



*Vasanthe and Kumudini*

Vasanthe and Kumudini have left Brisbane for Canberra after nearly 20 years living with us and getting involved in almost all community activities. They have assisted the Radio 4EB, Sinhala Sangamaya, Sri Lanka Society and the Silver Fawn Club over the years and members of all Societies will miss them in all their activities. We wish them the very best in their new surrounds. *EDITOR*

*Farewell and Best Wishes!*

It's with mixed feelings that I write this message to farewell Vasanthe and Kumudini who have left Brisbane for Canberra. Both Vasanthe and Kumudini have contributed a lot to the Sri Lankan community in Brisbane over a period closer to two decades. Therefore their departure saddens us immensely. However Vasanthe will be undertaking an important assignment in Canberra where his vast experience as a scientist will be much valued. It makes us both happy and sad.

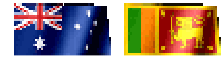
Vasanthe joined the radio group in March 1996 as a programmer and co-opted to the working committee in 1998. He was elected as secretary of the working committee in March 2000; served as Convenor of the group in 2001 and 2002; has been a working committee member and a regular Sunday program producer up to now. During all these years, as an experienced panel operator he provided support to many programmers in addition to training some of them. He has never failed us in an hour of need and is the first "port of call" whenever a programmer or a panel operator became unavailable at the last moment.

*In This Issue*

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As a group Convenor, Vasanthe had several 'firsts' to his credit. It was during his convenorship that the first Sri Lankan stage play was held in Brisbane. The drama 'Padada Asapuwa' was well patronized by the Brisbane Sri Lankan community. Under his convenorship the radio group organized the first musical show 'Mal Varusa' in Brisbane which was a great success.

Vasanthe is a scientist by profession. He completed his PhD at the University of Melbourne in 1978. Later he completed two Fellowships in the UK after which he joined the CSIRO and served there for twenty three years.

For all of us at the radio group he was a great friend who was always willing to offer his helping hand. In addition to serving the group as a panel operator, programmer, secretary, and Convenor, his web-based skills were immensely useful to the group in maintaining the

group web site and in fund-raising activities where he was instrumental in producing a number of good quality promotional material. Even the newsletter you are reading wouldn't have seen the light of day if not for Vasanthe who has been a co-editor of the newsletter.

Kumudini contributed to the community as a dedicated teacher and coordinator/principal of the Brisbane Sinhala School conducted by the Sinhala Association of Queensland. She has been the strength behind Vasanthe.

On behalf of the radio group let me wish Vasanthe and Kumudini good luck and success in all their endeavours!

**Jayasiri Weerawardena  
Convenor—SRILANKAN GROUP  
RADIO 4EB BRISBANE**



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**Radio Programme Schedule**

Vasanthe and Kumu were given a farewell last month. The following response from Vasanthe was received by the Convenor, Jayasiri

*Kumu and I wish to acknowledge the Committee of the Sri Lankan Group of Radio 4EB and you, together with all the spouses for organising a memorable Farewell Dinner Party for us at the 4EB Meeting Room last Sunday. It turned out to be much more than a simple "Paduru Party" and we were very humbled by the sentiments expressed by Jayantha, Ananda and you in public and all expressions made in private by everyone gathered. The gift and the thoughtful plaque are much appreciated as well.*

*As you know, the Radio Group was very special to me and my association with all of you had been very satisfying and fulfilling in many ways and I leave Brisbane with many happy memories, thanks to all of you.*

*I hope and trust that the Radio Group will go from strength to strength and I will do whatever I can from long distance to help you move forward. There are a few more weeks left and I will be seeing most of you, may be at the film or Saralanga, to bid a final adieu.*

*With Kind Regards  
Vasanthe*



**CHILDREN'S CORNER**

**MY HOBBY – TABLA**

**By Thiline Widanagamage  
10 years old (Grade 5)**

It all started when my dad and I visited my uncle. When I heard him playing his tabla I asked my dad if he could buy me one too. So he bought me my very own tabla. I have been taking lessons from uncle for one year and three quarters. During that time I have entered two talent quests in my school. At the 1st contest I

entered, I played 'Dilindu Palay', and came third. The 2nd time I came fifth and played the Tabla to the tune of 'Yun hi Chola' from the Hindi movie 'Swadesh'.

