ, මෝඩ පහේ කාර්යාල සහකරුවාගේ භූමිකාව තුලින්, සිනමා රසික, රසිකාවියන් සිත් පැහැර ගැනීමට සමත් විය. ඔහුටම ආවේනිකවූ, පිරිනන් බැරි බොකුටු කොණ්ඩයන්, කවේ ඉදිරිපස කැඩී ඇති දත පෙන්වන අවිභිසක භිතාවන්, රසිකයන් අතර ඉමහත්සේ ජනප්‍රිය විය.

බන්දු සමරසිංහයන් ප්‍රථමවරට ප්‍රධාන වර්තයක් රහතු ලැබූයේ, ඔහුගේ සිනමා ජීවිතයේ සුවිශේෂී සන්ධිස්ථානයක් වූයේ, 1987දී තිරගතවූ 'නොමීමර එකයි' චිත්‍රපටයයි. ඔහුගේ සිනමා දිවිය තුල, අති සාර්ථක ප්‍රදර්ශණ වාර්තා තැබූ 'ඌ දනියෙල් දවල් මිගෙල්' චිත්‍රපටය, සිංහල සිනමාව තුල විකට රැල්ලක ප්‍රවණතාවයකට මහ පැදිය. ඊට ටෙනිසන් කුරේ රංග ශිල්පියාගේ දායකත්වයද මහෝපකාරී විය. මෙය සිංහල සිනමාවේ

හොඳම විකට යුගලය නිර්මාණයවූ, 'බන්දු සමරසිංහ+ටෙනිසන් කුරේ' සුසංයෝජනය බිහිවූ ප්‍රථම චිත්‍රපටය විය. මෙම චිත්‍රපටය මගින්, සිනමාවේ සුවිශේෂී ලක්ෂණයක්, භාසෝත්පාදක, විකට චිත්‍රපට රැල්ලක් ඇති කරමින්, 'විරයා' අබ්බවා 'විකටයා' නැගී සිටීමට විය. ඔහු ගෙන ආ 'විකටයා' අද ලාංකික සිනමා ශාලාවට ප්‍රේක්ෂකයන් ඇදගන්නා ප්‍රධාන ගාමක බලවේගය බවට පත්ව ඇත.

බන්දු සමරසිංහයන් 1973 සිට වසර 50කට වැඩි කාලයක් චිත්‍රපට 90කට වැඩි ප්‍රමාණයකට තම දායකත්වය සපයා ඇත. ඔහු විසින් චිත්‍රපටයක් තුල ද්විත්ව වර්ත නිරූපණය වගේම, ත්‍රිත්ව වර්ත නිරූපණයද කැපී පෙනෙන දස්කමක් විය. ඔහු ද්විත්ව වර්තයන් නිරූපණය කළ චිත්‍රපට 'වෙරියෝ කැප්ටන්', 'කඩුද බොලේ ඇලිස්', 'පිස්සු පුසෝ' වන අතර, 'මයි නේමි ඉස් බන්දු' චිත්‍රපටයේ, වර්ත තුනක් නිරූපණය කළේය. එසේම එම රංගනයන්හි නිරූපණය කළ වර්තයන් එකට එකක් භාත්පයින්ම වෙනස්ව ඉදිරිපත් කිරීමේ හැකියාව, ඔහු සතුවූ විශේෂිත කුසලතාවය විය.

පසුකාලීනව බන්දු සමරසිංහයන් චිත්‍රපට අධ්‍යක්ෂණයට සහ නිෂ්පාදනයට පිවිසී අතර, 1995දී 'රෝදය' චිත්‍රපටය වගේම 1997දී 'පෙම්මල් මාලා' චිත්‍රපටය ඔහු විසින් අධ්‍යක්ෂණය සමඟින් නිෂ්පාදනය කළේය. ඒ වගේම, 2004දී 'ලෙස්ට් රයිට් සර්' සහ 2013දී 'පිටර් වන්' චිත්‍රපටයන් සඳහා බන්දු සමරසිංහයන් විසින් චිත්‍රපට අධ්‍යක්ෂණයෙන් දායකවිය. 1986දී 'පෙරලිකාරයෝ' චිත්‍රපටයේ 'විස්කි කඩේ පුසා' ගීතය ගායනා කරමින් බන්දු සමරසිංහයන් ගායනට ද අවතීර්ණ විය. අදටත් එම ගීතය අතිශය ජනප්‍රිය ගීතයකි. බන්දු පුවි තිරයට සම්බන්ධ වූයේ 1998දී චිත්‍රපට ශිල්පී රෝයි ද සිල්වා



