

Sri Lanka Society of Queensland

Established 1978



Incorporated 1984



Newsletter



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“Sri Lanka Ridma Ranga Dhara”

Performed by the National Dance Troupe of Sri Lanka

Artistic Director – Ravibandhu Vidyapathy

Sunday 26th of November at Moreton Bay Girls College (Music Hall)

Hargreaves Road, Manly West

This is a performance not to be missed and will include a number of dance and drumming items including **Magul Bera and Namaskara Gatha, Saraswathi Pooja, Bharatanatyam, Naga and Gurulu Raksha, Bera Nada, Gajaga, Wadiga Patuna, Ves Netuma, Mayura Netuma, Davul, Thhammettam, Athya Bera, Divyaradhana, Pandam Paliya, Divyaradhana & Bera Nada**

Sri Lanka Society of Queensland proudly presents

"Sri Lanka Ridma Ranga Dhara"

performed by

THE NATIONAL DANCE TROUPE OF SRI LANKA

Artistic Director - Ravibandhu Vidyapathy

Tickets

- Gold - \$50
- Adult - \$35
- Children - \$15 (Under 12)
- Family - \$90 (2 Adults, 2 Children)

Food available for purchase.

2017

November 26

Sunday

at 5.00pm

Contact

Gothami - 3341 0102
Namal - 0433 427 377
Sandhya - 0422 932 366
Persis - 0401 488 065
Or any committee member

Moreton Bay College (Girls) Music Hall
Hargreaves Rd, Manly West



Workshop by the National Dance Troupe

Sri Lanka Society of Queensland will host a dance and drumming workshop with the National Dance Troupe of Sri Lanka and their Artistic Director, **Mr Ravibandhu Vidyapathy**.

Date: Tuesday 28th of November

Time: 7.30 to 9.30 pm

Place: Forest Lake Community House, 3 Alpine Place, Forest Lake.

Cost: \$5:00

Please make use of this fantastic opportunity to improve your dance and drumming techniques.

All participants must be registered to attend as places are limited.

To register please send your name and age to any of the following

Gothami Meepe – 3341 0102 /0421 635 353

Namal Wijeratne – 0433 427 377

Neela Matthews – 0400 838 386



Book Launch at Carindale

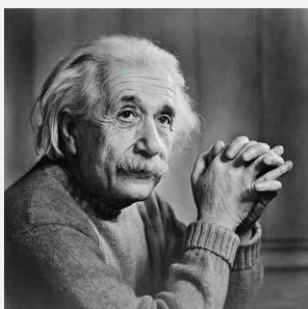
The Sri Lanka Society of Queensland (SLSQ) held a successful book launch event on the 8th of October at the Carindale library to introduce the three latest books, *Thewatte Rajjuruvo* (novel), *Uhulana Derana Amma* (biography) and *Gihigedera Kahavanu* (Teachings of Lord Buddha) by Dr Nimal Sedera at a well-attended function. Consul General for Sri Lanka in new South Wales Mr Lal Wickramatunga and Honorary Consul for Sri Lanka in Queensland Mr Anton Swan were the special guests at the event.



President of the Society, Gothami Meepe, welcomed the gathering. Tracing back their association for over 50 years, Mrs Swarna Sedera did the introduction of her husband with excellent humour and insight.

A writer himself, Mr Lal Wickramatunga complemented Nimal Sedera for his contribution to literature by publishing sixty-five books.

The books were reviewed by Dr. Kumarasinghe Dissanayake, Mr Ananda Samaratunga and Professor Darshana Sedera. The evening was certainly made alive by the introduction of a writing competition on "my mother" and musical items by Mr. Dushyantha Munasinghe and a group of Sri Lankans. The event was presented by Namal Wijeratne.



