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The Magazine of SriLankan Airlines





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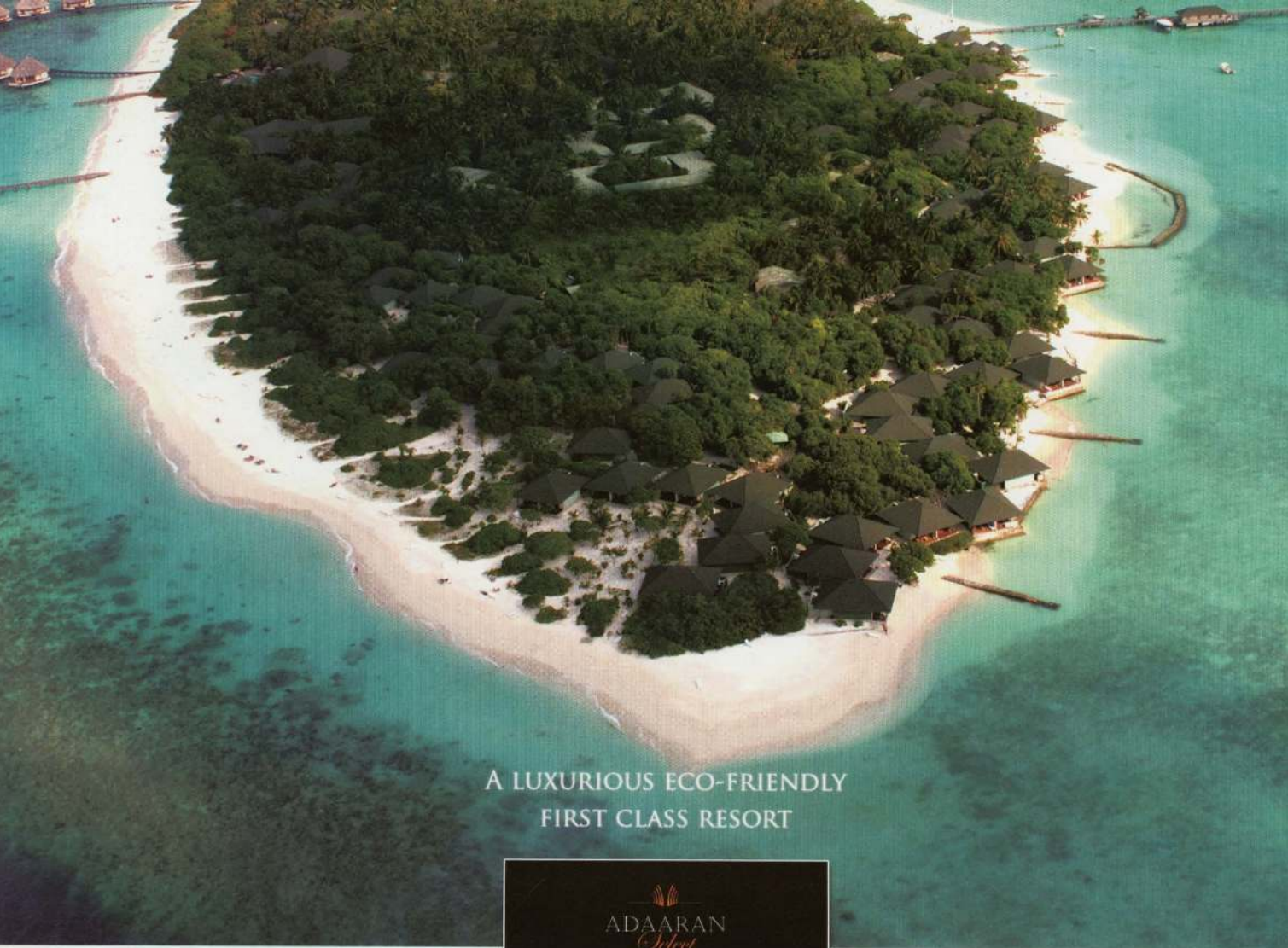
A moment in the life of the ocean and a celebration of nature, complex and unique.



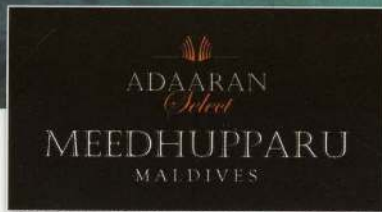
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A fast growing airline industry is increasingly experiencing a pressing need for upgrading systems and services and simultaneously airlines have the responsibility to adhere to practices that conserve the environment. A constant challenge between the industrial world and the health of our planet.

I am pleased with recent achievements obtained by SriLankan Catering (SLC), which became one of a handful of airline caterers in the world, to receive the prestigious ISO 14001:2004 certification for Best Environmental Practices. SLC added to its growing reputation as a model of environmental conservation, when it won the National Energy Efficiency Gold Award in the large scale state sector category. SLC has consciously reduced electricity consumption by 10% and fuel usage by 40% last year, among a series of planned conservation efforts, to deserve this recognition. On top of all airline environmental challenges is, a 1.5 percent annual improvement in fuel efficiency to 2020, also being addressed with top priority by SriLankan Airlines.

In this issue, we highlight the Ramadan Festival celebrated by the Muslim Community; and the unmatched feat and world record of our cricketing hero - spinner Muttiah Muralidaran.

Sri Lanka, as you may have heard, has a reputation as a country abundant in natural diversity. With every edition, we give you glimpses of what Sri Lanka has to offer to the cross-section of visitors who travel year-round to this island of great variety.

We feature our ancient kingdom town Kurunegala, located halfway between Colombo and the more popular ancient UNESCO Heritage Sites in the north-central province. You may read about the classic and vintage cars from the island's vibrant past; or take a journey to the seaside town of Negombo; read about the unusual life style of the Vedda community, still prevalent in various hamlets around the country, in total contrast to the activities in Colombo's beach-side promenade – the Galle Face Green. We focus on our closest neighbour India's Bandhavgarh National Park in the Madhya Pradesh, inviting you to the home of the legendary Indian Tiger.

All this and more for your reading pleasure. I wish you a pleasant flight and thank you for flying SriLankan Airlines.

Nishantha Wickremasinghe

Chairman
SriLankan Airlines

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Fax: (+94 11) 259 7990
Advertising: (+94) 0777 380 861
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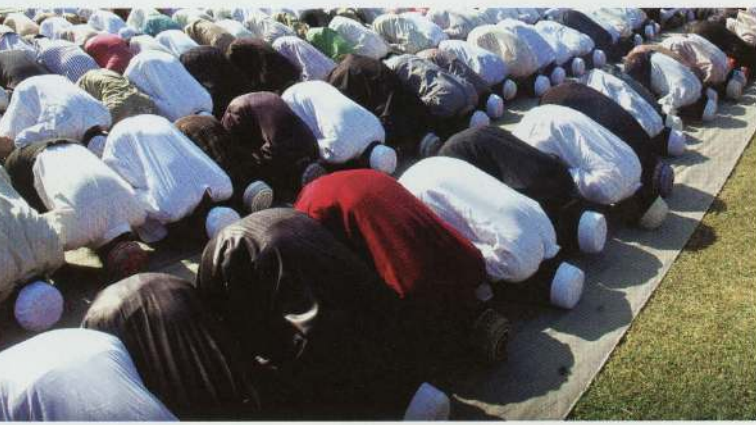
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FESTIVAL
12 – EID MUBARAK

As the holy Islamic month of Ramadan draws to an end, Muslims around the world prepare to celebrate Eid-ul-Fitr. A culmination of the spiritual bounties reaped in the past month, and a celebration of faith, brotherhood and thanksgiving, Eid in Sri Lanka is a festival with a unique flavour.



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22 – දේශනක වර්ණ සොරාගත් සීන සහසන සුරලෙන්
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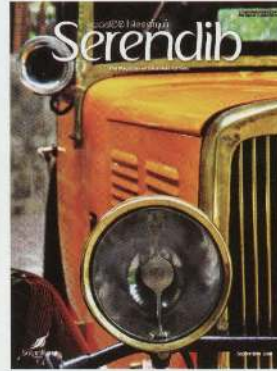
ஆயுர்வேதம்
26 – ஆயுள் காக்கும் ஆயுர்வேதம்
ஆயுர்வேத மருத்துவம் என்பது நூறு சதவீதம் இயற்கையான மூலப்பொருட்களை மட்டுமே உபயோகித்து, இயற்கை எண்ணைகளிலிருந்து நறுமணத்தையும், இயற்கையான பதப்படுத்தல்களையும் உபயோகித்து மிகவும் குறிப்பான வரையறைக்குட்பட்ட செயன்முறைகளின்படி தயாரிக்கப்படும் உன்னதமான பொக்கிஷமாகும்.



HERITAGE
30 – WANNIYA-LAETTO
Sri Lanka's indigenous people, the Veddas or Wanniya-laetto ('forest-dwellers'), preserve a direct line of descent from the island's original inhabitants dating from at least 125,000 BC. Settlements can be found in the East Coast, Danigala and Dambana.



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VOLUME 29 • NUMBER 8



Cover:
The Standard Little 9 1928

CRUISING THROUGH THE AGES
It is their association with the history of the country, as well as their distinctive design, that makes vintage and classic cars so popular. Visitors can see Sri Lanka in style in a vintage or classic chauffeur-driven motorcar from the past.

Photography: Mahesh Prasantha

INDULGE
38 – SPICY COCONUT CUSTARD

A dessert that is rich and sumptuous, Watalappan is a firm favourite among many Sri Lankans. Dizzying sweetness, softness akin to caramel and a delicate touch of spice are all blended into one.