I really enjoy playing the Tabla and I have always dreamed of becoming famous, hopefully one day I'll be. My dad says I'm a very good



Tablist and my mum really enjoys when I play the song "Udarata Kandukara". I am very fortunate to have my Uncle as my teacher and to have played with him at the 'Saralanga' concert.

*We welcome contributions from children of any age. Send us your letters, stories, poems, drawings etc. We will make every effort to publish them in future issues.*

Sunday Radio 8.30 AM	Producer Panel Operator	Tuesday "Sandella" 10.00 PM	Producer Panel Operator
5th Nov. 2006	Gihan Sandun	7th Nov. 2006	Youth Sandun
12th Nov.	Dushyantha Aruna	14th Nov.	Prema Jayasiri
19th Nov.	Ananda Ananda	21st Nov.	Bashitha Ananda
26th Nov.	Jayasiri Jayasiri	28th Nov.	Sam Sam

Farewell to Vasanthe and Kumudini



Contact us on email  
[brisbaneradio@yahoo.com.au](mailto:brisbaneradio@yahoo.com.au)

**New Faces**

We extend a warm welcome to Roshani who has already lent her voice to the Sandella Radio broadcast.

**Profile**

My name is Roshani Bopage, I am 27 and came to Australia last May with my elder brother. I work here as a pre-school teacher in Indooroopilly, Brisbane.

I grew up in a Colombo suburb and did my schooling at Yashodara Girls School. I studied Sinhala Literature for my Advanced Levels and always enjoy reading Sri Lankan writings available here. I look forward to participating and helping in Sri Lankan social events.



**Roshani Bopage**

**Brisbane Events**

**November**



**SILVERFAWN CLUB  
Saturday 11th November**

The Silverfawn Club Inc is organising a Family Fun Day KARAOKE NIGHT on Saturday 11th November 2006 followed by Dance music at 7.00 pm at the Ithaca Bowls Club. There will be a DJ, dance music & dinner and the Club is expecting members and non-members to join in and sing their favourite songs on stage, individual, group or family. The Organisers are ready to make available your favourite song if you contact them early. Tickets are only \$15 for members and \$20 for non-members.

Contact Niranjalie Silva 3720 9730  
Neela Mathews 3289 7324  
Dinty Ranasinghe 3901 2699

The Club has generously agreed to apply reciprocal concessions for tickets on production of membership cards from other Societies.



**A Message from the Editors**

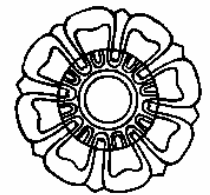
We do encourage you to send us contributions to be included in the future newsletters. Our special invitation extends to younger people including children, and we hope parents who receive this issue will pass it on to their children and encourage them to participate.

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Join and be Part of It  
**4EB FM 98.1**  
*"Sharing the World  
With You"*



The Radio Station at  
Kangaroo Point, Brisbane,  
Queensland Australia  
broadcasting 24/7 'Sharing  
the World with you'



We welcome any constructive criticisms on the content, layout and any other related matters.

**We wish to give a specific name to the E-newsletter. Please send us your suggestions.**

Your letters, stories, poems or anything of community interest would also be appreciated.

Send us an email [brisbaneradio@yahoo.com.au](mailto:brisbaneradio@yahoo.com.au) so that we can include your address in our mailing list.

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Radio 4EB Sri Lankan Group actively encourages the youth to participate in programming, panel operating and other activities. Free training is provided for those who wish to get involved in panel operation. Listen to the programme every Tuesday 10pm to 11pm and send in your song requests and birthday/anniversary greetings to be broadcast. Contact the youth coordinator - Sandun [Sandella.youth@hotmail.com](mailto:Sandella.youth@hotmail.com)

For those who miss out on listening to the Sunday Radio Broadcast, now you have a chance of listening to it during the week by visiting the website, [www.lankavoice.tripod.com](http://www.lankavoice.tripod.com)  
You can also reach the site via <http://www.thummansala.com/>

## Youth Corner

**Munch That Curry!**

As a devoted curry eater, I can't help but notice the ad campaigns on TV: Get active! Yes that's right; Australia



**Nemindhara Rubasinghe**

has a huge childhood obesity problem. Why? Well I think it's because they don't have the privilege of eating a hot coconut curry with the potato sauce poured over a plate of steaming hot rice. The reality is we aren't getting enough exercise and eating healthy.