The biology of Time

"The distinction between the past, present, and future is only a stubbornly persistent illusion"

- Albert Einstein

Sinharaja Forest Reserve

Located in south-west Sri Lanka, Sinharaja is the country's last viable area of primary tropical rainforest. More than 60% of the trees are endemic and many of them are considered rare. There is much endemic wildlife, especially birds, but the reserve is also home to over 50% of Sri Lanka's endemic species of mammals and butterflies, as well as many kinds of insects, reptiles and rare amphibians.

Sinharaja Rain Forest (a UNESCO World Heritage Site), the last viable remnant of Sri Lanka's tropical lowland rainforest spanning an area of 18900 acres is located within Sabaragamuwa and Southern provinces of the south-west lowland wet zone of Sri Lanka. The forest is bounded by rivers on three sides. It is a narrow strip of undulating terrain consisting of a series of ridges and valleys drained by an intricate network of streams, which flow into the Gin Ganga on the southern boundary and Kalu Ganga, via the Napola Dola, Koskulana Ganga and Kudawa Ganga, on the northern boundary. On the south and south-west are Maha Dola and Gin Ganga.



Ceylon Tree Nymph Butterfly



Tropical Fungi



Native Fish



Hump Nosed Lizard



Brown Patched Kangaroo Lizard

On the west are the Kalukandawa Ela and Kudawa Ganga. To the east of Sinharaja is an ancient footpath near Beverley Tea Estate and by the Denuwa Kanda. The total area of the Sinharaja Forest Reserve is 18,900 acres or 7,648 hectares. It ranges in altitude from 300m to 1,170m. Most of the area of Sinharaja forest was originally declared a forest reserve under the Waste Lands Ordinance in 1875.

In 1978, Sinharaja Rain Forest was included in the international network of biosphere reserves, established and maintained as part of UNESCO's Man and the Biosphere (MAB) program. In October 1988, this reserve, together with a north-eastern extension of it, was declared Sri Lanka's first National Wilderness Heritage Area. In December 1988, the Sinharaja Biosphere Reserve became Sri Lanka's first natural site to be added to UNESCO World Heritage list.

Meteorological records gathered from in and around Sinharaja over the last 60 years reveal the annual rainfall of Sinharaja Forest has ranged between 3614mm to 5006mm and temperatures from 19°C to 34°C. The high rainfall is owing to two monsoons: south-west monsoons during May-July and the north-east monsoons during November-January.

From Northern or western parts of the country you can reach Sinharaja Forest Reserve via Ratnapura, Kiriella, Kalawana, Weddala. From the South you can enter Sinharaja from Deniyaya. Coming from Hambantota, Udawalawe you can enter Sinharaja from Rakwana side. The two main nature trails of the Sinharaja Rain Forest are those leading to the peak of Moulawella and the peak of Sinthagala. Both of these nature trails begins at Kudawa Conservation Centre (KCC) and are equally enjoyable and enlightening. The forest is densely crowded with tall trees growing in close proximity, but winding trails make the trekking worthwhile. Small streams of crystal-clear cool water, that is home to a variety of fish, toads and crabs, crisscross the trails. And the mixed species of birds are seen in the canopy of woods.

Sinharaja Forest reserve is also home to over 50% of Sri Lanka’s endemic species of mammals and butterflies, as well as many kinds of insects, reptiles and rare amphibians.

It is home to numerous indigenous birds such as the Ceylon Hanging Parrot (*Loriculus beryllinus*), the Ceylon Grey Hornbill (*Ocyrceros gingalensis*), the Ashy-headed Laughing Thrush (*Garrulax cinereifrons*), Layard’s parakeet (*Psittacula calthripae*), the Jungle fowl (*Gallus lafayetii*), the Spur fowl (*Galloperdix bicalcarata*), the Ceylon Wood Pigeon (*Columba torringtonii*), the Brown- capped Babbler (*Pellorneum fuscocapillum*), the Red-faced Malkoha (*Phaenicophaeus pyrrhocephalus*) and the Ceylon Blue Magpie (*Urocissa ornate*) among others, are prominent in this area. 19 of Sri Lanka’s 20 species of endemic bird species are found in the Sinharaja Reserve. Among the endangered birds are Sri Lanka Wood Pigeon, Green-Billed Coucal, Sri Lankan white-headed starling, Red-faced Malkoha, Green-billed Coucal, Sri Lanka Spur fowl Sri Lankan Blue Magpie, and Ashy-headed Babbler, all of which are endemic.

