Five year Journey with Canberra Lankan

We are proud to announce that the Canberra Lankan is now in its fifth year of production! This presents a perfect opportunity to reflect on the experiences from the last five years of the Canberra Lankan e-Journal and think about what we believe should be the future of the journal in the years to come.

Achievements and difficulties

The first five years of Canberra Lankan e-Journal have been a wonderfully intense and eye-opening experience. As most of us in the editorial board are new to the field of Journalism, it has been a steep learning curve but one in which we are grateful for the volumes of experience we have now gained. We are also incredibly thankful to our readership and for our sponsor, Australia Sri Lanka Association (ASLA) Canberra, for their guidance in helping us to find the right path to serving our community. We have made some important achievements but have also faced some challenges along the way.

Let’s celebrate our successes first. Besides the coordination of a volunteer group of editorial staff and writers to ensure we deliver two issues per year, which is an achievement in itself, we have also managed to increase our readership by adding to our distribution networks within Australia and overseas. We also have received articles from well-known journalists from other Australian states and overseas which is a remarkable recognition for this humble effort. Finally, the secret to our success and criticalness to the existence of this publication are the total commitment and dedication of our editors, web manager and committee members who work tirelessly to ensure we deliver a great read to you.

As described above, the delivery of this publication is...
certainly not without its challenges, some of which still persist to a greater or lesser extent. This publication is staffed by a dedicated editorial team on a voluntary basis and while the commitment to this project has been incredible, there are times when family and work commitments take priority, meaning that we need extra hands to ensure our Journal is delivered on time. During these times, we have been and continue to be grateful to a number of considerate volunteers who have come forward and helped navigate the challenges of producing our Journal and we are always welcoming of extra hands and fresh ideas.

We have tried to ensure greater youth participation in the Journal and acknowledge that there is still work to do to get greater engagement and participation from our younger generations as the future and continued success of the Canberra Lankan is in their hands.

But all in all, it has been a fantastic five year ride. The learning experiences we have obtained, the contacts and new friendships we have gained and the strengthening of relationships within the editorial team have made it a very enjoyable experience overall. So, here’s to many more years and the continued success of Canberra Lankan.
Inside this Issue...

Editorial 1

Articles 4
Ancient treasure of Canberra
- An Open Secret 4
Alternative medicines (2) 13
AAUPCC News 18

Amusement Corner 21
Temptation 21

Travel Corner 23
Emergency Passports (NMRPs) 23

Poetry Corner 27
Call of the Koel 27
Pinocchio 28
AAUPCC News 30
Emergency Passports 31
Plantain snack 35

Trivia Questions 34
Jumble 34

Women’s Corner 35
Plantain snack 35
Madola 37
Ancient treasure of Canberra

An Open Secret

Just over an hour’s drive south from the centre of Canberra, little known to be almost a secret, is one of the territory’s ‘ancient treasures’.

Lying among the folds of foothills at the end of an open and beautiful rolling plain in the Gudgenby valley south of Canberra is the over 800-year-old open secret - Canberra’s own Aboriginal rock art site.

While evidence points to the existence of Aboriginal people in the Canberra region for at least 25,000 years and their descendants still live in the region, this site is perhaps the only currently known art site of the ancient dwellers in the area according to the Territorial and Municipal Services (TAMS) website.

A mountain identified by early European settlers as ‘Yankee Hat’ due to its shape, rises behind the rock art site. The art is drawn on a huge granite rock that is believed to have provided shelter from the elements to the people.

Located in the Namadgi National Park bordering New South Wales, the site is approached via a footpath that leads through gently undulating open plains, and marshes straddled by wooden boardwalks. A gentle climb through
kangaroo infested bush land is hardly noticeable and odd shaped boulders strewn beside the defined pathway at the start of the six kilometre return journey from the car park of the old Boboyan Road adds to the scenery.

Carbon dating of the camp-site deposits in the Yankee Hat rock shelter has shown that Aboriginal people began using the shelter more than 800 years ago. Evidence from nearby sites suggests that people were camping in the area, and presumably painting, as long as 3,700 years ago.

The Rock at Yankee Hat is a granite boulder which has been rounded off and under-cut by weathering. Repeated heating and cooling had led to the rounding effect called ‘onion-skin weathering.’

Authorities warn against the touching of the painted surface due to the possibility of it crumbling. The cream coloured streaks on the rock are identified as feldspar deposits washed down by rain. The black to grey deposits are probably organic in origin which may in future allow a more precise dating of the paintings, according to the website.
Its high roof overhang protects the rock art site from regular surface water flow.

The white paint used at Yankee Hat is clay. The red paint is based on iron oxide or ‘ochre’. With the nearest known ochre quarries being at Michelago and Gungahlin one can wonder how far the ancient artist would have had to walk through difficult terrain to source them.