අධ්‍යක්ෂණය කළ 'ටාසන් ද අපේ මෑන්' ටෙලිනාට්‍යයේ 'ටාසන්' ගේ වර්තය නිරූපණය කරමිනි. පසුව 2019දී කලා ශිල්පී ගිරිරාජ් කොණ්ඩ්‍රාය අධ්‍යක්ෂණය කළ 'නාන කාමරේ' ටෙලිනාට්‍යයේ පොඩි මහත්තයාගේ වර්තයට පණ පොවන ලදී.

ඔහු පවසන පරිදි, "මිනිස්සු හිතස්සවනවා කියන එකත් ලේසි නැහැ....එකටත් මට හිතෙන්නේ පෙර හවයේ කරපු පිනක් තියෙන්න ඕන කියලයි". "මට වෙන මොකුත් ඕන නෑ, රසික රසිකාවියන් සතුවීන් හිටියාම, මට ඒ හොඳටෝම ඇති, මම ඉපදුනේම මිනිස්සුන්ව සතුවීන් තියන්න. මම ජනතාව දුකට පත් වෙලා, සංකාවෙන් ඉන්නවා දකින්න අකමැති කෙනෙක්".

ශ්‍රී ලාංකේය වේදිකාවට මුල්වරට සජීවී ඒකපුද්ගල විකට ප්‍රසංගයක් හඳුන්වා දුන් බන්දු සමරසිංහයන්ගේ 'Bandu Live in Concert' ප්‍රසංගය ප්‍රේක්ෂකයින් මහත් ආදරයෙන් වැළඳගත්තේය. භාසාජනක නර්තන, ගීත සහ උපහාසාත්මක රංගනයන් මුසු වූ එම අපූර්ව මතකය, ප්‍රසංග කලාවේ සන්ධිස්ථානයකි. ප්‍රවීණ කලාකරු බන්දු සමරසිංහයන්ට ඉදිරියටත් මෙවැනි රසබර නිර්මාණ තුළින් ප්‍රේක්ෂකයින් පිනවීමට අවශ්‍ය ශක්තිය, නිරෝගී සුවය, දීර්ඝායුෂ ප්‍රාර්ථනා කරමු.

සමන්මල් ගුණරත්න



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



Old Anandians' Association of Queensland Annual General Meeting 2026

Date Sunday, 16 August 2025
Time 6.00 pm
Venue Mount Ommaney Library,
71 Dandenong Road, Mount Ommaney
Refreshments will be served after the meeting.

Ekka Celebrates 150 Years: A Proud History of Queensland's Agricultural and Cultural Heritage



In 2026, Queensland celebrates a remarkable milestone, the 150th anniversary of the Royal Queensland Show, affectionately known as the Ekka. Since its beginnings in 1876, the Ekka has grown from a modest agricultural exhibition into one of Queensland's most cherished annual traditions. For a century and a half, it has brought together the city and the country, celebrating agriculture, industry, community, culture and the achievements of Queenslanders.

landers.

The first exhibition, known as the Intercolonial Exhibition of 1876, was held at Bowen Park in Brisbane from 22 to 26 August. It was a remarkable success, attracting approximately 15,000 to 17,000 people on its opening day, at a time when Brisbane's population was only around 20,600. The event was established to showcase the achievements of Queensland's agricultural and industrial communities and to encourage excellence, innovation and competition. In 1921, the association received the prefix "Royal", and over time the name "Exhibition" was shortened in everyday Queensland speech to "Ekka".



Agriculture remains at the heart of the Ekka. Queensland's farmers, graziers, producers and rural communities have long used the Show to display their finest livestock, crops, horticultural products and agricultural skills. Today, thousands of animals and more than 21,000 competition entries demonstrate the quality

and diversity of Queensland's primary industries. Cattle, horses, sheep, poultry, produce, flowers, food, woodchopping and many other competitions highlight the dedication, knowledge and hard work of rural Queenslanders.

