



Community Newsletter
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Thorathuru

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SLA President speaks at the Sri Lanka Independence Day Celebrations held on 9th Feb 2008...

**"SRI LANKA IS A MULTI ETHNIC AND MULTICULTURAL SOCIETY,
SO IS THE SRI LANKAN COMMUNITY IN NSW."**

The Sri Lanka Association of NSW was born 35 years ago to promote social cohesion and harmony among the Sri Lankan community within the framework of a united and democratic Sri Lanka and work towards the perception of the integrity of Sri Lanka as a nation.

Since then many other Sri Lankan organizations were born in NSW. Each one of them has their own objectives and principals. But one thing is common. All these association's objectives are based on facilitating better social cohesion through understanding and appreciation of differences between various ethnic groups, and working towards a peaceful and harmonious society.

But unfortunately this is a time of many confrontations. People are divided on ethnic and religious grounds. We see great distractions in many parts of the world. Loss of many lives, loss of property and livelihoods. We cannot go on like this. We need to understand each other and find a way of sharing this great planet.

Though we belong to various religious faiths, the fundamental teachings of all these religions are the same. All those faiths, have contributed to intelligence and enlightenment of mankind, and have provided guidance and knowledge to understand the realities of the human species and their activities. But the question is how far we adhere to these great teachings. It's time to think that irrespective of our ethnicity, religion, culture, the language we speak or the colour of our skin, all human being's are equal and we should have courage to accept this fundamental truth and be guided by that in all facets of our lives.

Based on these principals the SLA and other community organizations in NSW should continue promoting peace, unity and harmony, within the Sri Lankan community in NSW, thus making a difference for ourselves and for the wider community.

Achieving peace and harmony among various ethnic groups should be a matter of priority in the minds of all of us.

Kumar Athulathmudali

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The following TYPES OF MATERIAL are welcome:

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All material must contain the name and contact details of the author.

It would be appreciated if material is word processed (Word 97 or above) and sent via email to qualisys@optusnet.com.au or mailed on floppy disc or hard copy to:

Editor Thorathuru, GPO BOX 3120, Sydney 2001

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Also please visit our web site <http://www.slansw.org.au>

SLA Family Affair

The Sri Lanka Association of New South Wales' Family Night 2008 proved to be a success with nearly 350 persons packing the Cherrybrook Community Centre last Saturday night.

The cross section of age groups suggests that the Sri Lankan family tradition is alive and well. From grandparents to tiny tots enjoyed the evening's entertainment.

Sri Lankan DJ's Rakitha and Jay from Night Walkers entertainment provided a genre of music that appealed to the cross section of attendees that included Aussies of non-Sri Lankan background. Familiar tunes from the 70's 80's and 90's got the gig going with couples streaming onto the floor. Sri Lankan 'salsa' - better known as baila saw the dance floor packed to capacity. Even the teenagers and those young at heart were treated to the mosh pit hip-hop stuff.

Catering was taken care of by Rohan Gamage who is gaining increasing popularity as a provider of extraordinary culinary expertise. His Biriyani and snack packs were much in demand.



All join in the disco mood.

President of the SLA, Kumar Athulathmudhali welcomed the guests including Acting Sri Lankan Consul General in Sydney Mrs Gothami Indikadahena as well as the Mayor of Hornsby, his Lordship Nick Berman.

Kumar reiterated that the SLA is an Association for all Sri Lankans irrespective of background and it was pleasing to see members of many other Sri Lankan community organizations present at this event. The Sri Lankan community in New South Wales needs to rally behind a single banner.

Kumar also thanked his very active and energetic committee for all their hard work as well as the event sponsors.

Mr Athulathmudali requested that members of the Sri Lankan Community keep August 2nd available for the Annual Winter Ball that will be held at an exciting new venue this year.