According to the authorities, the different shades of red in the paintings may be the result of paint weathering or may have been deliberately caused by mixing some white clay with the ochre. Clay and ochre were normally mixed with a binding agent such as water, sap, blood or animal oils.
The Art - the paintings at Yankee Hat are well preserved and contain the first prehistoric (meaning before recorded history) drawings identified in the ACT. Some of the Yankee Hat figures represent animals but there are many abstract and human-like figures. Their meanings may have varied according to the viewer’s level of initiation into tribal tradition. Some figures were painted in groupings which may describe relationships between the different figures. One example comprises the four white figures on the left resembling a kangaroo, a turtle and two dingoes.

It is well worth the walk especially on a cool autumn day or one in early spring in the company of loved ones and friends. Pack a sandwich and some drinks and enjoy the six kilometre walk to and from the site. Make sure not to leave any rubbish behind. A toilet and picnic table are situated at the start of the walk.

A visit to the Namadgi National Park Visitors Centre would provide a wealth of information about the area and the friendly staff would provide directions if you are unsure how to get to the site.

By Panduka Senanayake
හෝ අර්ධකාලීන අතර, සැවිතිය අති ගුවන්කෙන් ගුවන්කාරීන්, ඔවුන්ගේ නමුත් පිළිතුරු යන වත් රාජීවාවක් විශේෂ නොමැති මෙම සමූහයේ ස්ථානය තිබූ බුද්ධයක් විශේෂය.

පෙර කෙටි කෙටි පුරාණ පිළිතුරු අතර තුළ සුදුසු පිළිතුරුව ගැනීමේ පිළිතුරු උපකරණය අති ගුවන්කාරීන්ගේදී කුඩාවත් පිළිතුරුට පැවති. ඒවා ගුවන්කාරීන්ගේදී තමන්ගේ නොමැති මෙම පිළිතුරු මෙහෙය තිබේ.

හෝ ගොඩ කෙරුණි. වෙනස් මෙම් පෙන්සීන් පුරාණ මානුන් කෙසේදී පිළිතුරු මෙම නමුත් පිළිතුරු පැවති. එහාක්ෂ කුඩාවත් පිළිතුරු අත් නොමැති පිළිතුරු පැවති. මෙය "පුද්ගලය" මෙය මෙම් අත් නොමැති පිළිතුරු පැවති. මෙහෙයේ මෙම් අත් නොමැති පිළිතුරු පැවති. මෙහෙයේ මෙම් අත් නොමැති පිළිතුරු පැවති.
“මගේ ආකාරෙක් තිබී ගැටුවට”,
“මගේ පිහිටි අතර විස්තර පෙදූව ගන්නා”,
“මගේ විස්තර කළ විට පිහිටි පිහිටි”,
“ප්‍රතිඵලික විස්තර කළ අතරින් විට”,
“ප්‍රතිඵලික විස්තර කළ අතරින් විට”,
“මගේ කාර්ය අතර විස්තර කළ අතරින් විට”,
“මගේ කාර්ය අතර විස්තර කළ අතරින් විට”,
“මගේ කාර්ය අතර විස්තර කළ අතරින් විට”

භාම යටත් කරන්නාමක් කෙලේඛේ පිහිටි පිහිටි පිහිටි පිහිටි එක්කා මගේ විස්තර කළ විට පිහිටි පිහිටි පිහිටි පිහිටි එක්කා මගේ විස්තර කළ විට පිහිටි පිහිටි පිහිටි එක්කා මගේ විස්තර කළ විට පිහිටි පිහිටි පිහිටි එක්කා මගේ විස්තර කළ විට පිහිටි පිහිටි පිහිටි එක්කා මගේ විස්තර කළ විට.

භාම විස්තර කළ විට පිහිටි පිහිටි පිහිටි පිහිටි එක්කා මගේ විස්තර කළ විට පිහිටි පිහිටි පිහිටි එක්කා මගේ විස්තර කළ විට පිහිටි පිහිටි පිහිටි එක්කා මගේ විස්තර කළ විට පිහිටි පිහිටි පිහිටි එක්කා මගේ විස්තර කළ විට පිහිටි පිහිටි පිහිටි එක්කා මගේ විස්තර කළ විට පිහිටි පිහිටි පිහිටි එක්කා මගේ විස්තර කළ විට.

භාම විස්තර කළ විට පිහිටි පිහිටි පිහිටි පිහිටි එක්කා මගේ විස්තර කළ විට පිහිටි පිහිටි පිහිති එක්කා මගේ විස්තර කළ විට පිහිටි පිහිටි පිහිටි එක්කා මගේ විස්තර කළ විට පිහිටි පිහිටි පිහිටි එක්කා මගේ විස්තර කළ විට පිහිටි පිහිටි පිහිවිති පිහිටි එක්කා මගේ විස්තර කළ විට පිහිටි පිහිටි පිහිටි එක්කා මගේ විස්තර කළ විට පිහිටි පිහිටි පිහිටි එක්කා මගේ විස්තර කළ විට පිහිටි පිහිටි පිහිටි එක්කා මගේ විස්තර කළ විට.