The Ekka also plays an important educational role. It helps urban communities understand where their food and fibre come from and reminds younger generations of the vital contribution made by agriculture to Queensland's economy and way of life. In this sense, the Ekka serves as a bridge between the city and the bush, strengthening understanding and respect between different communities.



Beyond agriculture, the Ekka has become a powerful expression of Queensland's cultural identity. Generations of families have shared memories of showbags, strawberry sundaes, rides, entertainment, competitions and the famous Grand Parade. It is a

place where people from diverse backgrounds come together to celebrate community, tradition and achievement. Its cultural significance is reflected in its ability to preserve rural traditions while adapting to a changing and increasingly diverse Queensland.

As the Ekka celebrates 150 years, it honours the farmers, families, workers, volunteers, competitors and communities who have sustained its remarkable legacy. More than an annual show, the Ekka is a living part of Queensland's history, a celebration of the past, a showcase of the present and an inspiration for the future. Its enduring message remains clear: agriculture matters, community matters, and Queensland's strength lies in bringing its people together.

Courtesy: Various internet sources

Actor Gamini Samarakoon passes away



Popular stage, teledrama and film actor Gamini Samarakoon passed away on 1 July 2026.

Samarakoon became a household name for his memorable role in the stage drama 'Tharawo Igilethi'. He also appeared in several teledramas, including 'Tharadevi' and 'Eka

Mawakage Daruwo'.

In addition to his stage and television career, he acted in the film 'Alu Yata Gindara'.

Mr. Samarakoon, who displayed an exceptionally prominent acting talent in stage drama, gained the most popularity by bringing to life the character of Prince Maname in Professor Ediriweera Sarachchandra's timeless creation, the play 'Maname'. Not limiting his acting prowess to the stage, he also equally excelled in cinema and the small screen, successfully captivating audiences. In addition to acting, he also made a name for himself in the field as a talented Kandy dancer.

Tripzant

— Your Journey, Our Passion —

චිත් ලෝකයක්. නිමක් නැති ගමන්.

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

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

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1M මැයි	UL337 + QF51	MH740 + MH779	EK450 + ඔන්ගේට්	QR664 + එමබර්	
	A\$945	A\$1,025	A\$1,115	A\$980	
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TripZant is officially registered with Sri Lanka Tourism Development Authority (SLTDA) and the Civil Aviation Authority of Sri Lanka, and is also IATA certified. Full compliance with international aviation and tourism standards.

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

info@tripzant.com | www.tripzant.com | +61 406 804 559

Swarabhimani Fund-Raiser Musical Show – A Great Success!

We are delighted that the Swarabhimani musical show that was held on 26 July, was a great success. The feedback we received was highly positive with many requesting to continue it as an annual event.



It was organised to support the Federation of Sri Lankan Organisations (FSOQ) project of building a school facility for the children of Kotmale who were displaced by cyclone Dittwah landslides.

The chief guest of the event was Mr Nalin Perera, Hon Consul for Sri Lanka in Queensland. The event commenced with lighting the traditional oil lamp by community leaders followed by video presentation of the Kotmale project. The event featured Brisbane singers and dancers.

The cost of dinner for the show was borne by participating singers. We are grateful to Mrs Thilani Gomes and Mr. Nishantha Gamage for volunteering to prepare delicious food. Following organising committee members were felicitated with a plaque of appreciation; Upamali Karunasena; Sarath Hapugoda, Prema Weerawardena, Thilani Gomes, Saumya De Mel, Priyanga Premaratne, Sunil Shantha Patabendige and Sepali & Dil Weerasooriya. Special thanks to Sarath Hapugoda who provided technical support that was critical for the success of the event.



Upamali Karunasena



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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

Sri Lanka Eye Surgery Outreach

By Dr Sunil Warriar

Restore Sight. Change Lives.

This October, our team is travelling to Sri Lanka to perform up to 500 cataract surgeries in just one week - helping restore vision for those who would otherwise go untreated.

With your support, we can make it happen. Each surgery costs around \$200, covering vital equipment, lenses, and care. We'll also be donating essential surgical equipment to ensure ongoing treatment for the local community long after we leave.