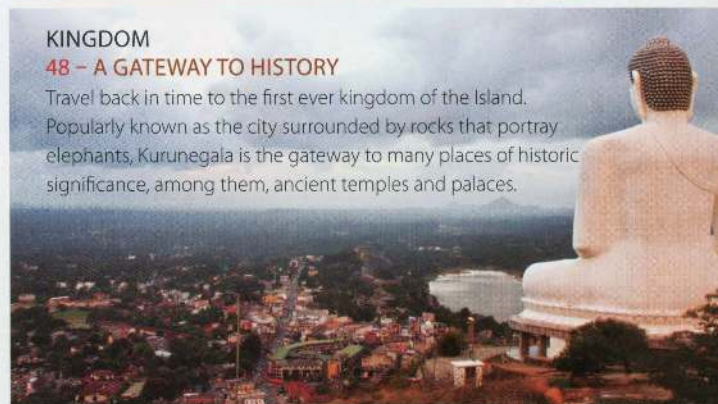


PERSONALITY
42 – AS SIMPLE AS IT GETS: MUTTIAH MURALIDARAN

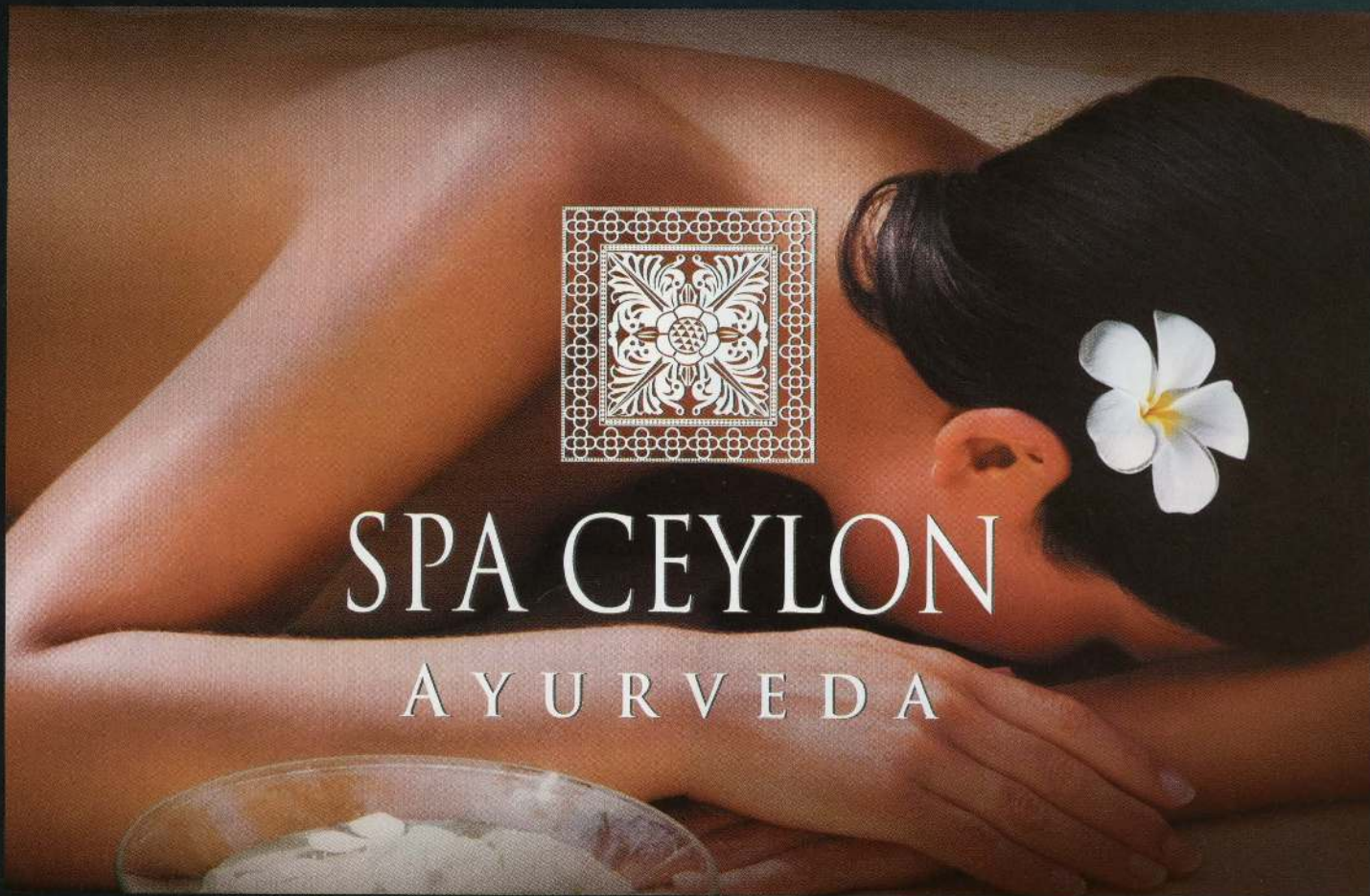
A dynamic personality who has created history in the cricketing arena, Murali, as known by all is a simple person who believes that his achievements are a culmination of hard work and persistence but more than anything else, he considers himself blessed by the Gods.

KINGDOM
48 – A GATEWAY TO HISTORY

Travel back in time to the first ever kingdom of the Island. Popularly known as the city surrounded by rocks that portray elephants, Kurunegala is the gateway to many places of historic significance, among them, ancient temples and palaces.

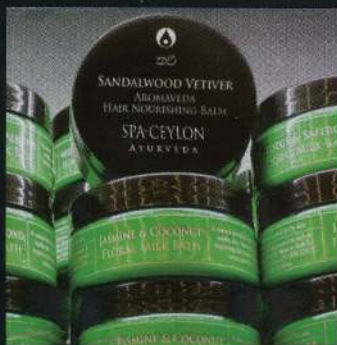


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Held for the second consecutive year, JAZZ 2010 will showcase performances by artistes from around the world.



POSTCARD

60 – IN NEGOMBO

Beautiful beaches, friendly people, culture, history and plenty of delicious seafood, Negombo has it all. Explore the coastal town on the Northwest of Sri Lanka, where, although times and tides have changed, the past has been preserved.



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70 – CRUISING THROUGH THE AGES

Although modern cars have their conveniences, traditionalists in Sri Lanka have held on to their share of classic and vintage cars.



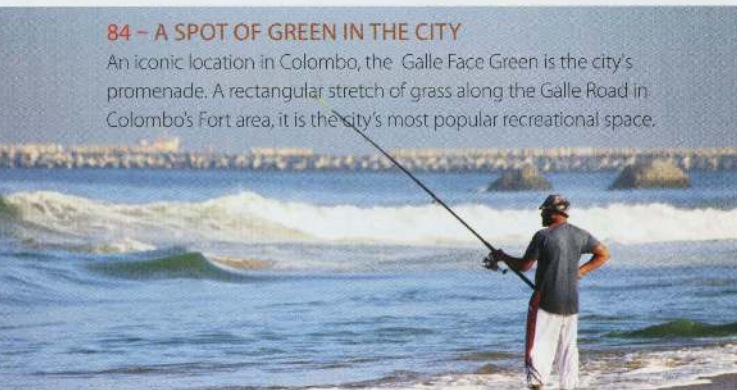
WILDERNESS

76 – TIGERS OF BANDHAVGARH

The very sight of a tiger's powerful face inspires a feeling of fear and curiosity of its undetering magnificence.

84 – A SPOT OF GREEN IN THE CITY

An iconic location in Colombo, the Galle Face Green is the city's promenade. A rectangular stretch of grass along the Galle Road in Colombo's Fort area, it is the city's most popular recreational space.





A supplication during break fast

ඒද මුබාරක!

As the Islamic holy month of Ramadan draws to an end, Muslims around the world prepare to celebrate Eid-ul-Fitr – a culmination of the spiritual bounties reaped in the past month, and a celebration of faith, brotherhood and thanksgiving. As part of the colourful mosaic of local culture, Eid in Sri Lanka is a festival with a unique flavour.

Words: Ayesha Inoon | Photography: Prabhath Chathuranga

During Ramadan, the ninth month of the Islamic lunar calendar, Muslims fast from dawn to sunset, refraining from food and drink and curbing their worldly desires as they attempt to learn patience and spirituality and to purify themselves through self-restraint and pious deeds. In the evenings they gather at home or in mosques, usually breaking the fast with a simple meal of

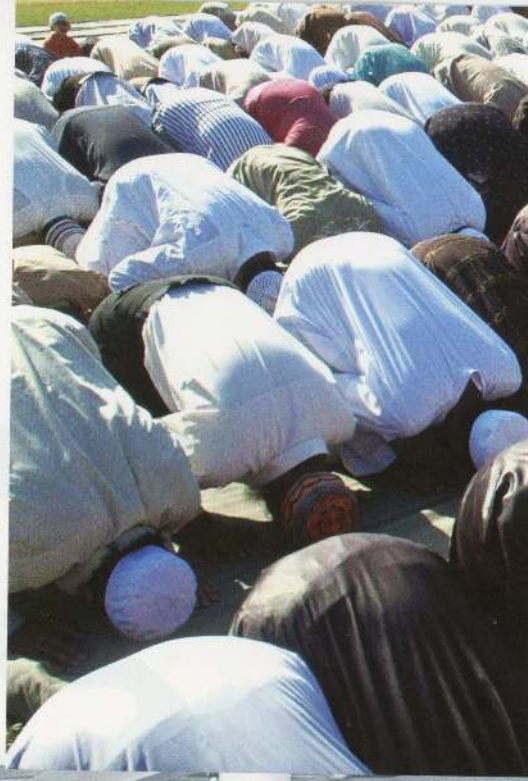
porridge and dates, after which prayers continue, often long into the night.

Eid-ul-Fitr, or the festival of breaking fast is a day of true thanksgiving on which they express their gratitude for the bounties of life and for the blessings received during the holy month. From the moment that the sighting of the new moon is confirmed, the sound of *Takbir*, a chant glorifying God, reverberates in the homes of Muslims.