Aubrey Joachim



Nelum & Aubrey Joachim



A Casual & Relaxed atmosphere



Inoka & Gothami



Aussie & SL flags in full swing



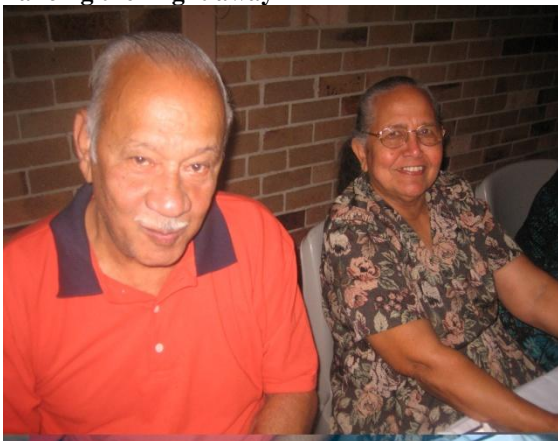
Sunethra & Jayantha



Dancing the night away



Shanthy & wife



An event for the young & old



Teenagers having a great night out

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Sri Lankan Independence Day Celebrations in Sydney

by Aubrey Joachim

Six hundred or more expatriate Sri Lankans from New South Wales packed the Cherrybrook Community Centre on Saturday, February 9th to celebrate the 60th anniversary of the Independence of their motherland. This event, extremely well coordinated and organised by the Sri Lankan Consul General's Office along with various Sri Lankan Associations in NSW, has grown in stature over the years. It brings together Sri Lankan Diaspora from all religious and ethnic backgrounds. It is perhaps the one annual event where Sinhalese, Tamils, Malays, Moors and Burghers from Buddhist, Hindu, Muslim and Christian background all sit side by side, share in food and drink and enjoy entertainment and listen to speeches that review the good times as well as troubles that Sri Lanka has endured since having won its independence from colonial rule.

Among the distinguished invitees were Sri Lankans from the business community as well as the past Presidents of the various Sri Lankan Associations in Sydney.

The event commenced with the unfurling of the National Flag of Sri Lanka by the chief guest His Excellency Mr Kusumsiri Balapatabendi The High Commissioner for Sri Lanka in Australia, accompanied by the singing of the National Anthem by the young students of the North Parramatta and Blacktown Inhale schools. This was followed by the lighting of the traditional oil lamp by the chief guest, the Acting Consul General Mrs Gothami Indikadahena and young children representing the Sinhalese, Tamil, Moor, Malay and Burgher communities - the main ethnic groups from Sri Lanka.

With the history of Sri Lanka steeply entrenched in religious tradition, the next aspect of the celebration was religious observances by clergy from the Buddhist, Hindu, Muslim and Christen faiths. The common theme in all of the prayers was that the nation be blessed with peace, harmony and tranquillity.

As has been the practice over the years, Independence Day messages from His Excellency the President of Sri Lanka Mahinda Rajapakse were read in Sinhalese, Tamil and English. Messages from the Honourable Prime Minister and Minister of Foreign Affairs were also read out. Well done to the young ladies and gent who did an excellent job in reading out these messages with grace, poise and perfect diction.

A number of speeches followed. H.E. Mr Balapatabendi, the High Commissioner traced the history of the colonisation of Sri Lanka leading up to the struggle for independence by stalwarts from all ethnic backgrounds. He reminded the audience that unfortunately the last 25 years of independence had been consumed with the fight against terrorism. Mr Balapatabendi also mentioned the close ties that Sri Lanka had made with Australia, a relationship that dates back to the first year of independence. The Sri Lankan High Commission in Australia was only the fourth foreign mission to be set up by the then newly independent Ceylon. He also mentioned the close cricketing ties that existed between the two countries.

The Honourable Henry Tsang OAM MLC addressed the gathering as representative of the Honourable Premier of NSW Morris Lemma. Mr Tsang has certainly developed a close relationship with the Sydney Sri Lankan community and holds them in high esteem.

Three Sri Lankan community organizations presented well thought out opinion pieces.

Dr Erangi Perera from SPUR speaking about the "Importance of Independence" discussed the current predicament facing the country due to terrorism suggesting that unfortunately true independence is not enjoyed by all. While highlighting all the magnanimous projects that SPUR has done back in all parts of Sri Lanka, she appealed to all expatriate Sri Lankans to support humanitarian pursuits in the motherland.