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fundraising

mater foundation

Redlands Eye
Specialists

SLACO

Chooa Chooa Chooa
EYE HOSPITAL



HANTANE NITE 2026

Dinner Dance

A NIGHT TO RECONNECT, CELEBRATE MEMORIES AND STRENGTHEN OUR UNIVERSITY OF PERADENIYA ALUMNI COMMUNITY IN QUEENSLAND

TICKETS ADULT \$100 STUDENT \$70 CHILD(5-12YRS) \$30

A NIGHT FILLED WITH CULTURAL PERFORMANCES, GAMES & ENTERTAINMENT, MAGIC SHOWS

LIVE MUSIC BY CANBRIO **CANBRIO** CATERING BY NEGOMBO CATERS

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UNIDUS COMMUNITY CENTRE, 204 SHERBROOK ROAD, WILLAWONG, QLD 4110

AUGUST 01 2026 5.30 PM ONWARDS

ALUMNI ASSOCIATION OF UNIVERSITY OF PERADENIYA QUEENSLAND CHAPTER (AAUOPQC)



The Motherland

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02ND SATURDAY AUG

BRISBANE PREMIERE

6:30PM

EVENT CINEMAS MT GRAVATT

MAN 2 FILM MAN 2 DISTRIBUTION EVENT



The Motherland

Yesterday at 9:01 AM · 🌐

The Motherland is a 96 minute documentary following a 12 day journey through Sri Lanka. A film about home, memory, people and belonging. Brisbane tickets are selling fast.

Book your seats: <https://mantv.com.au/motherland->



ROOM NO 106

SATISFA ENTERTAINMENT

ROOM NO 106

18+

9TH AUGUST, 6.00PM

DENDY CINEMAS

PORTSIDE.HAMILTON

IMDN MEGALIVE EVENTS AUS LANKA TICKETS



SARANGA DISASEKARA

SHANUDRIE PRITASAD

SANGEETHA WEERARATNE

DISASEKARA FILMS PRESENTS

2020

DIRECTED BY DILSHAN AMARASINGHE

CHANIKA PRABUDIA, SANATH GUNATHILAKA, SUEEWA PRIYAL, KING RATINAM, PRASANNA DAKSHINAYAKA, DEWANI THATHAGARAN, JEEWAN KUMARASATHIRU, WASANA DANITHANAYAKA, KUSUM MALDENYA, INDIKA SUBASINGHE

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AUS LANKA

22 August 2026: Dendy Portside, 23 & 30 August 2026

Dendy Coorparoo



CEYLON RHYTHMS
CLASSIC MUSIC FROM SRI LANKA

Amarasiri Pieris **Nirosha Virajini**

සවරංජනා
A NIGHT OF MELODIES THAT TOUCH THE HEART

5th September 6.00pm

The Lighthouse-Community and Event Centre
65, Woogaroo Street, Ellen Grove QLD 4078

More info 0409447261

AUS NEWS LANKA

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The Queensland Communal Reconstruction of Sri Lankan Performing Arts

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Logan Entertainment Centre
170 Wembley Rd, Logan Central
f/sela 0421 569 842 Chanaka 0429 129 873

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Proud Cultural Presentation from Sinhala Association of Queensland Inc

PROFESSIONAL ENGINEER OF THE YEAR - 2026 QUEENSLAND
PROUDLY PRESENTED BY IESL QUEENSLAND CHAPTER

Submit your abstract before **3 July 2026**

The IESL QLD Chapter is excited to announce the launch of the Professional Engineer of the Year 2026 Awards. These awards aim to acknowledge and celebrate exceptional engineers who have made significant contributions to their respective fields as well as their communities through their engineering profession.

DATE	VENUE
SEPT 16 2026	ENGINEERS AUSTRALIA AUDITORIUM LEVEL 9, 340 ADELAIDE ST BRISBANE QLD 4000

KEY DATES
Nomination closing date - 3 July 2026
Interview date - TBA

The submissions will be assessed against the following selection criteria:

- Professional Accomplishments
- Leadership and Collaboration
- Impact and Sustainability
- Innovation and Creativity
- Professional Ethics and Integrity

EVENT STRUCTURE

Nominations will be invited from professional engineers holding an engineering degree recognised by the Institute of Engineers Sri Lanka (IESL) or Engineers Australia (EA), being eligible for IESL or EA membership and living in Queensland. A panel of distinguished experts and professionals from various engineering disciplines will review and evaluate the nominations based on the selection criteria outlined above.