භාම විස්තර කළ විට පිහිටි පිහිටි පිහිටි පිහිටි එක්කා මගේ විස්තර කළ විට පිහිටි පිහිටි පිහිටි එක්කා මගේ විස්තර කළ විට පිහිටි පිහිටි පිහිටි එක්කා මගේ විස්තර කළ විට පිහිටි පිහිටි පිහිටි එක්කා මගේ විස්තර කළ විට පිහිටි පිහිටි පිහිටි එක්කා මගේ විස්තර කළ විට පිහිටි පිහිටි පිහිටි එක්කා මගේ විස්තර කළ විට පිහිටි පිහිටි පිහිටි එක්කා මගේ විස්තර කළ විට පිහිටි පිහිටි පිහිටි එක්කා මගේ විස්තර කළ විට.
මම කඳ වාෙලිව ෙවද අයෙල ෙවිද්‍රවීම; මම නිලත් සිට මොහොමද අතරින්
කෙලක බසක ගොඩ සමා ගමනින් කලාපය;
කේරි සිරිතු උතිසි සුදු ලෝ -
දෙවියන් නොවැඩින් මම ඉඩිහුවිනින්

මඟමේ, මඟමේ, ගංග ගංග ශොම ශොම කැටි, පළුත්, කැටිමතඟීමා, නොවි, පළුත්, නොවි, නොවි බලන්න අතරින්, නොවි සිරුරවා කොටස් ශුළු අතරින් අතරින් මෙම වේලියේ ඇම් වේලියේ, "මත වේලියඳ මඳක"න්.

"කෙළක මඳක වේලිය කිහි මඳක -
ඉජ හෙබි වැලි දැනු සැම මඳක ... මඳක සහ වේලියඳ කොටස් මඳක වේලිය මඳක"

හොඳ වෙළෙඳ නවත්කම්. කෙළක මඳක වේලියඳ ශුළු අතරින් කොටස් සමාත්කරණය නිමවිය. මඳක කෙළක වේලියඳ වේලියක් වේලියක්.

ඉජ හෙබි වැලි දැනු හෘජ දැනු වේලියඳ වේලිය මඳක වේලියක්
ඔබට තීරු නොමැති ඉතිහාසක්කරවාද ගැනදානට හැක. පියිට මට්ටම කිසියම් කොටසේදීම් වූ අතර ගෝඩමුලික කතාවේ පියිට පියිට විය. මේ වෙනස් විශාල කිසිදුරි සැලසිය ලබා කාලීන මෙහෙයක් බඳුකාට නෙම්වෙතු කිසිදු කිසිදු නොණුවේ. මෙම කතාව ඒවාවන්ට පියිට පියිට බිදුම්වූ බහුල මෙහෙයක් වෙනසින් පියිට පියිට මෙහෙයක් එනම් ඉතිහාසක්කරවාද ලබා කාලීන මෙහෙයක් බඳුකාට නෙම්වෙතු කිසිදු කිසිදු නොණුවේ.
We welcome our readers to submit your greetings or well wishes on any celebratory occasions such as weddings, birthdays, anniversaries, and any photographs to accompany this. Please forward these to Canlankan1@gmail.com
Health promoting foods are easily accessible. Eating natural food that is as close to the way nature created it, is not impossible. When you make up your mind about how much easier life is when your body works well, you will naturally adapt to eating healthy. The food we eat affects our physical body, mind and spirit and as a result it affects our state of mind, health and personality. Your metabolism is partly ruled by genetics but you can rev it up naturally by eating right. Eat smart and live healthy with natural and organic plant material and products. It is proven that inexpensive home remedies are best for common ailments. So, spend money wisely, instead of visiting the chemist, visit your green grocer, better still, start growing your own veggies and fruit.