Mr Lal Rankothge, spokesperson for the Australia-Sri Lanka Forum spoke of "Responsibilities of Australian of Sri Lankan origin, united we achieve, while divided we lose everything". The key point of his presentation was the need for the Sri Lankan Diaspora to work closely with the Australian political establishment in order to draw attention to its issues both within the Sri Lankan community in Australia and in the context of its conflict issues at home.

Mr Kumar Athulathmudali, President of the Sri Lanka Association of New South Wales, spoke on the "Importance of social cohesion and harmony among the Sri Lankan community" arguing that irrespective of the differentiated objectives, philosophies and ideologies of the various associations there was the overwhelming need to rally under the one common Sri Lankan flag and speak as one voice.

The highlight of the formal part of the evening was as usual the recognition of the high achievers among the Sri Lankan HSC students. This segment, that has been organised by the Sri Lanka Association of NSW for the last seven years brings together the next generation of Sri Lankan Diaspora who are the future leaders of the community in both a Sri Lankan as well as Australian context. The financial sponsors of the HSC awards over the last seven years have been the Raymond family and the Soertsz family and this year Mr Russell Raymond and Mr Frank Soertsz joined the High Commissioner on stage to present the students with trophies and certificates. The Asoka Nanayakkara Memorial Trophy for the best performing HSC student was presented by Mrs Kumudini Nanayakkara to Widuranga Wijeratne who shared a few thoughts and words of wisdom.

Acting Consul General Mrs Gothami Indikadahena presented a vote-of-thanks in which she sincerely acknowledged the tremendous efforts that were put in by all those involved in the planning, coordination and execution of this event. Her extensive list covered every association and person involved.

A welcome break in proceedings allowed people the opportunity to network and share food and drink. The distinguished guests were entertained to refreshments organised by the wonderful ladies of the Feel for Life group.

Following the intermission the cultural program commenced. Cultural items in the form of multi-lingual songs and dances were presented by various groups from the Sinhalese Cultural Forum, The Old Boys of the Ceylon German Technical Training Institute, SCATTS, Sandya & Janeesha Alahendra, Mrs Rajani Fonseka, the SCF

Tharuna group as well as the Sri Lanka-Australia Malay Association. Individual vocal performances were given by Tilak Ekanayake, Reggie Dissanayake, Raja Yogan, Bonny Fernando and Ayomi Bosco, while a young Miss Temarie Senadheera gave two excellent violin renditions of popular Sri Lankan songs.

Acting Consul General Mrs Indikahahena and her staff need to be congratulated on an event that has become better over the years and is certainly a significant event in the calendar of the New South Wales Sri Lankan community.



Kumar Athulathmudali



Charuni Edirisinghe



H.E. Mr Balapatabendi



Widuranga Wijeratne accepts Trophy



Vishva Peiris

*We thank the financial sponsors
for
The HSC High Achievers Awards*

**Mr Russell Raymond
&
Mr Frank Soertsz**

Our sincere apologies to Ven Dhammagavesi for being referred to as “Dhammagavesi” in our last issue of “Thorathuru”, due to a printing omission.

THE SILENT KILLER

by Dr J.M.Seneviratne Banda
(FFARCS, MBBS, DCH, DRCOG)

DIABETES in its common form indicates a high level of sugar in the blood stream. *One has to look for it and if not detected, and managed optimally, will slowly and steadily reduce the life span, by destroying the major organs in the body*

Among Sri-Lankan Australians, over 25 years of age one in three or four will have some degree of abnormal glucose metabolism. We consume starchy food in the form of rice, bread, potatoes, fruits, vegetables, honey, jams, cakes, biscuits etc. Enzymes in the mouth, stomach and the intestines convert these foods into soluble glucose and is carried in the blood stream.

The pancreas detects this load of glucose and releases insulin which is needed, like a key to open the doors of the channels in the body's cells, through which the glucose can enter to be used as energy, which is needed for every activity in the body. Excess glucose is converted into glycogen and stored in the liver for future use. When the glucose level falls the pancreas releases another enzyme called glucagon which releases the glucose from the liver glycogen, and so enables the body to go on functioning normally, maintaining the glucose level at 3 to 8mmol/litre. (5mmol/l means about 1/5 of a teaspoon per litre of blood). This mechanism is faulty in diabetes.