After careful review and evaluation, a shortlist of six finalists will be selected for the interview process. The winners will be chosen from the pool of finalists based on their overall excellence, impact, and contribution to the field of engineering as judged by a panel through a face-to-face interview.

The interview will be held by a panel of distinguished experts and professionals at Engineers Australia Brisbane, and the date will be informed in due course. The interview will be video-recorded for use on the awards presentation night. Highlights of the interview will be used to create a 5-minute (max) video of each candidate to be presented on the awards presentation night.

The winner will be announced and afforded an opportunity to address the gathering to highlight their contribution to the profession. The winner will be presented with a cash prize and certificate/memento. All other shortlisted candidates will be given an appreciation certificate/memento for their participation.

More information is provided in the event information pack prepared for prospective applicants, which can be downloaded from www.ieslqld.org.

DR THANUJA RANAWAKA
M: 0479 122 636
E: info@ieslqld.org

JAYANATH PERERA
M: 0450 933 721
E: president@ieslqld.org

SATH SARA ENTERTAINMENT

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BRISBANE
23rd Aug
6.00 PM

DENDY CINEMAS,
PORTSIDE,
HAMILTON

IMDN **MEGA LIVE EVENTS**

Tickets <https://www.trybooking.com/DOBVN>

Global Organization
GOPIO
People of Indian Origin

GOPIO BRISBANE PRESENTS

INDIA DAY Fair 2026

AUGUST

SATURDAY 15 11AM-8PM

2026

at Roma Street Parkland

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BANDU

LIVE IN AUSTRALIA

2026

★ SATURDAY ★

AUG. 01

GOLD COAST
HELENSVALE LIBRARY AUDITORIUM

TICKET PRICE
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\$50
★
\$60
★ ★ ★

2026

★ SATURDAY ★

AUG. 08

BRISBANE
ACACIA RIDGE STATE SCHOOL AUDITORIUM
NYINGAM ST. ACACIA RIDGE, QLD 4110

TICKET PRICE
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\$45
★
\$60
★ ★ ★

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THE UNPLUGGED CONCERT

13TH SEPTEMBER
BRISBANE

BACKED BY

Richmond Mahinda
Old Boys Association
Queensland

10th Annual Old Boys' Cricket Match

Saturday 12th September from 2.30PM to 9PM

at McGregor Cricket Club
Oval -2
(122 Granadilla st, McGregor QLD 4109)