<table>
<thead>
<tr>
<th>Commodity</th>
<th>Illness</th>
<th>Benefit/Effect</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eggs</td>
<td>Weak muscles, Weak movement, deprivation of calcium</td>
<td>Helps build up weak muscles, good for teeth, bone strength, provides calcium</td>
</tr>
<tr>
<td>Fish, Ginger</td>
<td>Headaches</td>
<td>Eat plenty of fish. Fish oil helps prevent headaches. So does Ginger, which reduces inflammation and pain</td>
</tr>
<tr>
<td>Yoghurt</td>
<td>Hayfever</td>
<td>Eat lots of yoghurt before pollen season</td>
</tr>
<tr>
<td>Tea</td>
<td>Strokes</td>
<td>Prevent build-up of fatty deposits on artery walls with regular doses of tea.</td>
</tr>
<tr>
<td>Honey</td>
<td>Insomnia</td>
<td>Use honey as a tranquilizer and sedative</td>
</tr>
<tr>
<td>Onions</td>
<td>Asthma</td>
<td>Eating onions helps ease constriction of bronchial tubes.</td>
</tr>
<tr>
<td>Fish</td>
<td>Arthritis</td>
<td>Salmon, tuna, mackerel and sardines actually prevents arthritis</td>
</tr>
<tr>
<td>Banana, black coffee with lemon juice</td>
<td>Tummy upsets</td>
<td>Bananas will settle an upset stomach. Black coffee with lemon juice also helps</td>
</tr>
<tr>
<td>Ginger</td>
<td>Nausea</td>
<td>Ginger will cure morning sickness and nausea.</td>
</tr>
<tr>
<td>Cranberry Juice, Parsley</td>
<td>Bladder infections</td>
<td>High-acid cranberry juice controls harmful bacteria. Handful of Parsley boiled in water, strain and drink helps urinary tract infections</td>
</tr>
<tr>
<td>Pineapple</td>
<td>Bone problems</td>
<td>Bone fractures and the manganese in pineapple can prevent osteoporosis.</td>
</tr>
<tr>
<td>Cornflakes</td>
<td>PMS (premenstrual syndrome)</td>
<td>Women can ward off the effects of PMS by consuming cornflakes, which help reduce depression, anxiety and fatigue.</td>
</tr>
<tr>
<td>Oysters</td>
<td>Memory problems</td>
<td>Oysters help improve your mental functioning by supplying much needed zinc.</td>
</tr>
<tr>
<td>Garlic</td>
<td>Cold, flu, sinus problems</td>
<td>Clear up that stuffy head with garlic</td>
</tr>
<tr>
<td>Red Pepper</td>
<td>Cough</td>
<td>A substance similar to that found in the cough syrups is found in hot red pepper.</td>
</tr>
<tr>
<td>Wheat, Bran, Cabbage</td>
<td>Breast cancer</td>
<td>Wheat, bran and cabbage help maintain estrogen at healthy levels.</td>
</tr>
<tr>
<td>Orange and Green Veggies</td>
<td>Lung Cancer</td>
<td>A good antidote is beta-carotene, a form of Vitamin A found in dark green and orange vegetables.</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Ulcers</td>
<td>Cabbage contains chemicals that help heal both gastric and duodenal ulcers.</td>
</tr>
<tr>
<td>Green Apples</td>
<td>Diarrhoea, loose motions</td>
<td>Grate an apple with its skin, let it turn brown and eat it to cure this condition.</td>
</tr>
<tr>
<td>Commodity</td>
<td>Illness</td>
<td>Benefit/Effect</td>
</tr>
<tr>
<td>---------------------------------</td>
<td>------------------------------</td>
<td>---------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Avocado</td>
<td>Clogged arteries</td>
<td>Monounsaturated fat in avocado lowers cholesterol.</td>
</tr>
<tr>
<td>Olive Oil, Celery</td>
<td>High blood pressure</td>
<td>Olive oil has been shown to lower blood pressure, Celery contains a chemical that lowers pressure.</td>
</tr>
<tr>
<td>Broccoli, peanuts</td>
<td>Blood sugar Imbalance</td>
<td>The chromium in broccoli and peanuts helps regulate insulin and blood sugar.</td>
</tr>
<tr>
<td>Honey with cinnamon</td>
<td>Pimples, acne</td>
<td>If done daily for two weeks, it removes pimples from the root. 3 tablespoons of honey, 1 teaspoon of cinnamon powder paste, Apply paste on the pimples before sleeping and wash it next morning with warm water.</td>
</tr>
<tr>
<td>Honey, Cinnamon</td>
<td>Bad breath</td>
<td>Gargle honey and cinnamon powder mixed in hot water. If done first thing in the morning, your breath will stay fresh throughout the day.</td>
</tr>
<tr>
<td>Honey and cinnamon powder in equal parts</td>
<td>Skin infections</td>
<td>Cures eczema, ringworm and all types of skin infections</td>
</tr>
<tr>
<td>Mix honey with lemon juice</td>
<td>Sinus problems, headaches</td>
<td>Helps sinus headaches.</td>
</tr>
<tr>
<td>Honey and cinnamon powder in a glass of water</td>
<td>fatigue</td>
<td>The sugar content in honey is helpful to the body strength. If taken daily first thing in the morning after brushing your teeth and at about 3.00pm would increase the vitality of the body within a week.</td>
</tr>
</tbody>
</table>
| Horse Radish, lemon, honey, ginger | Heart ailments, clogged arteries | -125g horseradish  
- 3 lemons  
- 4 tsp honey  
- 2 tsp ground cinnamon  
- 1 piece of ginger  
Blend together, tablespoon before meals twice a day for 3 weeks then take a 3 day break |
<p>| Ice, pack of frozen vegetables, almond oil, aloe vera, olive oil, whole grain | Haemorrhoids                   | Apply ice/pack of frozen vegetables, almond oil, aloe vera. Consume 1 teaspoon of olive olive oil daily consume food containing whole grain |
| 1/4 kg cleaned garlic pods, ½ litre of bees honey, store in glass bottle | Reduce High Cholesterol | Take one teaspoon at breakfast every morning                                                   |
| Proven Rum, 4-5 small hot chilli, leave in bottle for a month | Arthritis                        | Consume 1 tablespoon every day                                                                  |
| Cucumber slices, almond oil, tomato juice, potato slices | Dark circles under eyes | Apply any one of these continuously under eyes, if applying tomato juice, soak in balls of cotton wool |</p>
<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Problem</th>
<th>Solution</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turmeric and milk Channa Dhal, turmeric and water</td>
<td>Unwanted hair on face (women)</td>
<td>Combine the ingredients into a paste and apply</td>
</tr>
<tr>
<td>Egg whites, corn flour, sugar and water</td>
<td>Darkened lips</td>
<td>Whisk together, to form a paste and apply and leave for 10 minutes, wash away</td>
</tr>
<tr>
<td>Curry leaves (Karapincha,) and coconut oil and Red onion</td>
<td>Greying hair</td>
<td>Blend together to form paste, apply on greying hair, leave for 20 minutes and wash off</td>
</tr>
<tr>
<td>Basil leaves and crushed ginger root</td>
<td>Back ache</td>
<td>Crush root ginger and with basil leaves boil in water and consume</td>
</tr>
<tr>
<td>Castor Oil, Egg whites, aloe vera</td>
<td>Stretch marks, scars on skin</td>
<td>Apply any one of these and leave for 20 minutes, wash away</td>
</tr>
<tr>
<td>Cherries</td>
<td>Pain killer</td>
<td>Natural pain killer</td>
</tr>
<tr>
<td>Salt</td>
<td>Pain caused by ingrown toe nails</td>
<td>Mix salt and water and mix into paste and apply</td>
</tr>
<tr>
<td>Banana</td>
<td>Fights depression, insomnia, ulcers, mood swings, heartburn, anaemia, constipation</td>
<td>An easy natural remedy, contains potassium</td>
</tr>
<tr>
<td>Coriander, ginger root and cinnamon</td>
<td>Common colds, flu etc</td>
<td>Boil ingredients in water strain and consume as many cups as possible during the day</td>
</tr>
<tr>
<td>Smile, pure heart, avoiding evil thoughts and deeds</td>
<td>Improves beauty</td>
<td>Your pure heart reflects on your face, you are able to see the positive side of life</td>
</tr>
</tbody>
</table>