I remember when I was in primary school, and there was the designated fat kid in our class, and it's pretty much unwritten law to go up to him and give the pudgy stomach a poke. This would induce one of two reactions: Either a giggle or a punch in the face. Let's just say I only poked one pudgy kid in school. Now, I see that the tables have turned. The game is 'poke the skinny kid in the ribs'. Yes that's right, it's got to the stage where there is a designated skinny man in the classroom. How did this come about?

Today there are things in our life that our parents didn't have to put up with. No, I'm not talking about homework, our parents had plenty of that...or so they say. We have takeaway! Super fat filled food travelling at high speed right into our arteries. When combined with zero exercise we have fatties! Millions of them! Now don't get me wrong, there's nothing wrong with being a little horizontally challenged. There is a difference between being big and healthy and big and unhealthy.

Everyone is different, but where do we draw the line? Heart disease is the biggest killer of Australians today so organizations are trying to raise awareness to minimize this problem from the grassroots.

Have you ever looked at some of the photos of your parents when they were young? Now just ignore those sensational bell bottoms and outrageously long side burns and have a good look at how skinny they are. What was it that they had that we didn't? The answer again is what they didn't have. Most of the food they ate was from home and some of the veggies were grown in their garden. They also had to do more things around the house, so they were physically active. So they had a good balance of healthy food and exercise. So find an outdoor hobby like lawn bowls, or Frisbee and make good use of this lovely Queensland weather. How does this affect the Lankan youth you ask?


Sri Lankans have settled into Australia really well and share a lot in common with the Australian culture. Love the summer, BBQ's, Aussie dads and Sri Lankan dads have really big stomachs. This is just the beginning. I went around the Sri Lankan youth community and asked how often they ate takeaway. I was alarmed to find that it was consumed a couple of times a week, and a lot of the high school students drop out of sport for the last two years of school to concentrate on studies. This is fine, because tertiary studies are important, but once this is completed they forget to start up again. This trend follows on to university. As a regular university student I know very well that Sri Lankan students consume junk food everyday. This easily puts us at risk of having heart disease by the time we're middle aged. Something has to be done now.

With the amount of video games that kids play these days, I don't think they would know which end of the bat to use in a game of cricket! So find a nice outdoor hobby that lifts your heart rate up a few notches like running, or a game of soccer and do it a few times a week. Then add in some good veggies, because you need two servings a day. This way you're sure to avoid taking horrible drugs and worse: go under the knife. Save yourself the trouble and get fit, and stop playing video games!

## Radio Group News

**Letters to the editor**

We publish below a couple of responses we received last month from Davenel Flanderka and Nadeeka Gunasekera.


 Please accept my congratulations on another excellent issue.

Wimal mentioned to me that 4EB has commenced broadcasting a small segment in English. This I believe will increase you audience, I suggest you inform the various Sri Lankan Clubs in Brisbane, so that they can inform their members accordingly.

Also you may like to introduce a segment called "Meet The Clubs" where your audience is introduced to the different Sri Lankan Clubs in Brisbane and how they foster good fellowship. Further to this you may wish to talk about the aid program for Tsunami Victims for which the Queensland government has gifted AUS \$ 2mil and the work done by the Sri Lanka Society in Maggona, so people will be aware of the work the societies are performing to assist the country.

I trust you do not think that I am too pushy in suggesting the above, but I strongly believe the more the community and the Australian population is aware of Sri Lanka it will help to increase Multiculturalism.

All the best,  
Davenel

 It's really good. I do listen to the radio often and mainly listen to the community news. In this way if I miss something I can always refer the news letter. Also I think it's a good way to get to know active Lankan participants in the community.

Guyan's youth column article was good. He did mention about it and I did send him my thoughts regarding the topic sometime back. It is interesting to see how Lankan youth are evolving in Australia, especially with the influence of American MTV.

NADEEKA DISSANAYAKE

Your comments would be welcome on this article as well as on the newsletter in general. Selected responses will be published in future issues - Editors