Day/Night Cricket Match
and
Entertainment

A meal will be provided

For more info
Dinuka - 0421 699 839
Chathura - 046 60 67 400

Monthly News Digest: July 2026

01	Johann Peries becomes first Sri Lankan to conquer Mount Denali	https://www.newswire.lk/2026/07/01/johann-peries-becomes-first-sri-lankan-to-conquer-mount-denali/
02	Sri Lanka regains upper - middle - income status	https://www.dailymirror.lk/print/main_image/Sri-Lanka-regains-upper-middle-income-status/346-344399
02	Sri Lanka's monthly fuel bill doubles in May to US\$536mn	https://economynext.com/sri-lankas-monthly-fuel-bill-doubles-in-may-to-us536mn-277034/
02	Sri Lanka named World's Best Island by Big 7 Travel	https://www.dailymirror.lk/breaking-news/Sri-Lanka-named-Worlds-Best-Island-by-Big-7-Travel/108-344476
06	Lanka's Yevan David makes history	https://www.themorning.lk/articles/UMdLOB2FLNst8gaSZQby
07	Sri Lanka's first public heated swimming pool to be built in Bandarawela	https://www.newswire.lk/2026/07/07/sri-lankas-first-public-heated-swimming-pool-to-be-built-in-bandarawela/
07	Sampath Bank Launches Google Pay, Expanding Sri Lanka's Access to Global Contactless Payments	https://www.newswire.lk/business/sampath-bank-launches-google-pay-expanding-sri-lankas-access-to-global-contactless-payments/
08	Colombo Literary Festival to Open New Chapter in Sri Lanka's Cultural Renaissance	https://island.lk/colombo-literary-festival-to-open-new-chapter-in-sri-lankas-cultural-renaissance/
09	Conjoined twins successfully separated at Peradeniya	https://www.dailymirror.lk/breaking-news/Conjoined-twins-successfully-separated-at-Peradeniya/108-345216
12	Sri Lanka ranked Asia's most traffic-congested country	https://www.dailymirror.lk/breaking-news/Sri-Lanka-ranked-Asias-most-traffic-congested-country/108-345436
12	Schools allowed to relax uniform rules to protect students from dengue	https://www.dailymirror.lk/breaking-news/Schools-allowed-to-relax-uniform-rules-to-protect-students-from-dengue/108-345437
13	BOC Launches Sri Lanka's First Mobile Wallet Tap Pay Payment Service	https://dailynews.lk/2026/07/13/business/1025154/boc-launches-sri-lankas-first-mobile-wallet-tap-pay-payment-service/
14	Sri Lanka named among 'World's Top 50 Food Destinations for 2026'	https://adaderana.lk/news/cmjzg5g0006356qdpqsk994
15	Reservoirs at 48% capacity, drinking water unaffected – Irrigation Director	https://www.newswire.lk/2026/07/14/reservoirs-at-48-capacity-drinking-water-unaffected-irrigation-director/
20	Sri Lanka sees sharp decline in marriages, births over past decade	https://www.dailymirror.lk/front-page/Sri-Lanka-sees-sharp-decline-in-marriages-births-over-past-decade/238-346070
21	Amaya - First Lankan Gymnastics Official at Commonwealth Games	https://dailynews.lk/2026/07/21/sports/1029014/amaya-first-lankan-gymnastics-official-at-commonwealth-games/
21	SLTB to Receive 600 Deluxe Buses for Long Distance Routes	https://dailynews.lk/2026/07/21/local/1029247/sltb-to-receive-600-deluxe-buses-for-long-distance-routes/
21	Kandy Esala Perahera to Receive Intellectual Property Protection Under World Intellectual Property Organization (WIPO) Project	https://dailynews.lk/2026/07/21/breaking-news/1029234/kandy-esala-perahera-to-receive-intellectual-property-protection-under-wipo-project/
22	Total Rooftop Solar Capacity Tops 1700 MW by Mid 2025	https://dailynews.lk/2026/07/22/local/1029410/total-rooftop-solar-capacity-tops-1700-mw-by-mid-2025/
22	Hayleys Aventura introduces Sri Lanka's first automated rotary parking system	https://www.ft.lk/business/Hayleys-Aventura-introduces-Sri-Lanka-s-first-automated-rotary-parking-system/34-794935
22	Food prices push June inflation to 6.5%	https://www.ft.lk/front-page/Food-prices-push-june-inflation-to-6-5/44-794944
24	Japanese Grant Brings Accessible Low-Floor Buses to Sri Lanka	https://english.newfirst.lk/2026/07/24/japanese-grant-brings-accessible-low-floor-buses-to-sri-lanka
24	Sri Lanka hit by 10% tariff as US launches fresh 'forced labour' duties on 60 trading partners	https://adaderana.lk/news/cmry42ytt00003v60wggmml3
25	Govt. averts higher 12.5% US tariff on exports	https://www.ft.lk/top-story/Govt-averts-higher-12-5-US-tariff-on-exports/26-795118
26	Forex curbs slash vehicle imports	https://www.themorning.lk/articles/u73cvs81L11d0j1ZaUcl
26	Sri Lanka Produces only 43% of Daily Milk Requirement Says Deputy Minister	https://island.lk/lanka-produces-only-43-of-daily-milk-requirement-says-deputy-minister/
26	Dengue cases surpass 80,000	https://www.themorning.lk/articles/O5XB22croGQauBpMAE33
27	Cabinet approves controversial proposal to extend judges' retirement age	https://www.newswire.lk/2026/07/27/cabinet-approves-controversial-proposal-to-extend-judges-retirement-age/
27	Only 10 judges for every million citizens	https://ceylontoday.lk/2026/07/26/justice-minister-says-only-10-judges-for-every-million-citizens/
28	Senior Prof. Upul Subasinghe appointed Vice Chancellor of University of Sri Jayawardenepura	https://www.newswire.lk/2026/07/28/senior-prof-upul-subasinghe-appointed-vice-chancellor-of-university-of-sri-jayawardenepura/
30	1990 Suwa Seriya to launch motorcycle emergency medical service	https://adaderana.lk/news/cms6ub3790007356pc38vplf7
30	Rs 2 trillion for Capital Expenditure in 2027 - President	https://dailynews.lk/2026/07/30/breaking-news/1030890/rs-2-trillion-for-capital-expenditure-in-2027-president/