More later
මහන්ත අරුණික මුහුණ මිලිය

මහන්ත විරාමික සුයා වනිය

කමන් මෙලින් බීඹී නිය.

කමන් මෙලින් බීඹී යනු ගෙළිංගම ප්‍රසිද්ධි ශිෂ්ට විශේෂීම් රූපවාහනය කියි. මෙසේදී, ඉමුන්ගේ මෙහෙය ගාමික මෛකක් ලැයිස්තුවෙන් ලන්දා මනින් දක්වා ලැබේ. අමාත්‍ය කාර්ය කටයුතු නෙලෙහි මෙහෙය ශිෂ්ට විශේෂීම් යොදා ගැනීම නැත. මෙහෙය මෙහෙය අවශ්‍ය කළ මෙරට මෙහෙය ශිෂ්ට විශේෂීම් යොදා ගැනීම නැත. මෙහෙය මෙහෙය ශිෂ්ට විශේෂීම් යොදා ගැනීම නැත. මෙහෙය මෙහෙය ශිෂ්ට විශේෂීම් යොදා ගැනීම නැත.

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"ක්ම අප..කටියියකට මෙම කොටස් මෙහෙයුම් යොමු විය හලකා දැමීමක් කරමු?..
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Temptation by J. S. Swaradeva

Human beings are subject to temptation, in this state many commit acts that may be perceived as a wrong act. However, what many people fail to understand is that temptation itself is not wrong and it can befall anyone. The only issue is if human beings commit acts as a result of being tempted, they may be doing the wrong thing. The following biblical readings are to be considered:

- Genesis 2:7-9; 3:1-7
- Romans 5:12-19
- Matthew 4:1-11

Father Varghese Kurisingal at the Roxburgh Park Catholic church, Melbourne at the 9.30 am mass on the first Sunday of lent (5 Mar 2017) narrated the following story at the sermon to illustrate that everyone encounters temptation.

As I mentioned in the above introduction, this story is not my own. Also, it may not be something that the priest created of his own.