Out of 12 endemic mammal species of the country 8 are found here. Giant squirrel, dusky-striped jungle squirrel, badger mongoose and endemic purple-faced leaf monkey and torque macaque are frequently seen. Many threatened species of mammals, reptiles, amphibians and butterflies are found in the Reserve including the leopard. Endemism among mammals and butterflies is greater than 50%. Reptiles and amphibia include python, endemic green pit viper, endemic hump nosed lizard (*Lyriocephalus scutatus*) and rough-nose horned lizard (*Ceratophora aspera*).



Female Malabar Trogon

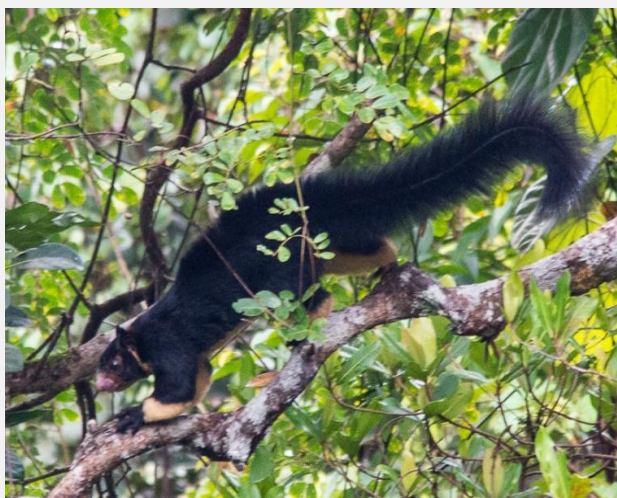


Male Malabar Trogon



Pitcher Plant

The long-term success of conserving Sinharaja depends upon the sustainable development of its buffer and peripheral zones through a participatory approach emphasizing the involvement of local people. Construction of hotels on peripheral zones and constructions of roads over the protected areas are bound to result in irrecoverable damages to this world heritage site.



Grizzled Giant Squirrel



Serendib Scops Owl



Sri Lanka Blue Magpie



Purple Faced Langur



Catfish

Adapted from “Sinharaja Rain Forest in Sri Lanka”

Sources – <https://lanka.com/about/attractions/sinharaja-rain-forest/>
<http://whc.unesco.org/en/list/405>

Photographs from Zoologist and amateur photographer Wilmot Senaratne’s collection

Ups and Downs in Life

Excerpts from Ven. Ajahn Brahmavamso's Dhamma Talk at the World Buddhist Summit held in Sri Lanka: "Ups and Downs in Life" (sourced from the internet – Daily News, November 03, 2017)



Ven. Ajahn Brahmavamso

The insight you gain from meditation is so powerful, you can answer questions in all subjects. Even if you are put in an uncomfortable situation, you can use your experience and insights into the ways of the mind to cope with whatever happens. No matter what you experience, you can always do something about it.

When you're walking home from the office, sometimes unfortunately you trip in dog poo. Whenever you tread in dog poo, never scrape it off your shoes. Always take it home with you. Because once you get home, you may have an apple tree in your garden, and you can dig that dog poo into that tree. One year later, the apples from your tree will be sweeter. When you taste the sweet apples – that's dog poo transformed. So, even when you face difficult experiences in life, which you must from time to time, like treading in dog poo, you can always dig it in. If you know how to use the dog poo of life, it always grows sweeter apples in your life.

If you have a down in life, a difficult period, never think it is something you have to get rid of straight away. Never allow the mind to get into depression. Surely you can't change the situation you're in. But you can change your attitude towards it. You can't control the world, but you can control your attitude – how you regard the dog poo and what you do with it.