Held on the first day of *Shawwal*,

the tenth month of the Islamic calendar, the day of the festival is determined by the sighting of the new moon on the previous night, with the naked eye. Having completed 29 days of fasting, a gathering of Muslim religious leaders is held at the Grand Mosque in Colombo, and the public is asked to report any sightings.

Once a number of reliable witnesses have confirmed the sighting of the new moon, also known as '*hila*', the mosque issues a statement confirming the Eid. If there are no sightings, they decree that 30 days of fasting be completed before celebrating Eid. Since it is in accordance with the lunar calendar, the date of the festival varies from year to year.



Preparations begin days beforehand, with aromas of sweetmeats – soft pastries stuffed with dates and nuts, cakes, stewed fruit, golden dumplings in syrup, and many more – wafting from homes that are spring cleaned for the occasion. Women adorn their hands and feet with elaborate patterns of henna, and new clothes are bought and given as gifts to family to wear on that special day.

And yet, Ramadan and Eid is also a time of remembering the less fortunate, with charity and brotherhood being an integral part of the philosophy of Islam. *Zakatul-Fitr* is a special charity incumbent upon every able Muslim, to be given to the needy before the prayers held on the morning of Eid. It is given in the form of approximately two kilograms of dry rations such as wheat, rice, flour or barley or their value in cash. The head of the household is expected to give this charity on behalf of his or her spouse and children as well.

On the day of Eid, Muslims awaken early for their usual dawn prayer, and then have a purifying bath known as *ghusl*. Attired in their best clothes, they proceed for the Eid prayers, usually held



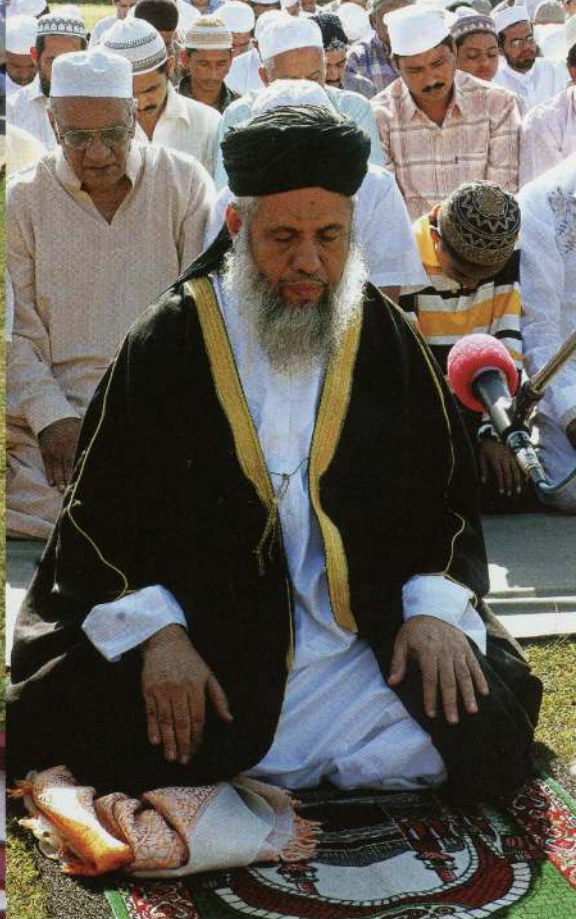
Prayers after breaking fast

in large open areas such as Colombo's Galle Face Green, the men's bright caps and the women's scarves making a vibrant scene in the early morning sunlight. Following in the tradition of the Prophet Muhammad, it is customary to eat a few dates before leaving for prayer, while returning to enjoy the first daytime meal in a month.

After the prayer and sermon, greetings of *Salam* (Peace) and *Eid*



*At special prayers on festival day
(Photography: Lake House)*



*Imam leading the special prayers on festival day
(Photography: Lake House)*



Eid-ul-Fitr, or the festival of breaking fast is a day of true thanksgiving on which they express their gratitude for the bounties of life and for the blessings received during the holy month.

Crowds mill out of the Red Mosque in Pettah after prayers



Women at prayer on festival day (Photography: Lake House)

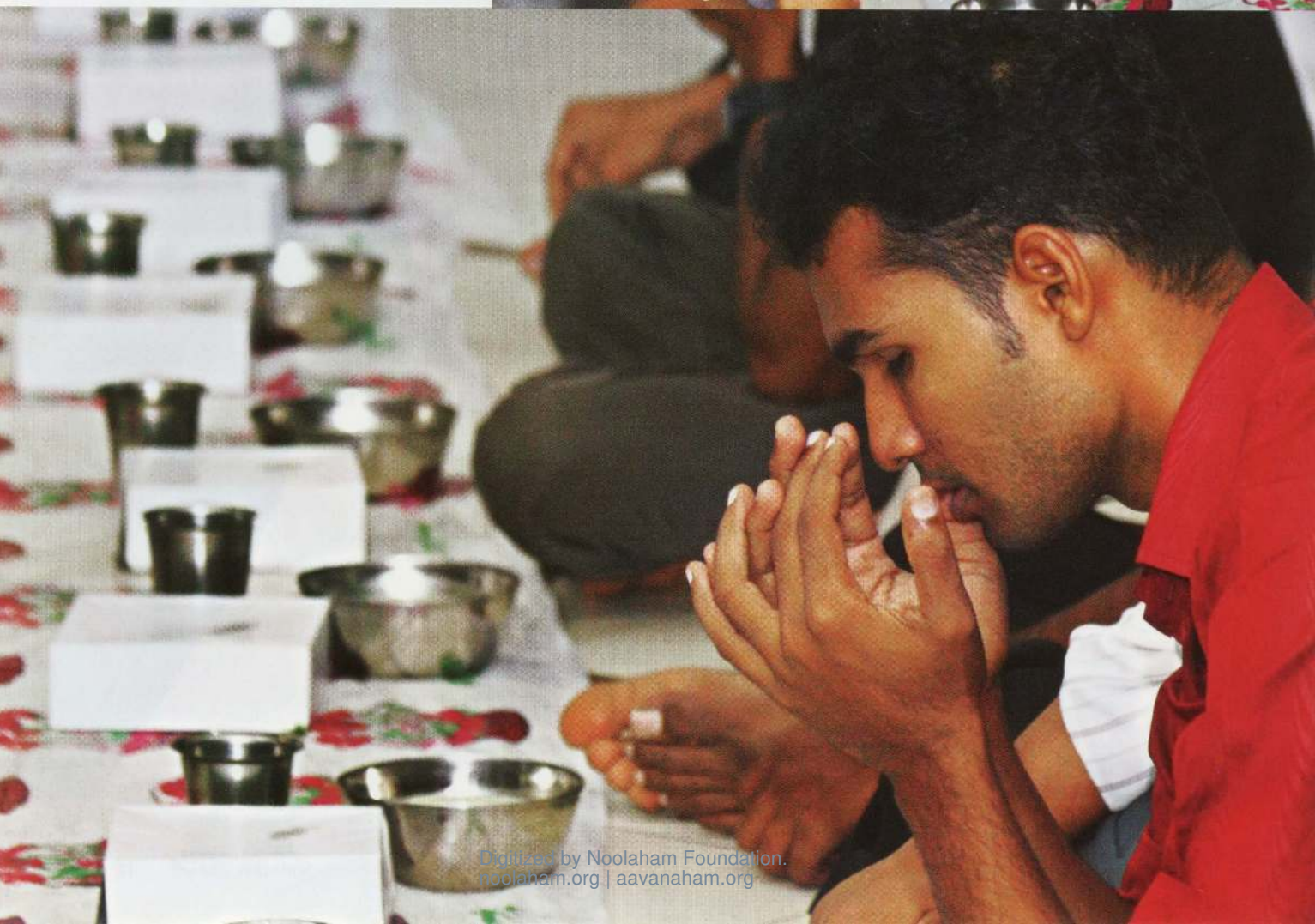


It is said
that when the
Prophet Muhammad
migrated from
Makkah

to Madinah in Saudi Arabia, the people of Madinah had two festivals. The Prophet Muhammad asked the Muslims of Madinah about it. They replied that these two days were for carnivals and festivities. The Prophet Muhammad told them: 'Instead of those two days, Allah has appointed two other days which are better, the days of Eid-ul-Fitr and Eid-ul-Adha.'



Above and Below: Breaking fast at the Bambalapitiya Mosque





A break fast meal of porridge and dates

Eid is also a time of forgiveness and amity; old grudges are forgotten in the atmosphere of joy that the festival brings.

family members being a priority on that day. Children are often given gifts of money and toys.