There was Sam who lived with his pet dog, Brownie for a long time. As a single person, Sam's relationship with Brownie was very loving and deeply bonded. One day, Sam found Brownie had passed away after a long illness. How much he wept? He felt he was all alone in this world, and that there was no one he can turn to.

Sam remembered how Brownie helped him in various ways and how Brownie made him happy and occupied and fulfilled the inadequacy of a human partner. Sam trusted Brownie more than a human partner. He knew dogs are really loyal and give lifelong love to the master until they die.

Sam felt indebted to Brownie so that he could do any good thing for Brownie, even after death. He thought he would arrange a funeral for Brownie and make a monument at his burial grounds in the garden. He did not care how much it might cost him.

As a staunch Catholic, Sam went to the local parish priest and told the sad news and asked the priest to do a funeral mass and other rites for his ever-loving Brownie.

"Father I want to do a funeral for my beloved. Please help me."

In reply, the priest said, "we are not doing funerals to dogs but if you really insist, why not go to the undertakers at the corner of the street?"

"Father I want to do a funeral for my beloved. Please help me."

In reply, the priest said, “we are not doing funerals to dogs but if you really insist, why not go to the undertakers at the corner of the street?”

This may have ruined the hopes of Sam but with the overwhelming love to Brownie, he asked, “Father, do you think that they would accept only $3000 as a donation to charity on behalf of Brownie?”

The priest hesitated if not was shaken by this unexpected response of Sam. For half a minute, the priest was unable to speak but finally he managed to say or more precisely, chokingly pleaded, “Why didn’t you, Sam tell me initially that your dog was a Catholic?”
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BSc, MBA, FCA, FSCMA, CPA

Rane Ranasinghe
BSc, MBA, FCA, FSCMA, CPA
Emergency Passports (NMRPs)

Controller General, Department of Immigration & Emigration, Sri Lanka, [CG/DIE] has permitted the issuance of emergency passports/Non-Machine-Readable Passports [NMRP] to Sri Lankan Citizens under the circumstances mentioned below:

Issuance of Emergency Passport/NMRP will be considered on a case by case basis after carefully scrutinizing documents; and with the approval of CG/DIE Sri Lanka.

A. In a situation where an emergency has occurred and the need to travel to Sri Lanka has arisen, while an Application for a New Passport has already been submitted and receipt of such passport is pending:

B. In a situation where, a person has lost his/her passport and emergency travel requirement has arisen and the applicant’s visit is essential and unavoidable.

Emergency Passports are issued for a single one-way journey to travel to Sri Lanka, with validity to transit through the countries as the per travel itinerary.

Required documents,

1. A letter of request, addressed to Controller General of Emigration and Immigration, Colombo Sri Lanka, explaining the circumstances of the emergency as well as the reason for the emergency travel [please enter valid contact details. Telephone No, email address etc in your letter].

   Note: The request must be supported with documentary evidence signed by an authorized officer or organisation in Sri Lanka, with contact details. Please note that, in instances where the nature of the emergency is not proven satisfactorily and the documentary evidence provided are not sufficient, the application may be rejected.

2. Duly filled Application form “K”- 35/I M 35 [please download hear] [please follow the instructions given in the application form]

3. If an application for a New Passport has already been submitted, details of that application with reference Nos.

4. Original copy of travel Itinerary

5. Three passport size coloured photographs of the applicant certified by an Hon Consul for Sri Lanka /Justice of the Peace/medical practitioner or Solicitor.

6. Original Birth Certificate with two photocopies, and if available, National Identity Card with two photocopies

7. Any other documents that can prove the applicant is a Citizen of Sri Lanka. [Ex; Citizenship Certificate issued under section 5[2] of the Citizenship Act1948]

8. Copy of Visa states

   [For those who have been on a permanent residence visa in Australia (Four or more years) or in New Zealand (Five or more years), a Certificate of Evidence of Residence Status (referred to as Certificate of Denial in New Zealand) will need to be submitted with the application. This certificate can be obtained by contacting the Australian Department of Immigration or Department of Internal Affairs in New Zealand.]
9. **Emergency Passport fees:**

- within Australia A$ 70.00 + normal postage A$ 10
- Outside Australia A$ 90.00 + normal postage A$ 30 (New Zealand, PNG, Fiji, Solomon Island, Vanuatu, Samoa)
- NMRP only (If applicant produces the previous passport) within Australia A$ 70.00+normal postage A$ 10
- Outside Australia A$ 90.00 + normal postage A$ 30
- NMRP only (if previous passport is lost) within Australia A$390+normal postage A$10
- Outside Australia A$ 390+ normal postage A$ 30 (New Zealand, PNG, Fiji, Solomon Island, Vanuatu, Samoa)
- If applicant wishes to receive by Express Post/courier, he/she has to arrange that separately [attach Express Post envelop or arrange currier service provider]

10. **Payment methods**

All payments must be in Australian Dollars, and made payable to ‘**The Sri Lanka High Commission**’ by Money Order or Bank cheque.