There are three types of diabetes namely: Type 1 or juvenile diabetes due to derangement of the immune system in younger people where the insulin forming beta cells of the pancreas are destroyed, and so unable to produce insulin, needs it by injections.

Gestational diabetes found in pregnancy which often resolves after the birth of the child, but is in the higher risk category of developing type 2 diabetes in later life.

Type 2 or mature onset or adult form of diabetes is the most common form.

Pre-diabetes is when the body cells are resistant and do not respond to the insulin and more and more of it is needed from the pancreas. In IFG or impaired fasting glucose the fasting levels are higher than normal, but does not rise after a glucose drink. In IGT or impaired glucose tolerance the fasting as well as the level after a glucose drink is high. These levels are not high enough to call diabetic but are at risk of developing type 2 diabetes if no preventive steps are taken.

Blood glucose over 7mmol/litre is considered diabetic

Unlike in Type 1 diabetes, in mature onset Type 2 diabetes the symptoms may be mild or will have no symptoms for years prior to diagnosis and is therefore called the silent killer, since by the time it is diagnosed half the damage is done, during the pre-diabetic period..

Type 2 diabetes is commonly diagnosed at routine blood tests. *The symptoms when they arise could be thirst, passing more urine than normal, nausea, headaches, dizziness, increased hunger, tiredness blurred vision, leg cramps, mood swings, non healing wounds etc*

The high glucose levels can affect the blood vessels and nerves throughout the body, and control of it can avoid or stop the progress of the debilitating effects, contributing to hardening and narrowing of arteries that carry blood to all the organs and thereby reduce the oxygen and other chemicals, where it is needed most. In the brain it can cause strokes or multiple mini strokes that may end up with forgetfulness and dementia. In the eyes, due to problems of the blood vessels supplying the retina it can cause distorted or blurred vision, problems with night vision and even blindness. Cataracts of the lens where it becomes clouded is common in uncontrolled diabetics. Narrowing of the blood vessels to the heart muscle can cause chest pain called angina and even heart attacks, which could be prevented by keeping the blood glucose, cholesterol, blood pressure and weight at normal levels all the time. The filtering

mechanism of the kidneys can fail due to high glucose and reduced blood supply causing kidney failure needing dialysis later in life . Kidney and bladder infections are common and may lead to poor urinary flow and control. Erection and sexual problems are common complications. Poor circulation in the legs cause cramps, cold painful feet, and higher risk of infections, and nerve damage to those in the legs cause peripheral neuropathy resulting in lack of sensation, numbness and tingling of the feet, which could lead to injuries and infections ending up in amputations, of the toes or even the legs.

Leading a healthy lifestyle will improve one's diabetes if he has it or stop one from getting it if that individual is pre-diabetic.

The five steps are

- 1. Watch your weight and waist**
- 2. Eat healthy foods on a regular basis**
- 3. Exercise regularly**
- 4. Watch your alcohol intake**
- 5. Quit, if you smoke**

If overweight losing the extra kilos is the mainstay in the treatment of diabetes. Staying within a healthy weight range will also help keep your blood pressure, cholesterol and triglyceride (fats in the blood) normal. If one reduces the intake of food by 500cal a day a loss of half a kg a week can be expected.

The ideal weight is that which gives a BMI (body mass index) between 20 and 25, calculated by dividing the weight in kg by the height in meters squared.

An approximate way is to subtract 100 from the height in cm and the result is about the weight one should be. If the height is 167cm.the ideal weight should be about 67kg. The waist size is extremely important. It is measured half way between the top of the hipbone and bottom of the rib cage . *It should be less than 80cm in women and less than 94cm in men.* Between 80cm and 88cm in women and

94cm and 102cm in men is overweight and above these figures is very overweight.

It is important to eat three regular small meals of healthy food a day. If on tablets or insulin for diabetes, never skip any meal., may even need a snack in between. The fat in food has the highest energy content and keeping a healthy weight and fat do not go together. Too much fat around the waist reduces the efficiency of the insulin produced in the body.