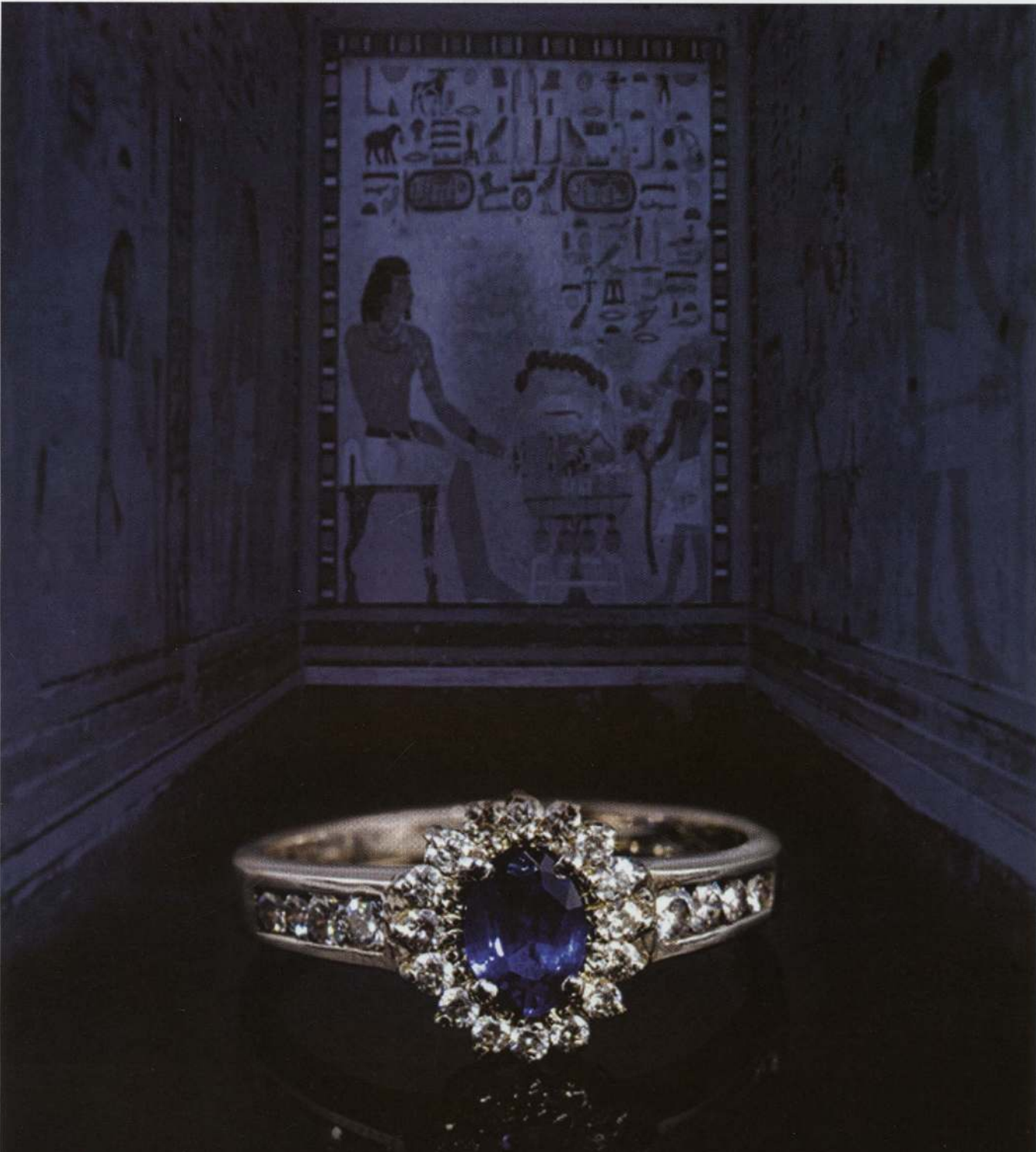
The highlight of the day is a sumptuous lunch with family and friends. In Sri Lanka the main dish is traditionally Biryani – a flavourful dish of rice cooked in meat broth with spices, and served with a delicious combination of fried chicken, chutneys, gravies and salads. For dessert, it is the delectable Watalappan – a sweet and syrupy pudding made of jaggery and coconut. The meal is usually served in a *sahan* – a single large dish from which up to six people may eat together. The *sahans* are laid on a mat on the floor, and everyone enjoys the meal together, reinforcing communal bonds.

The festivities and visiting often continue throughout the week that follows, with every home having a table laden with goodies for guests. Enriched by the spiritual experience of Ramadan and the rewards of Eid, Muslims return to the hustle and bustle of everyday life.

Although the cultural facets of Eid may vary in countries around the world, it is in essence the same celebration of peace, unity and thanksgiving that has been observed by Muslims for centuries. ☺

Mubarak (A blessed Eid) are exchanged with warm embraces. They also say to each other, "*Taqabbala Allaahu minnaa wa minkum*" – 'May Allah accept the worship from you and from us'. Eid is also a time of forgiveness and amity; old grudges are forgotten in the atmosphere of joy that the festival brings. Some make it an occasion to visit the graves of their loved ones and pray for the departed souls.

As with any traditional festival, Eid too centres on home and family, with visiting



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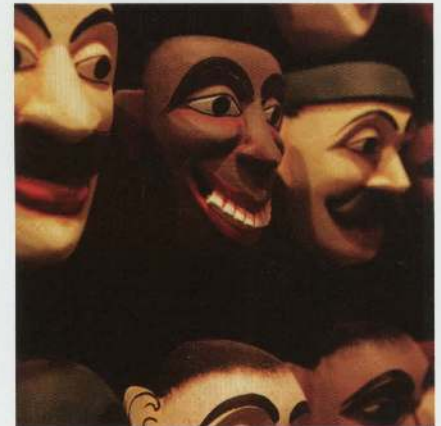
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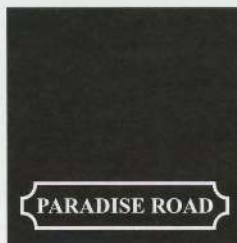
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සොබා දහමේ රහස් සැබවින්ම පුදුම සහගතය. එහි සෑම නිර්මාණයක්ම අපූර්ත්වයකින් යුතුය. සැබවින්ම එය රඳා පවතින්නේ එකිනෙකට හාත්පසින්ම වෙනස් වූ ජීවීන්ගේ අතිශය විවිධත්වය මතයි. අහස, පොළව, ජලය තුළ වෙන වෙනම සජීවී ලෝකයන් බිහිකරන්නට තරම් සොබාදහමෙන් දායාද කළ රහස වන්නේ එම විවිධ හැඩයන්ගෙන් විවිධ ප්‍රමාණයන්ගෙන් විවිධ වර්ණයන්ගෙන් විවිත්‍රවත් වූ ජීවීන්ගේ විවිධත්වයයි. සත්ත්ව වර්ගීකරණයේදී කොඳු ඇට පෙළක් දරන සත්ත්වයින් අතරින් වැඩිම විවිධත්වයක් සඳහා උරුමකම් කියන, ජලජ ලෝකයේ වලනය වන සොඳුරු වර්ණ රාශියක් ලෙස විසිතුරු මත්ස්‍යයින් අර්ථ දැක්වීමේ වරදක් නැත.

සටහන: වතුර අදිකාරම්

ඡායාරූප: මහේෂ් ප්‍රසන්න සහ ප්‍රහාන් වතුරග



ලස්සන යනු පුද්ගලයාගෙන් පුද්ගලයාට වෙනස් වන සුළු දෙයකි. එහෙත් සැබවින්ම සුන්දර වූ වස්තුවක් දෙස කොතරම් වේලාවක් බලා සිටියත් දෙනෙතට කාංසියක් නෙදානේ. විසිතුරු මසුන්ගේ කලාත්මකව සිත්තම් වූණු වෛවර්ණ ගෙන දෙන්නේද සෑම දෙනාටම ලස්සන යැයි හැඟෙන තෙතට සැනසීමක් දැනවන දසුනකි. එවන් විසිතුරු මසුන් තම සුරතලුන් ලෙස ඇති කිරීමට මිනිසා පෙළඹීම එබැවින් පුද්ගලයන් නොවේ. විසිතුරු මසුන් ඇති කිරීමේ ආරම්භය රෝම අධිරාජ්‍යය පැවති සමය තරම් ඈත අතීතයකට හිමිකම් කියයි. රෝම අධිරාජ්‍යයා විසින් කුඩා මුහුදු කාපයකු වන බාර්බල් නම් මත්ස්‍යයින් පිහන් ගෙඩාලින් සාදන ලද ටැංකිවල දමා අමුත්තන් වෙනුවෙන් වෙන්කළ කාමරවල ඇදුන් අසල තබන ලදී. ප්‍රථම වරට මසුන් නිවෙස් කුලට පැමිණීම සිදු වූයේ එලෙසිනි.

එකැන් පටන් මිනිසාගේ සුරතලෙකු ලෙස ගමන් ඇරඹූ සොබාදහමේ වර්ණ පෙරළියේ අයිතිකරුවන් බඳු විසිතුරු මසුන් වර්තමානයේ පුළුල් මාතෘකාවක් බවට පත් වී ඇත. අද වන විට සමහර රටකට විසිතුරු මසුන් අපනයනය විදේශ විනිමය උපයා දෙන සුබදායී මාර්ගයකි. තවත් රටකට අලංකාරවත් විසිතුරු මසුන්ගෙන් පිරුණු දැවැන්ත මින්මැදුරු යනු විදේශ සංචාරකයින් ගෙන්වා ගැනීමට ඇති ප්‍රබලතම ආකර්ෂණයකි. ශ්‍රී ලංකාවටද විසිතුරු මසුන් සම්බන්ධව මේ කරුණු බොහෝමයක් පොදුය. පිරිසකට විසිතුරු මසුන් වගාව හොඳ ආදායම් මාර්ගයක් වනවා සේම තවත් පිරිසකට සිත සනසන තෙත පිනවන විනෝදාංශයක් ලෙස හැඳින්විය හැකිය.