Please note that personal cheques and cash will not be accepted.

11. **Where to apply**

Sri Lankans residing in Western Australia (WA), Northern Territory (NT), Australian Capital Territory (ACT), New Zealand, Papua New Guinea (PNG), Fiji, Vanuatu, Samoa and Solomon Islands, to the
**Sri Lanka High Commission, 61, Hampton Circuit, Yarralumla, Canberra. ACT 2600, Australia.**

Sri Lankans residing in New South Wales, Queensland, to the
**Sri Lanka Consulate General Office in Sydney:** (Please go through [www.slcgsyd.com](http://www.slcgsyd.com))

Sri Lankans residing in Victoria, South Australia and Tasmania, to the
**Sri Lanka Consulate General Office in Melbourne:** (Please go through [www.slcgmel.org](http://www.slcgmel.org))

**Important Note:**

- Fees will not be refunded under any circumstances, after issuance of a receipt.
- Translations will not be accepted as originals
- All photocopies must be on A4 size paper.
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➢ First ancient city(sukothai)
➢ Wat mahatath temple, historical park & palace
➢ White temple (Glass temple)
➢ Chiang Rai Golden Triangle
➢ Travel to Laos by boat (Shopping area)
➢ Shopping in Laos
➢ Chiang Mai - hot water spring
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➢ Dammakaya
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Conditions apply.
Call of the Koel

By Sangita Ashok

Over the distant phone call
"Mummy, are you there"
I scream to make myself heard
I hear the call of the koel

Clear, sweet, irresistible
She speaks to me
And I mesmerised; listen
As the koel speaks to me

I am back in Sri Lanka
Amid the revelry, the winding roads full of lush tea and rubber
The sounds of the chanting monks, the rains
The tuk tuks, the buses, people, the journey of life in my island country

I am back in school
Walking amid the trees, hiding beneath their majestic shade
Thirsty, in the heat and the dust
In the classroom, an ardent student
Listening to the monotonous drone of the teacher

And then the koel calls me
And I am back in the paddy fields near my home
I feel the warmth of my mother, the laughter in my father’s voice
The lift in his speech and the love in his eyes

The warmth engulfs me
Even as I speak listless, amid the dead in a cold country
Over the voices of “go home to where you belong”
The koel brings back the yearning to go where my heart lies

Not in this country of adoption
Where I am just another migrant, another number, another name
That the local people will never learn to pronounce
But to the land where the koel still calls out to me

“Mummy”, my voice is a hushed whisper
Regrets fill my being
Regrets of losing the years of love, wisdom and humour of my father
Regrets of living lifeless in another land

That I find hard to call home.
He was just a boy
Wooden in bulk, edge and bough
He was drawn from a design of pencil
– Unlike the clay-made man – on Jepetto’s drawing board.
A marionette, a type of stringed puppet.
The boy could only recite poetic lies
How the moon was made of passion fruit cheese cake
And fireflies were really pixies with lanterns
Even the fairy with turquoise hair
Couldn’t convince Pinocchio to embrace the truth.
And you listen to his story, of how he visits
The land of toys, joins a circus, finally becomes a puppet
Once again. All the time, his nose was adding inches
To every lie emptying his lips.
And what is the cost of a lie in this revolving world?
It is just a part of your conscience priming
To the next time. How the voice within
Becomes softer with time, hazier in articulation,
Diminishing in echo, with no testimony of the truth.
We all carry the curse of Pinocchio.
And time and again, we kneel in front
Of a wooden chamber to recite our fallings
The lies that we have to come out shining
On the other end. And we go back to our lying ways
Knowing Jepetto is a forgiving creator.
We are wooden puppets, searching for our own
Blue fairies to recapture our vestigial consciences.
Only then can we sleep in peace,
Knowing the tip of our tongues are unadulterated,
And our voices are rejoicing,
Hurling out sacred truths.

Dr Dilantha Gunawardana
VENGEANCE

“Rise up on your feet my Lord,
Look into my eyes,
Forgive my faults,
It is not me,
But my heart which caused it;
No... it is not my heart
But my feelings that caused it;

Feelings at the time
Rose up their heads strongly
Pushing to the background
The restraints of my heart;

My heart does not know
Another soul besides you;
My heart beats in unison
With my unending feelings
Only for you, my Lord.

So, rise up on your feet my Lord”

........I stood up
I bound her hands,
And gagging her
Lifted her off her feet;
And ran with all my might
To the river with its rapids
And to where it was deep
And with great force,
I flung her into the fierce torrents!