Diabetics are more prone to get their blood vessels blocked and so should avoid the wrong kind of fats. Bad fat is saturated and this increases the LDL (low density lipoproteins), which increases the risk of heart disease. Sources are animal products like meat, chicken , chicken skin, cheese, butter and milk. Some vegetables that have saturated fats are coconut milk, coconut cream , and palm oil, which are common in snacks. French fries are fried twice (before and after freezing) carrying a high amount of fat. Trans fats behave like saturated fats in the body and are found in table margarine, biscuits, pastries and cakes. They increase the LDL. Mono-unsaturated fats do not increase the heart attack risk. *They are found in olive oil, canola oil and avocados. So also are the poly-unsaturated fats found in oily fish such as herring, mackerel, sardine, salmon and tuna. The oils that are poly-unsaturated are sunflower, sesame, corn, grapeseed, safflower, soybean and cottonseed. Seeds, nuts and nut spreads contain a mixture of these good fats*

To keep a healthy weight all fats in the diet should be minimized. Fish, chicken breasts, lean meat, eggs should provide the proteins. Eat fish 3 or 4 times a week for its omega3 fat content. Margarines, butter, lard and drippings should be avoided in cooking. Grilling with no coating should replace deep fried, battered and crumbed food. Canned fish in brine should be chosen over that in oils. Use canola oil or spray in cooking. Barbecue, grill, microwave or dry roast meats, do not fry. A non-stick pan or wok uses less oil than pan-frying. Reduce processed meats like salami, devon, sausages and bacon, which are rich in fats and salts. Avoid high fat dressings on salads like mayonnaise or Caesars,

use olive, vinegar or lemon juice. Use tomato-based sauces for pasta rather than creamy sauces

Buy low fat products, like skim milk, low fat yoghurt, and similar ice cream and cheese. Takeaway foods should be avoided. Avoid high-fat pastry including pies, sausage rolls and pasties. Cut down on high-fat snacks like chocolate, potato chips, cakes and biscuits Use only a thin scraping of poly or mono margarine on bread. Better still use mashed avocado.

At least 50% of the energy from the diet should come from low GI carbohydrates.

(GI or glycaemic index is the rate at which carbohydrates are absorbed from the intestine. Low GI is 55 or less. medium is 56 to 69 and high is 70 or more) Low GI foods release the energy into the blood stream slowly and steadily, not causing fluctuations in the blood sugar. Additional benefits are reduction in cholesterol and weight, not feeling hungry for longer periods. It increases the fibre content too.

A low GI pasta or wholegrain bread is better than high GI potatoes or white bread. The other low GI food includes pumpernickel bread, spaghetti, and noodles including cellophane and rice noodles. Chickpeas ,baked beans, kidney beans. Basmati and 'doongara' rice, rolled oats, oat bran, untoasted muesli, barley, buckwheat, apples, pears, citrus fruits and stone fruits such as peaches plums and apricot.

Fresh vegetables may have a high GI but is needed for their nutrients. Natural sugar in milk and fruits are healthy unlike that in cakes, lollies and soft drinks. Sweeteners like saccharin may be used if necessary.

Regular exercise can reduce the risk of heart attacks and stress levels. It will improve the mood and help to keep the weight healthy. When active the body insulin will work more efficiently, to control the blood sugar. *Cardiovascular exercise, such as walking, swimming or cycling for 30 to 40 minutes a day, till*

you breathe fast and sweat (not so puffed that you can't hold a conversation.) Muscle strengthening exercises using weights will help to reduce the weight & waist size. Games like tennis, soccer , ballroom dancing and bushwalking are equally good.

Alcohol intake has to be reduced. Loosing weight is near impossible due to the high kilojoules in alcohol. *If necessary men should not have more than 4 and women 2 standard drinks a day, with at least two alcohol free days a week.*

A standard drink is 10grams of alcohol, equates to

- One and half middies (375ml) of low alcohol beer/toddy (3.5% alcohol)
- One middy (285ml) of regular beer (4.9% alcohol)
- One glass of wine (100ml)
- One small glass of fortified wine (60ml)
- One nip of spirits (30ml), whiskey/arrack .