මෙම ජනප්‍රියත්වයට විසිතුරු මසුන්ට ස්වාභාවිකව උරුම වූ වර්ණවත් සුන්දර බවට අමතරව

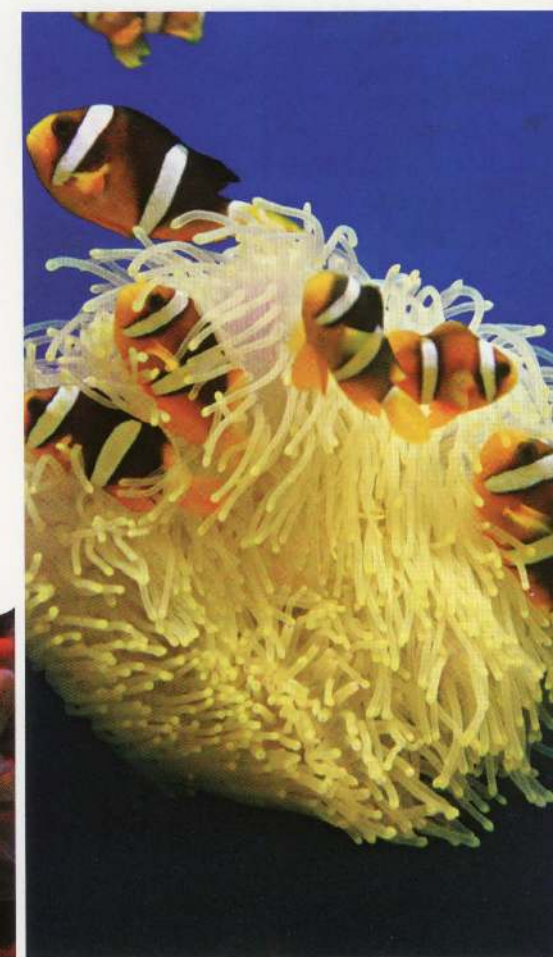
බොහෝ දෙනෙකු විසිතුරු මසුන් වගාව විනෝදාංශයක් කරගැනීමට තුඩු දුන් වෛද්‍ය විද්‍යාත්මක පසුබිමක්ද වේ. එනම් නූතන විද්‍යාත්මක සොයා ගැනීම්වලින් තහවුරු වී ඇත්තේ විසිතුරු මසුන් දෙස දිනකට පැයක් හෝ දෙකක් බලා සිටීම නිරෝගිමත් සෞඛ්‍ය සම්පන්න ජීවිතයකට මහත් පිටුවහලක් බවයි. හෙළි වී ඇති කරුණු අනුව පැවසෙන්නේ එය මිනිසාගේ රුධිර සංසරණය නිසි ලෙස පවත්වාගැනීමට ඉවහල් වන බවයි. විසිතුරු මසුන්ගේ වලනයන් දෙස බලා සිටීමෙන් මානසික ආතතිය අඩු වීමත් මානසික ඒකාග්‍රතාවය ඇතිවීමත් සිදු වේ. වර්තමානයේ සුවිච්චි ආයතනවලත් ව්‍යාපාරික ස්ථානවලත් විවිධ ප්‍රමාණවල විසිතුරු මත්ස්‍ය ටැංකි තැබීමට මෙයද එක් හේතුවකි. ස්නායු පද්ධතියේ ක්‍රියාකාරීත්වයටද යහපත් ප්‍රතිඵලයක් මේ හරහා ඇතිවන බව විශ්වාස කෙරේ.

ආදරයෙන් කැපවිය යුතු විනෝදාංශය

විදුරු ටැංකියක දිය බුබුළු සහ කොළ පාට පැලෑටි අතරින් එහාට මෙහාට ගමන් කරමින් රැඟුම් දක්වන විසිතුරු මසුන් දෙස බලා සිටීමට ආශා නොකරන්නේ කවුරුන්ද? විනෝදාංශයක් ලෙස විසිතුරු මසුන් ඇති කිරීමට බොහෝ දෙනෙකු පෙළඹීමේ රහස එයයි. එහෙත් විනෝදාංශයක් ලෙස වුවත් ආදායම් මාර්ගයක් ලෙස වුවත් විසිතුරු මසුන් ඇති කිරීම යනු පහසුවෙන් කළ හැකි කාර්යයභාරයක් නොවේ. එය ඉතාමත්ම සැලකිල්ලෙන් මෙන්ම අවධානයෙන් කළ යුතුය. මන්ද මත්ස්‍යයින් සජීවීන් වන බැවින් බොහෝ විනෝදාංශවලට වඩා මෙය සම්පූර්ණයෙන්ම වෙනස්ය. අප ටැංකියක හෝ පොකුණක මසුන් ඇති කිරීමේදී සිදු වන්නේ එම මසුන්ගේ ස්වාභාවික පරිසරයට වඩා වෙනස් වූ පරිසරයක එම මසුන්ට ජීවත් වීමට සිදුවීමයි. එම කාක්‍රීම පරිසරය තුළ

ඉක්මනින් ලෙඩ රෝගවලට ගොදුරු වන මසුන් ලෙඩවීමේ ප්‍රවණතාව තවත් වැඩිය. එබැවින් විසිතුරු මත්ස්‍යයින් ඇති කිරීම කුඩා දරුවෙකු රැක බලාගන්නවා මෙන් ආදරයෙන්, පරිස්සමෙන් කැපවීමෙන් කළ යුතු කටයුත්තකි.

කුමන අරමුණකින් වුවත් විසිතුරු මසුන් වගා කිරීමේදී අනිවාර්යයෙන්ම අවධානය යොමු කළ යුතු කරුණු ගණනාවකි. වගාව සඳහා වඩාත් හොඳ මසුන් ලබා ගත හැකි වන්නේ දෙමාපියන් නිරෝගිමත් වීම හා හොඳ ලක්ෂණවලින් යුතු නම් පමණි. මෙය එම මසුන්ගේ පරම්පරා සටහන ඇසුරෙන් දැනගත හැකිය. උදාහරණයක් ලෙස කාප් හා ගොල්ඩ්ෆිෂ් මසුන් අවුරුදු 50ක් පමණ ජීවත් වූ අවස්ථාවන් ලෝකයේ වාර්තා වී ඇති අතර ලංකාවේද අවුරුදු 20ක පමණ දිගු කල් ජීවත් වූ අවස්ථා ඇත.





විසිතුරු මසුන්ගේ විසිතුරු බව රකින්නට...

ජලය තුළ ගෙවන අසිරිමත් ජීවිතය

ජීවයේ සම්භවය පළමුවම සිදු වූයේ ජලයේ බව දැනට විද්‍යාඥයින් පිළිගන්නා මතයයි. මසුන්ගේ ස්වාභාවික පරිසරය වන්නේද ජලයයි. මත්ස්‍යයින්ට ශ්වසනයට අවශ්‍ය ඔක්සිජන් ලබා ගන්නේත් වාසස්ථානය සපයන්නේත් අනෙකුත් ක්‍රියා සඳහා මාධ්‍යයක් වන්නේත් ජලයයි. ඒ අනුව මත්ස්‍යයින්ගේ නිරෝගිමත් බවට ජලයේ ගුණාත්මක බව ඉතාමත්ම අවශ්‍යය. ජලයේ ගුණාත්මක බව තීරණය කරන ප්‍රධාන සාධක ලෙස ජලයේ දිය වී ඇති අම්ල ප්‍රමාණය මත තීරණය වන pH අගය, ජලයේ දිය වී ඇති ඔක්සිජන් ප්‍රමාණය, ජලයේ උෂ්ණත්වය, ජලයේ දිය වී ඇති ඛනිජ අයන ප්‍රමාණය මත රඳා පවතින ජලයේ දෘඪ බව හා ජලයේ දියවී ඇති ඇමෝනියා වායු මෙන්ම නයිට්‍රයිට් ප්‍රමාණය දැක්විය හැකිය.

විසිතුරු මසුන් වගාවේදී මසුන්ගේ නිරෝගී පැවැත්ම පවත්වා ගැනීමට නම් ජලයේ ගුණාත්මක බවට අදාළ සියලු කරුණු එම මසුන්ට ගැලපෙන සුදුසු මට්ටම්වල පවත්වාගත යුතුය. උදාහරණයක් ලෙස සාමාන්‍යයෙන් ලංකාවේ වැඩිපුරම වගාව සඳහා යොදා ගන්නා විසිතුරු මසුන් වන ගෝල්ඩ්ෆිෂ් හා කාපයන් සැලකීමේදී pH අගය 7-7.5 අගයක පවත්වාගත යුතුය. මෙම pH අගය, ජලයේ දෘඪ බව ආදිය මැනීමට උපකරණ ඇති අතර ඒවා වෙළඳ පොළෙන් මිලදී ගත හැකිය. ඇමෝනියා වායු හා නයිට්‍රයිට් අයන ජලයේ සුළු වශයෙන් හෝ තිබීම මසුන්ට අහිතකරය.

- සෑම විටම ජලය පළමුව යාන්ත්‍රික පෙරණයක් හරහාද දෙවනුව UV පෙරණයක් හරහාද පෙරීම සිදුකළ යුතුය. එමඟින් ජලයේ අපද්‍රව්‍ය ඉවත්වීමත් මසුන්ට අහිතකර රෝගකාරක විනාශ වීමත් සිදු වේ.
- දිනකට තුන් වරක්වත් පොකුණේ හෝ ටැංකියේ සම්පූර්ණ ජලය පෙරණය හරහා හුවමාරුවීමට සලස්වන්න.
- ගජපි සඳහා ජලයේ තත්ත්වයන් ඉතාම වැදගත්ය. ඔවුන් ඉක්මනින් රෝගීවන සුළුය. එබැවින් ගජපි විශේෂ තනිව වගා කිරීම සුදුසුය.
- මොලී විශේෂ ඉක්මනින් ජලය අපිරිසිදු කරයි. එබැවින් මොලී විශේෂද තනිව වගා කිරීම පහසුය.
- සතියකට තුන්වරක් පමණ පීකුදු අඹරා කුඩුකර ආහාරයට මිශ්‍රකර දීම මත්ස්‍ය පෝෂණයට සුදුසුය..
- මසුන් විදුරුවේ ඇතිල්ලෙන ස්වරූපයක් පෙන්වන්නේ නම් කිසියම් ආසදනයක් හෝ රෝගයක් ඇති වී තිබෙන බවට සාක්ෂියකි. බහුලව ඇතිවන රෝග සඳහා වෙළඳ පොළේ මිලදී ගැනීමට ඇති ට්‍රිපල් මික්ෂර් භාවිතා කළ හැකිය.
- කැම නොගනී නම් ඉන් අදහස් වන්නේ ජලයේ ගුණාත්මක බව නැවත පරීක්ෂා කර බැලිය යුතු බවයි.