Life is not what happens to us, but the way we look at it:

'You can't control the world, but your attitude'

Control your emotions

It doesn't matter what people say to you or do to you. Why do people throw scorn on you anyway? They do it to try to make you upset. They're trying to control your emotions. Why do you allow people to control you so much? Why do people allow their happiness to get destroyed in this way? If you're wise, you say your peace and ease is under your power. You don't have to let people control you or your happiness. They can say what they like, do what they like. You can choose to just let it go and make peace with it. We have the opportunity to make a different response to the ups and downs in life. We can make this difference. We can.

During the downs in life, you do not need to allow the pain and despair to overwhelm you. There is something useful to gain no matter what has happened to you. The downs in life are the dog poo of your life. That's where you learn. That's the fertilizer. That's the stuff of growth. That's the Growing Pains. As for the beautiful ups in life – that's your reward. But the ups also help you to grow happiness. We should always remember to.

Great downs in life

One of the great downs in life is relationships. Marriage. Partnership. Very often, I see the difficulties my disciples have figuring out how men and women can live together in peace and harmony. How to have a relationship with someone that won't descend into bitterness and divorce. Some people's marriages are very dysfunctional. Sure, they live together, but they aren't happy together. What a strange thing that is.

If you have children, you love the children no matter what they do, who they are, or what their character is like. Now, when you choose husband or wife, you spend more time than you do selecting a car. You take them out, check them out, have your friends and parents check them out. Sometimes these days you even test-drive them before you commit. Why is it that after you go through all these tests, you can't love your partner the way you love your child? Why can't you love them unconditionally?

If men and women can live in harmony, if we learn how to stop conflict, learn to give and take, in our own house, then people in the country, in the region, in the world may be able to. How can we learn to do that? So much of conflict starts with a fault-finding mind. When you look at a partner during your first date, you think he's the most wonderful person in world. But at the time you divorce, you think he's the most horrible person.

Actually, he's pretty much the same person. What has changed is your attitude towards him. Love is blind at first. And if love is blind, then marriage is an institution for the blind. But after a while, you become blind not to the faults, but the good. You need to open your eyes to see the good. Don't just look at the faults. Actually, they had them from the beginning. Look at their beauty as well. Too often in life, when we don't look at another's beauty, we get angry. If you have an enemy, say a person in the office or next door or a family member, a great way of overcoming the problem is to look for beauty in the enemy. Something you can respect, something you can find endearing.

So the next time you have an argument with your partner, get out a piece of paper. Write down all the mean, spiteful, lazy things they do. Then write down why you fell in love with them in the first place – all the beautiful things. Then go give it to your partner. Do you understand what we're doing here? Through this exercise we're forcing people to see something beautiful in the enemy. Because I'm a monk, I've been trained in this for long time. It's really incredible.

When you see someone in a bad mood, don't look at the scolding. If you look at their beauty, it's amazing. They change. So whatever you look for, the other person shows you that. If you look for faults. They'll show you faults. And more faults. If you look for their beauty and kindness, they will show you that back. And more.

Life is not what happens to us, but the way we look at it, ourselves, our partner, our messes in life. Remember that dog poo is fertilizer. Say, "I'm so lucky!" when you step in some. Scrape it off, dig it in, and grow from it. But remember you learn more from your successes. Whatever worked, repeat it. Never underestimate what you can learn from your successes.

Drumming Classes

Would you like to join the Sri Lanka Society Drumming Troupe?
Classes held on Sunday mornings at Mt Gravatt.

For further information call
Gothami – 3341 0102
Namal – 0433 427 377
Chamitha – 0430 047 664

New mental health support website launched

A new website, "Head to Health" links Australians to online and phone mental health services, information and resources. It supports people seeking help – either for themselves or someone they care about. You can explore the site at:

<https://www.ruok.org.au/new-mental-health-support-website-launched>

Please also find a flyer attached for **free mental health coaching program for refugees and migrants** in Brisbane developed by Beyond Blue.