Targets for people with type2 diabetes.

- | | |
|------------------|--------------------------|
| • A1c | less than 7% |
| • Blood pressure | less than 130/80 mmof Hg |
| • Cholesterol | less than 4 mmol/litre |
| • Smoking | No |
| • Aspirin | 50 to 150mg/day. |

The available medicines will help to control the blood glucose. Biguanides like metformin (diabex) works by reducing the amount of glucose released into the blood stream by the liver, and by increasing the body cell's sensitivity to insulin.

Sulphonylureas like (daonil, diamicon, amaryl) helps the pancreas to release more insulin.

Acarbose (glucobay) alters the way glucose is absorbed from the intestine.

Glitazones (actos, avandia) reduces the release of sugar from the liver and reduces the insulin resistance, helping the insulin to work better.

Insulin works by helping glucose to enter the body cells to provide energy and helps to prevent the liver from producing glucose for release into the bloodstream.

WE WISH YOU GOOD HEALTH, HAPPINESS & PROSPERITY IN THE SINHALA & TAMIL NEW YEAR



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DINNER 6.00 - 9.00 PM

Fish Cutlets

Ingredients

1 large can of tuna flaked
 ½ lb potatoes boiled & mashed
 1 ½ tpsps pepper powder
 1 lemon squeezed
 3 tips garlic chopped
 1 onion chopped
 2 green chillies chopped
 Curry leaves
 2 eggs beaten with 1 tblsp plain flour
 Bread crumbs
 Salt to taste
 Oil to fry

Method

Mix tuna, potatoes, salt, pepper & lemon juice. Fry chopped ingredients with a tblsp of oil & curry leaves. Then add the tuna mixture, & cook for one minute.

Serve on plate to cool.

Make small balls, dip in beaten egg flour, and roll over bread crumbs & deep fry.

Now that was an old favourite made easy!!!!!!

by Nelum Joachim

We appreciate if you could share your experiences with both, old Sri Lankan favourites & Aussie cuisine, specially any healthy recipies by e-mailing them to

qualisys@optusnet.com.au

Senior Citizens Day 9 March 2008

When Aubrey Joachim welcomed our Senior Citizens to the grand show organized by the Sri Lanka Association of New South Wales at the West Epping Park Hall, he called to order a day that our “Golden Oldies” like Paulin Gunewardena’s ninety five year young father or my ninety year aged mother are unlikely to forget.

Aubrey reminded us that respect for and concern for our seniors is a cultural imperative that Sri Lankans cherish and preserve. We owe them a debt that we can never repay in full.

Dr Ruwan Walpola spoke to us about medications prescribed for our ills and the effects of combining different types of medication. Dr Seneviratne Banda contributed to the discussion combining his medical knowledge with his sense of humour.

The musical events commenced with a display of Raban playing by Mrs Hema Seneviratne, Sumana Pieris, Mohini Gunasekera and Nalini Cooray. Lal Rankothge provided us with the sound system and also waxed lyrical with his songs. A treat to which Raja Yogan added voice. Pauline and Laki Gunewardena, with Errol on the guitar and the evergreen Arthur Seneviratne and Deanna Sathanadan led the seniors in nostalgic rendering of old favourites

A baila session saw the seniors belie their status as seniors with a exhibition of movement worthy of a teen bop.

The lunch was a treat to remember. Flavour of Ceylon supported by dishes prepared by the committee members, Tamara Wickremnayake, Rebecca Tyler, Sita Sheriff and others gave our taste buds a memory of Sri Lanka. The multiple desserts must have added several kilos that we will need to work off. The tables elegantly decorated by Lasha Rengadevan were laden with wines provided by the committee members, Ramani Jayaweera and Sita Sheriff.



Aubrey welcomes our Seniors



Seniors settle in



In anticipation of lots fun



A bit of Chit Chat

A game of bingo and a raffle draw rounded off a day to remember.

Our thanks to Kumar Athulathmudali, Niranjani, the committee and their spouses for a day that we seniors carried away wowing to return next year.

Jayantha Seneviratne placed the event on video record.

Ave atque vale to the Seniors!