සොබාදහමෙන් ලද තිළිණය

යුරෝපයේ රටවල් සමඟ සැසඳීමේදී ආසියානු කලාපයේ රටක්වන ශ්‍රී ලංකාවේ දේශගුණික තත්ත්වයන් විසිතුරු මත්ස්‍ය වගාව සඳහා ඉතාමත්ම හිතකරය. වසර මුළුල්ලේම ශ්‍රී ලංකාවට වැසි වැටේ. එබැවින් මසුන්ට අවශ්‍ය ජලජ පරිසරය සීමාකාරී සාධකයක් නොවේ. එසේම මත්ස්‍ය වගාව සඳහා යන වියදමද අනෙකුත් රටවලට සාපේක්ෂව ශ්‍රී ලංකාවේ අඩුය. විශේෂයෙන් පැටවුන් බිහිකරන විසිතුරු මසුන් අවුරුද්දේ මාස 12 පුරාම වගා කිරීමට අවශ්‍ය සාධක සියල්ල ශ්‍රී ලංකාව සතිය.

නිවසක විසිතුරු මසුන් වගාවේදී ප්‍රධාන වශයෙන් යොදා ගන්නා ක්‍රම දෙක වන්නේ එළිමහන් පොකුණක හෝ නිවස තුළ ටැංකි ආශ්‍රිතවය. සාමාන්‍යයෙන් එළිමහන් පොකුණක මසුන් වගා කිරීමේදී බහුලව යොදාගන්නා මත්ස්‍ය විශේෂ වන්නේ කාපයන්, ගෝල්ඩ්ෆිෂ් හා ඔස්කාර් යන මසුන්ය. විදුරු ටැංකියක මසුන්

වගාකිරීමේදී යොදාගත හැකි විසිතුරු මත්ස්‍ය විශේෂ රාශියකි. මෙහිදී බහුලව භාවිතා වන විශේෂ වශයෙන් ගජපි, සෝඩ්ටේල්, ජලේට්, මොලී, ඒන්ජල්, ඩිස්කස්, ටෙට්ටරා හා බාර්බ් වැනි විශේෂ සඳහන් කළ හැකිය. මෙම සුන්දර මත්ස්‍යයින් වගා කිරීමේදී යොදා ගන්නා මත්ස්‍ය සංකලනයන්ද වැදගත්ය. එනම් එහිදී මාංශභක්ෂක මසුන් සමඟ අනෙකුත් මත්ස්‍යයින් එකට වගාකිරීමට නොහැකිය.

මේ සියල්ල තහවුරු කරන්නේ මනබදින වර්ණයන් සොරකම් කරගෙන සොබා දහමේ අපූර්ත්වය සුන්දරව කැටිකරගත් විසිතුරු මසුන් සැබවින්ම විශ්වයේ විශිෂ්ට නිමැවුමක් බවයි. එසේ නම් එම මසුන් අපගේ නෙතු මානයේ රඳවා ගනිමින් ධකබලා ගැනීමද එතරම්ම අපහසු කාර්යයක් වීම, පුදුමයක් නෙවේ. ☺

මෙම ලිපිය සැකසෙන්නේ OrnaFish පුද්ගලික සමාගමේ ශ්‍රීලාල් සමරසේකර මහතා සමඟ පැවති පිළිසඳහන් ඇසුරෙනි.

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ஆயுள் காக்கும் ஆயுர்வேதம்

விபரம் - ஜனனி ஜெயரட்ணராஜா

ஆதி கால மனிதன் இயற்கையோடு கைகோர்த்து வாழ்ந்தான். ஆரோக்கியமும் இன்பமும் நிறைந்த அவன் வாழ்க்கையில் குறைகள் என்று ஏதும் இருக்கவில்லை. இருந்தால், அதற்கான தீர்வும் இயற்கையிடமிருந்தே அவனுக்குக் கிடைத்தது.

இயற்கையை ஆதாரமாகத் தழுவி வாழ்ந்த அக்கால மனிதன், அவனது நோய் நொடிகளுக்கு இயற்கையிடமிருந்தே தீர்வுகளைப் பெற்றவக் கொண்டான். மிகச் சிறந்த மருத்துவமான இயற்கை மருத்துவம் அவ்வாறு தான் உயிர்பெற்றது.

மனித உடலில் உருவாகும் நச்சுக்களை வெளியேற்றி, உடல் உறுப்புக்களை சுத்தம் செய்து இயற்கை வளங்களின் மூலம் உடலை ஆரோக்கியமாகப் பேணும் மூல மந்திர சாஸ்திரமே இயற்கை மருத்துவமாகும்.

மொழி, சூழ்நிலை ஆகியவற்றின் அடிப்படையில் இன்று உலகில் ஆங்கில மருத்துவம், சீத்த மருத்துவம், இயற்கை மருத்துவம் என பல்வேறு மருத்துவ முறைகள் இருக்கின்றன. ஓஸலச் சுவடிகளிலும், கல்வெட்டுக்களிலும் பெரிதாக்கப்பட்டு மகத்தான தன்மைகளைக் கொண்டு கி.மு 4000 ஆண்டு காலத்திலிருந்தே, குறிப்பாக இலங்கையிலும், இந்தியாவிலும் பயன்பாட்டில் இருந்து வந்த "வாழ்க்கையின் விஞ்ஞானம்" (Science of Life) ஆயுர்வேதம் ஆகும்.

ஆயுர்வேதத்தின் கோற்றம் அதன் முதல் நூலான 'சரக சம்ஹிதை' எனும் நூலில்

விளக்கப்பட்டுள்ளது. அதில் இத்தத்துவம் உலகில் இருந்துள்ளது என்றும், பிரம்மா பிரஜாபதிக்கும் வைத்தியர்களான அஸ்வினி குமாரர்களுக்கும் கற்றுக் கொடுக்க, அவர்கள் அதை இந்திரனுக்கும் கற்றுக் கொடுத்து இவ்வாறு முனிவர்கள், தவசிகள், ஞானிகள் வேதங்களின் ஒரு பகுதியாக ஆயுர்வேதத்தை உருவாக்கினர் என்று குறிப்பிடப்பட்டுள்ளது.

ஆகையினால்தான் பண்டைய நல்களான புராணங்கள், உபநிடதங்கள், இராமாயணம், மகாபாரதம், திருக்குறள் மற்றும் சமண - சமய நூல்களிலும் ஆயுர்வேதத்தைப் பற்றிய குறிப்புகளை நாம் காணக்கூடியதாக உள்ளது.

ஆயுள் காக்கும் ஆயுர்வேதத்தின் குறிக்கோள்கள்

1. நோயற்ற தன்மையைப் பேணுவது
2. உடலிலுள்ள நோய்களை முழுமையாக அகற்றுவது

இந்த உலகை காற்று, வெப்பம் (உஷ்ணம்), சூளிர்ச்சி (சீதம்) ஆகிய முச்சக்திகளும் இயங்கச் செய்வது போலவே, எமது உடலை வாதம், பித்தம், கபம் எனும் தாதுக்கள் இயங்கச் செய்கின்றன. இத் தோஷங்களின் சமநிலை குழம்பும் போதுதான் உடலில் நோய்கள் உருவாகின்றன.

இதைத்தான் நம் சொல்லின் வல்லனாம் வள்ளுவன், "மிக்னம் குறையினும் நோய் செய்யும் நாலேர் வளிமுதலா வெண்ணிய மூன்று" என்று எடுத்துரைத்தள்ளார்.

வாதம், பித்தம், கபம் எனும் மூன்று தோஷங்களும் முறையே காற்று, சூரியன், சந்திரன் ஆகியவற்றையே பிரதிபலிக்கின்றன. வாதம் என்றால் வாயு, பித்தம் என்றால் பித்தநீர், கபம் என்றால் சளி. இவற்றை மனித உடலில் சமச்சீரான நிலைக்குக் கொண்டு வருவதே ஆயுர்வேத மருத்துவமாகும்.

ஆயுர்வேதத்திலும் இவ் உலகம் ஐந்து மூலப் பொருட்களால் ஆனது என்று குறிப்பிடப்பட்டுள்ளது. ஆம்! நிலம், நீர், நெடுப்பு, காற்று, ஆகாயம் ஆகிய பஞ்ச பூதங்களும் மனித உடலில் மூன்று தோஷங்களாகவும், ஏழு தாதுக்களாகவும், மூன்று மலங்களாகவும் வெளிப்படுகின்றன. தோஷங்களுக்கென்று உடலில் தனி உறைவிடம் உண்டு, அவை ஒவ்வொன்றிற்கும் தனித்துவமான குணங்களும் உண்டு. இவை சேர்ந்தும், தனித்தும் அறுபத்து இரண்டு வழிகளில் நோய்களை உண்டாக்கக் கூடியவை.

ஆயுர்வேதத்திலுள்ள மூன்று தோஷங்களும் ரஜோ, தமோ, சாத்வ குணங்களைக் கொண்டும் பிரிக்கப்படுகின்றன. அதாவது வாதம் 'ரஜோ' குணத்தையும், பித்தம் 'சாத்வ' குணத்தையும், கபம் 'தமோ' குணத்தையும் கொண்டதாகும். இக்குணங்கள் சமநிலையில் உள்ளபோது உடல் ஆரோக்கியமும், ஆன்மை செய்யும் தோஷத்தைப் பொறுத்து உடலின் செயற்பாடுகளும் அமைமும். உதாரணமாக கபம் எனும் தோஷம் அதிகரித்தவர்கள் தமோ குணத்தைப் போன்று மந்தக் தன்மை, செயலில் பின்னடைவு உள்ளவர்களாக காணப்படுவார்கள்.