Sri Lankan Events - Brisbane and SE Qld

August 2026

01	Hantana Nite 2026	University of Peradeniya Alumni
01	Bandu Samarasinghe Live on State Comedy show (Gold Coast)	Gold Coast Buddhist Centre
02	Movie Premiere: Motherland	Private
08	Bandu Samarasinghe Live on State Comedy show (Brisbane)	Gold Coast Buddhist Centre
09	Sinhala Movie: Room No 106	Sathsara Entertainment
15	ශ්‍රී ලංකා හා රුක් මෙරපණ ව්‍යාපෘතිය	Goodna Temple
16	Annual General Meeting	Old Anandians' Association of Qld
17	Ru Sanda Re (රු සඳ රේ)	Private
22	Sinhala Movie: ආදරයේ තරුවක්	Private
23	Sinhala Movie: : ක්‍රිකට් සාදු	Sathsara Entertainment
29	Annual General Meeting	Goodna Temple
29	Ananda Vs Nalanda Old Boys Big Match	Ananada and Nalanda OBAs

September 2026

05	Musical Concert: Swaranjana: Amara-siri Peiris and Nirosha Virajini	Ceylon Rhythms
12	10th Annual Old Boys' Cricket Match	Richmond Mahinda OBA
13	හදගැස්ම Bhathiya & Santhush	Qld Old Royalists Association
16	Professional Engineer of the Year Awards	IESL Qld Chapter
20	Saralanga: Cultural Concert	Sinhala Asso. Of Qld

October 2026

03	Calypso Night	Sri Lanka Ex-Servicemen's Assn.
11	Sri Lanka Day	FSOQ
17	Rasogaya: Musical Show	Awakasha Ent.
31	20th Anniversary and AGM	Agricola Queensland

November 2026

05	Christmas Carols	Silver Fawn Club
07-08	Annual Katina Ceremony	Forest Lake Temple
14-15	කඹින පිංකම	Goodna Temple

December 2026

31	New Year's Eve Dance	Silver Fawn Club
31	31st Night Celebration	Sri Lanka Society

February 2027

27	Infinity: Bank to Brisbane	Yes Entertainment
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Multicultural Queensland

Yothu Yindi

QPAC, Concert Hall, Brisbane

08 Aug, 7:30pm

One of Australia's most successful musical acts, Yothu Yindi return to the Concert Hall for a special one-night-only performance.



The Dire Straits Experience

QPAC, Concert Hall, Brisbane

27 Aug, 8:00pm

Assembled by Dire

Straits veteran Chris White and prodigious singer-guitarist Terence Reis, this world class ensemble reignites the greatest hits from Mark Knopfler's platinum catalogue with the breath-taking skill and showmanship of the original 120-million-selling stadium phenomenon.



Radio 4EB - Sri Lankan Program Schedule

Arunella - Sunday 9.00am - 10.00am FM 98.1

Date	Producer/Panel Operator
02 Aug	Darshika, Buddhika / Buddhika Gamage
09 Aug	Himaya, Sameera/ Sameera Samarasinghe
16 Aug	Lakmini, Janaka/ Janaka Weerasinghe
23 Aug	Kumara and Guest/ Dhanushka Vijitha Bandara
30 Aug	Daeheana 20th Anniversary Program/ Buddhika Gamage
06 Sep	Darshika, Hiamaya & Sameera/ Sameera Samarasinghe

Sandella - Wednesday 9.00pm - 10.00pm FM 98.1

Date	Producer/Panel Operator
05 Aug	Yowun Sandella , Pulith, Dushan, Pulastha, and the Team/ Dhanushka Vijitha Bandara
12 Aug	Lalith Keerthirathne & Harsha Perera/ Sandun de Silva
19 Aug	Madhu, Sandhya, Gangi & Thisara/ Thisara Pathirennehelage
26 Aug	Dinithi Bandaranayake/ Niraj Kariyawasam
02 Sep	Thambapanni , Shyam, Janaka & Mithila/ Shyam Kottegoda

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Editors : Wimal Kannangara and Jayantha Ameratunga

Advisory Committee : Vasanthe Vithanage, Jayantha Weerasekera, Thisara Pathirannehelage, & Himaya Siddibalu Wickramabehuge