Sunil de Silva



Aubrey with Sunil De Siva



Aubrey gets the mood going



Errol plays the guitar



Errol, Pauline, Arthur & Deanna



Arthur Seneviratne sings



Anyone for more wine?



The traditional lentils curry awaits

A copy of the video recording is available on request by e-mailing homesen@optusnet.com.au

A BOOK REVIEW

by *Mohini Gunasekera*

THE POWER OF NOW

BY ECKHART TOLLE

A New York Times bestseller, *The Power of Now* is a must read for all spiritual seekers. To me, coming from a Buddhist background, and with a conditioning Tolle particularly asks you to negate, it resonates the Buddha's teaching, I must add, as understood by me - of the concept of ego as the cause of all unsatisfactoriness or unhappiness in life. To a Buddhist it is letting go of the ego or 'self identification with ones personal history' as Tolle puts it. Unfortunately all religions have corrupted those original teachings and placed emphasis on the peripheral forgetting the fundamental truth of reality. There are many times in the book where Tolle quotes from the Buddha, as well as from Jesus Christ, notably as giving the same message. It is in the institutionalising, whether overt or covert, that the true message of these great spiritual transformers of society- their true and powerful message, has been lost.

Tolle masterfully weaves into the fabric of his book the sayings of both these great spiritualists. It is as it were the Buddha speaking in the 21st century, and may be, if I could be so bold as to

make an assumption I am really not qualified to make, to a Christian Christ speaking in the 21st century.

The book explores reality, any serious meditator will tell you it is in the moments of stillness that we are truly alive, awake and blissfully happy. An inner peace bereft of thought patterns brings us to the now. Tolle gives us hope, that that state may be our permanent nature.

The book requires us to open our minds, to observe reality. As Tolle so ably puts it 'the old consciousness is deeply entrenched. Anyone who is still totally identified with the voices in their heads- the stream of involuntary and incessant thinking – will inevitably fail to see what the power of now is all about' It is those he said who could not identify with the book or it's message.

I commend this book to all seekers of truth and of what is real.

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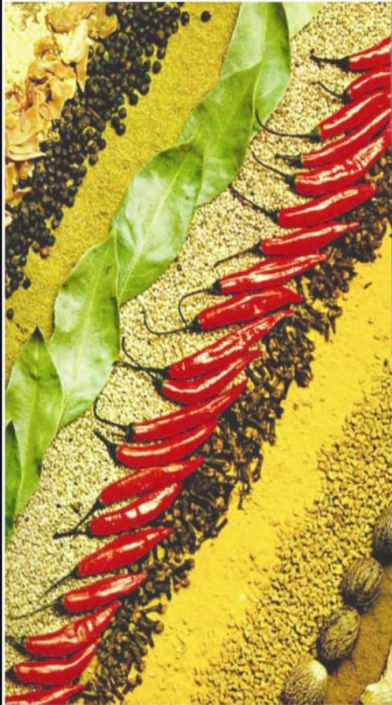
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Use this form to apply for new membership or to renew existing membership

**Rule 15 (a), (b) & 16 (a) APPLICATION FOR MEMBERSHIP OF
THE SRI LANKA ASSOCIATION OF NSW INCORPORATED**

(Incorporated under the Associations Incorporation Act, 1984)

I (Mr/Mrs/Miss/Ms/Dr)
(Full name of Applicant)

Of:
(Address)

Email: Tel No.

Do hereby apply to become a member of the above named incorporated association. In the event of my admission as a member, I agree to be bound by the Rules of the Association for the time being in force.

.....
Signature of Applicant Date

I, being a member of the Association, nominate the above named applicant, who is personally known to me, for membership of the Association.

.....
Signature of Proposer Date

I have enclosed a cheque for the sum of \$ being my membership contribution.

Membership Contribution: Annual Singles \$10.00, Annual Student \$ 7.50, Annual Family \$20.00, Annual Student Family \$10.00, Life \$ 150 per person, Seniors Free

Cheques payable to: 'The Sri Lanka Association of NSW Inc.'

Mail to: The Secretary, GPO Box 3120, Sydney 2001.

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