I watched without emotion
The waters swallow up
Her body soul and spirit
And all her love and devotion
Making great ripples
In the muddy waters of the river

I kept gazing
With unbated eyelids

Kanthi Fernando
කිනෙකම්

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- අභියිදී පුද්ගලේ බූහත්

[Image of two people and one person lying on the floor]
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Re-arrange the letters in each row from 1/ to 5/ to make up words of the meaning of the given phrase for that row. Fill in the cells below of each jumbled phrase, with the word you made (one letter in each cell). Then get the letters of green cells in sequence and fill them in each of the pink cells at row 6/ to give another meaning for strong desire.

There is a hint given below.

1/ WROC
   |   |   |   |
   A black bird

2/ CHIACHVAI
   |   |   |   |   |   |   |   |   |   |   |
   Pitta Brachyura or The Pitta or the short-tailed Ground Thrush in Sinhala. This bird migrates to Sri Lanka in September.

3/ BINRO DIAINN LUBE
   |   |   |   |   |
   This blue bird is from Goa, India

4/ PEALN SEUOH-TINMAR
   |   |   |   |   |
   This House-Martin bird is from Nepal

5/ EENRG MIERHT
   |   |   |   |
   This bird is a hermit in green

6/ [ ] [ ] [ ] [ ] [ ]
   Cause of suffering according to Buddhism

J. S. Swaradeva

www.aslact.com  CANBERRA LANKAN -34-  CanLankan1@gmail.com  < BACK INDEX ↑ NEXT >
You may buy cooking plantains (Saging) at an Asian store. Boil them in a pot with excess water with skins. When they are cooked, peel off their skins. You may dip them in Ginamos (recipe is given below) and enjoy as a snack. You may also enjoy cooked cassava with Ginamos.

**Preparation of Ginamos**

You may use fresh anchovies (sprats) or shrimps.

In a bowl, add excess salt and then add water and mix. After mixing if there is undissolved salt in the bottom use this as it will be a good concentrated solution of salt for washing purposes.

Wash the anchovies with this salt water 3 or 4 times and drain the excess water on a strainer. If you have half a kilogram of anchovies, add about 200 grams of salt crystals to the anchovies and mix well. Add the contents to a clean jar. Then add fish sauce so that the liquid level covers the anchovies in the jar. Make sure you cover the jar with an air-tight lid. This Ginamos can be left in the jar out of the refrigerator for years as no bacteria or other organisms can live in the highly-concentrated salt solution.
When you are ready to eat Ginamos with cooked plantains, take out some Ginamos with liquid to a dish and add cut raw chillies (kochchi – Bird’s Eye chillies - is better) and add fresh lime juice in plenty.

When you eat cooked plantains or cassava dipped in Ginamos, your taste buds will give you an excellent taste. Eat as a snack with beer. Eating plantains with Ginamos is a favourite food in the Philippines.

With Best wishes from,

DILINI CATERERS

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the look
MADOLA IN THE MAKING

Next time you spot a young woman staring you down in the shopping mall, don’t be alarmed; it could just be Canberra designer Ashani Madola, people watching to get inspiration for her next fashion collection.

Like many others who want to pursue a career in fashion in the capital, whether designing, starting a boutique or fashion blogging, Ashani had to start by creating her own platform.

While still fairly new to the city, she started her own ready-to-wear label during the last three years of her time here which served as the foundation of Madola The Label.

“I am that girl who stares at people when they walk by to see what they are wearing, how things are styled and what materials are used,” she says.

Ashani has been involved in the process of developing her own label for over a year, culminating in the launch of her brand in September last year. Her lookbook features Canberra models in urban stairwells and courtyards in Acton or at the National Gallery.

After completing a degree in fashion designing in Singapore, she then worked for popular Middle Eastern lingerie brand Nayomi from the KQ Group in the years to follow.

Ashani incorporates her cultural experiences into the label. “I am still not used to the Canberra winter so I travel a lot and get inspiration from all around the world,” she says.

“My visits to different countries influence me in my designs, but I also study the market here. I transfer those influences into wearable items.”

The name Madola is not only her maiden name but is also a village in Sri Lanka from which her forebears originated. She says the brand represents sophistication, elegance and class, with a few touches of her personal style and added extras such as built-in cups which nullify the issue of exposed bra straps.

“I want people to think ‘oh I look good’ when they wear my clothes, to be confident and to get up and dance,” she says.

“I keep a little sketchbook beside my bed and sometimes I can’t fall asleep because I have so many ideas that I need to get onto paper.”

When asked which designers impress her, Ashani’s eyes light up before blurring out the names of some of her favourites.

“I love the late Alexander McQueen. I obsess over how dramatic his shows are; the collections are extraordinary. Alexander Wang and Roberto Cavalli prints; I have not started with prints yet but in the future I will add more prints and colour into my collections.”

Her current gig as a fashion designer also involves managing the website, pitching to stockists in Canberra and Sydney, and travelling to Hong Kong to play around with suitable materials.

- Talia Liolios

More information: madola.com.au or email wholesale@madola.com.au

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