ரஜேர, தமே, சாத்வ ஆகிய முக்குணங்கள் மட்டுமல்லாது மூன்று தோஷங்களும் ஒருவரின் மன நிலையைப் பாதிக்கும் காரணத்தினாலேயே, ஆயுர்வேதத்தில் உடல் சிகிச்சையுடன் மன சிகிச்சையும் வழங்கப்படுகின்றது.

ஆகையால்தான், மருந்துகளை உட்கொள்ளும்முன் ஆயுர்வேத வைத்தியரைக் கண்டு, தோஷங்களின் பாதிப்பு என்ன என்பதை அறிந்துகொள்வது அவசியமாகும். பெரும்பாலும் ஆயுர் வேத வைத்தியர்கள், ஒருவரின் தோற்றம், நாடித்துடிப்பு, நடத்தை ஆகியவற்றைப் பார்த்தும் பரிசோதித்தும் தோஷத்தின் தன்மையைத் தெரிந்து கொள்வர்.

இயற்கையிடமிருந்து தன்னை அந்நியப் படுத்திய மனிதன், மீண்டும் இயற்கையின் வரப்பிரசாதங்களைப் பெற முனையும் போது தடையாய் இருந்தது ஆயுர்வேதம் பற்றிய பழையமையான உள்ளணர்வு (Ancient Perception). ஆயுர்வேத மருத்துவம் என்றாலே துர்நாற்றமும், எண்ணெய்களும், கசப்பான மருந்துகளும் என்றிருந்த நிலையை மாற்றி, இன்று அவற்றிவள்ள இயற்கையான நற்குணங்களைப் பேணுவதோடு மட்டுமல்லாமல் ஆயுர்வேத சிகிச்சை முறை ஒரு மகிழ்ச்சியான அனுபவமாகவே (Pleasant Experience) இக்காலத்தில் சந்தைப்படுத்தப்படுகின்றது. ஆகவேதான், தற்போது, இலங்கையில் மட்டுமல்லாது உலகளாவிய ரீதியிலும் ஆயுர்வேத மருத்துவத்திற்கும், ஆயுர்வேத முறைப்படி தயாரிக்கப்பட்ட பொருட்களுக்கும் கிராக்கி (Demand) அதிகரித்துள்ளது.

சூருங்கக் கூறின், ஆயுர்வேத மருத்துவம் என்பது நறு சதவீதம் இயற்கையான மூலப்பொருட்களை மட்டுமே உபயோகித்து, விலங்குக் கொழுப்பு சில சமயங்களில் சேர்க்கப்பட்டும் பெருமளவில் சேர்க்கப்படாமலும், இயற்கை எண்ணெய்களிலிருந்து நறுமணத்தையும், இயற்கையான பதப்படுத்தல்களையும் உபயோகித்து சூரியமான வரையறைக்குட்பட்ட செயன்முறைகளின்படி தயாரிக்கப்படும் உன்னதமான பொருட்களாகும்.

ஆயுர்வேதப் பொருட்களை தேர்ந்தெடுக்கும்முன், ஒரு ஆயுர்வேத வைத்தியரை சந்தித்து சிகிச்சை பெற வேண்டிய தோஷம் எதுவென்று அறிந்து கொள்ள வேண்டும். அதன் பின், வாடிக்கையாளர்களுக்குக் கொடுக்கும் வாக்குறுதியைப் பேணும் நற்பெயர் கொண்ட தரவகையைத் தேர்ந்தெடுப்பது சிறந்தது. ஆயுர்வேதப் பொருட்கள் வரிசையில் இன்று- அஸ்வகந்தா, கசீரபாலா, த்ரிபலா போன்ற சிகிச்சைக்கான வைத்திய எண்ணெய்கள் (Treatment Oils). தாமரை மற்றும் மஞ்சள் (Lotus and Saffron), நீரம்பல் மற்றும் பாதாம் (Water Lily and Almond), மல்லிகை மற்றும் தேங்காய் (Jasmine and Coconut) கலவைகளால் ஆன சூருமத்தை தாய்மைப்படுத்தும் சவர்க்காரங்கள் (Cleansing Bars), சூருமத்திலுள்ள அடைக்கப்பட்ட நண்ணிய துளைகள் (Clogged Pores), இறந்த உயிர்ணுக்கள் (Dead Cells) ஆகியவற்றை அகற்றுவதற்காக வேம்பு (Margosa), வெட்டிவேர் (Vettiver), சந்தனம் (Sandalwood) ஆகியவற்றிலான பசை

(Body Scrub), சூருமம் ஈரப்பதனை (Moisture) இளக்காதிருக்க உபயோகிக்கக் கூடிய செந்தாமரை (Pink Lotus), நீரம்பல் (Water Lily) மல்லிகை (Jasmine) போன்றவற்றைக் கொண்டு தயாரித்த உடற் பசை (Body Lotion/Cream), மன உணர்ச்சல், பதற்றம், தலைவலி மற்றும் உடற் தசையில் ஏற்படும் வலியைப் போக்கத் தைலம் (Peace Soothing Balm), கணாப்பன, வீங்கிய கால்களின் வேதனையைத் தணிப்பதற்கான தைலம் (Relax Foot Balm). உலர்ந்த, வெடித்த, மற்றும் களைத்த பாதங்களுக்குத் தேவையான புத்துணர்ச்சியைத் தரும் பச்சைப் பூதினாப் பசை (Green Mint Cooling Foot Relief) என மட்டுமல்லாது, இயற்கை மூலிகைகள் மற்றும் எண்ணெய்களாலான, நிம்மதியான உறக்கத்தைத் தூண்டும் திரவியம் (Sleep Therapy - Pillow and Body Mist) என, பல்வேறு பொருட்கள் தற்போது இலங்கையில் தயாரிக்கப்பட்டு விற்கப்படுகின்றன.

அனைத்து தோஷங்களுக்கும் பொருந்தும் வகையில் சில ஆயுர்வேதப் பொருட்கள் இருப்பினும், தனக்கான தோஷத்தைக் கண்டறிந்து, அதற்கேற்ற சிகிச்சையை ஆயுர்வேத சித்தாந்தத்தின்படி பின்பற்றி, ஆயுர்மீர் பெறப்பட்டு மேலான ஆயுளை நீடித்து, நோய் நொடியில்லாமல் நலமாய் வாழ்வோம்! நம் நாட்டில் ஐரோப்பிய ஒன்றிய சீரமைப்பிற்கு ஏற்ப ஆயுர்வேதப் பொருட்களை உற்பத்தி செய்யும், ஸ்பா சிலோன் நிறுவனத்தின் நிர்வாக இயக்குனர் திரு. வடிவந்த டயஸ் அவர்களுடன் நாம் நடத்திய கலந்துரையாடலின் போது பெறப்பட்ட தகவல்களை இங்கு தரப்பட்டுள்ளன. ☺



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Wanniya-laetto children are bright and cheerful, Henanigala

Wanniya-laetto

Words: Patrick Harrigan

Sri Lanka's indigenous people, the Veddas or *Wanniya-laetto* ('forest-dwellers') as they call themselves, preserve a direct line of descent from the island's original inhabitants dating from at least 125,000 BC and probably even earlier according to current scientific opinion. According to Prof. S.U. Deraniyagala, Sri Lanka's former Director-General of Archaeology, the Veddas' ancestors:

"settled in practically every nook and corner of Sri Lanka ranging from the damp and cold High Plains such as Maha-eliya (Horton Plains) to the arid lowlands of Mannar and Wilpattu, to the steamy equatorial rainforests of

Sabaragamuwa... Sri Lanka was, more often than not, linked to southern India by a land bridge during this period... The last separation from India would have occurred at about 7,000 (years ago)."

Beginning with the arrival of the Aryans from North India in 543 BC, Sri Lanka's indigenous community has been buffeted by successive waves of immigration and colonisation. Only a few remaining Wanniya-laetto still manage to preserve their cultural identity and traditional lifestyle despite relentless pressure from the surrounding dominant communities.

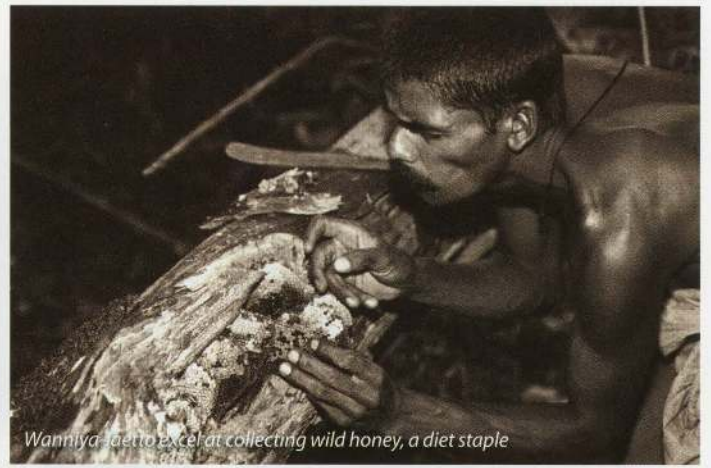
Yet even today, Vedda communities retain much of their own distinctive cyclic

worldview, prehistoric cultural memory and detailed knowledge of their forest habitat that has enabled their ancestor-revering culture to meet the diverse challenges to their collective identity and survival.

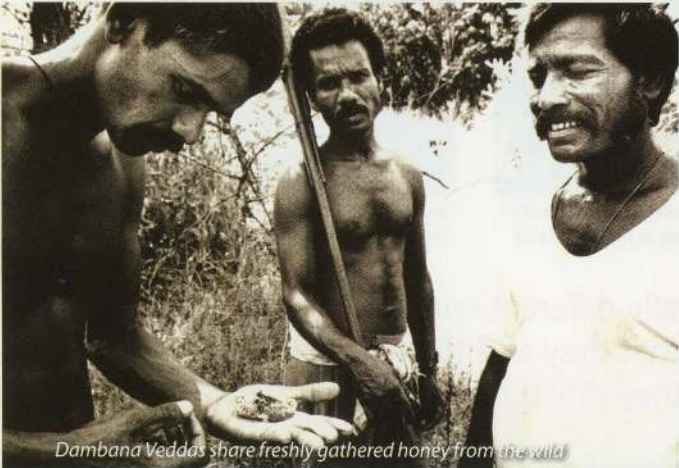
The Wanniya-laetto's self-identification as guardians of the forest differs radically from the definition of a 'Vedda' that was imposed upon them by outsiders. Hence, to colonial census takers, a 'Vedda' is a primitive human type of wild disheveled appearance, uncouth language and appearance, who resides in caves or wanders in the jungle, and who subsists by primitive means such as hunting with bow and arrows.



Wanniya-laetto still enter the forest to gather forest products, carrying axe and muzzle-loader for security



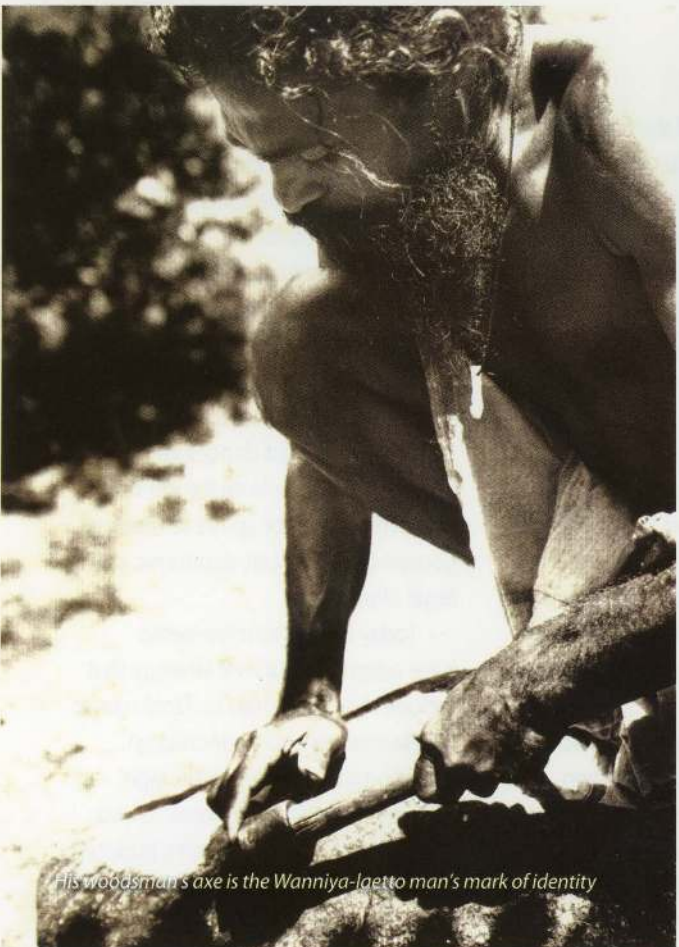
Wanniya-laetto excel at collecting wild honey, a diet staple



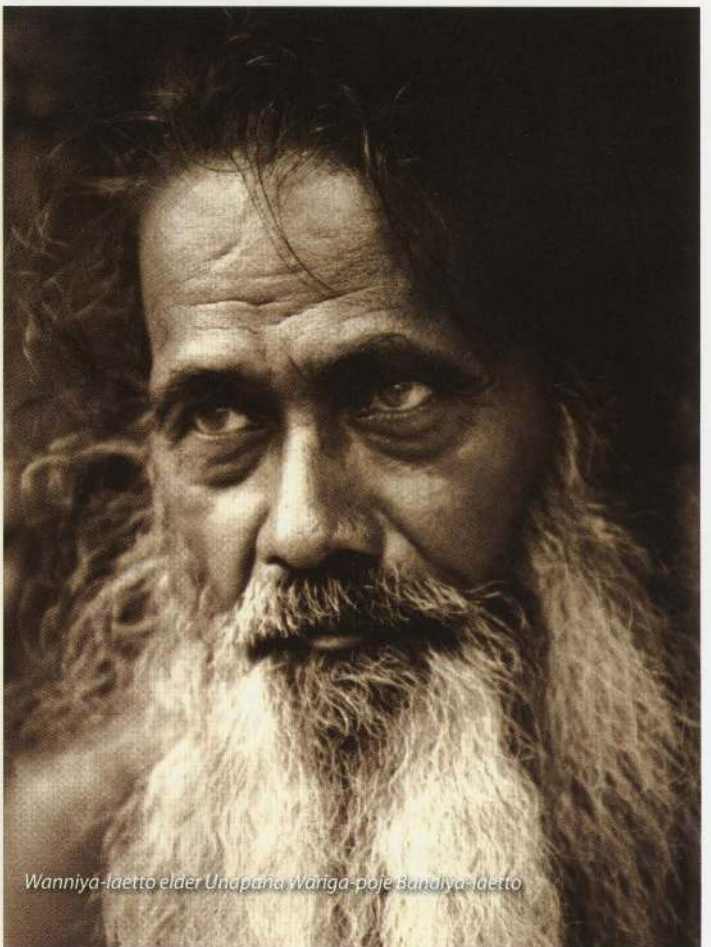
Dambana Veddas share freshly gathered honey from the wild



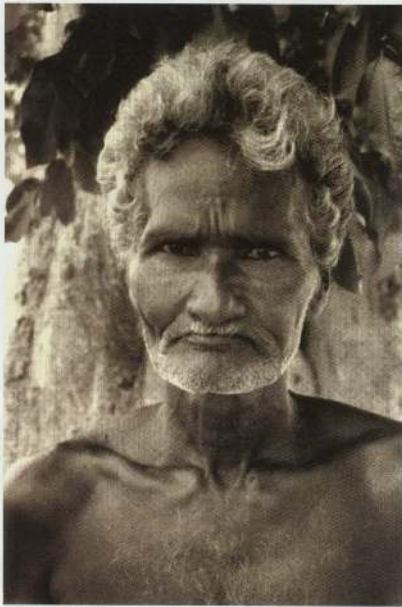
Chief Uru Warige Wanniya



His woodsman's axe is the Wanniya-laetto man's mark of identity



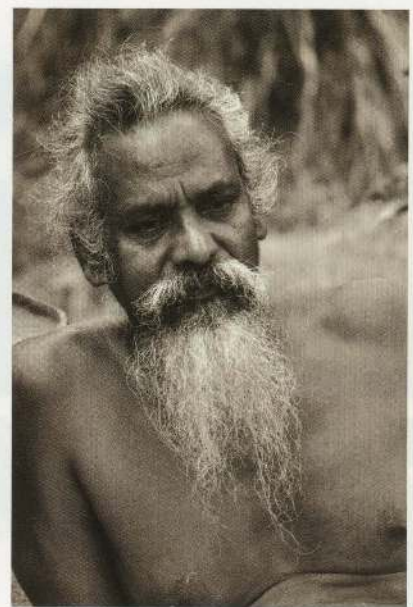
Wanniya-laetto elder Uhapana Wariga-poje Bandiya-laetto



A Tamil speaking Veddas of the East Coast



Maha Bandaralage Randunu Wanniya, chief of the Danigala Veddas, stands in the shadow of Ratugala mountain



Uru Warige Vanniya today leads the Dambana clan since his father Tissahamy's passing

Wanniya-laetto operate within a radically different conceptual framework from their neighbours. They believe that they and their ancestor-spirits belong to the forests that they inhabit and protect.

East Coast

Among the spiritual ancestors of the ancestor-worshipping Wanniya-laetto, the greatest is said to be Kande Yaka, the 'Spirit of the Mountain' who is venerated by Sinhalese and Tamil people alike as Skanda Kumara or Murugan, the playful and even mischievous god of Kataragama. Traditions speak of him arriving to Sri Lanka by vessel, possibly from India. All agree that he imparted great knowledge before proceeding onward to Kataragama. A century ago, Veddas of the East Coast related that:

"When He (Kande Yaka) came, he told us the names of things, trees, and animals, and how we should make offerings and dance for him when going into the jungle, and at other times. He told us everything we know."

Hundreds of families in Mankerny, Palchenai and other villages of the East Coast, though nominally Tamil speaking Hindus, identify themselves as Veddas. Their older generation still

recalls hunting and gathering honey in the forest.

Danigala Veddas

Among Veddas of the forest interior, since time immemorial the Danigala tribe occupied the Danigala Cave near Bibile. When the Danigala Veddas left their ancestral cave over fifty years ago, some settled at Ratugala ('Red Rock' also near Bibile) while others migrated to Pollebedda. Danigala chief Randunu Wanniya and his wife were among the last of thousands of generations of Veddas born in that cave.

"When I was young there were 24 Vedda families living in Danigala," he recalled in 2003. "Then a generation ago most of us died from disease and within a few years we were reduced to only two families."

"We stopped hunting with bows and arrows a few years ago when Wildlife Department officials came and asked us to stop, but we still claim our right to hunt." Today, there are about

300 people who identify themselves as Danigala Veddas.

The Wanniya-laetto operate within a radically different conceptual framework from their neighbours. They believe that they and their ancestors' spirits belong to the forests that they inhabit and protect.

When they hunt, Wanniya-laetto first perform ecstatic dances to Kande Yaka who, they believe, possesses the dancers and shows them in which direction to hunt. Wanniya-laetto still conduct dances when seeking guidance from Kande Yaka and other ancestor spirits to resolve contemporary social, economic and legal dilemmas.

Today many Wanniya-laetto have adopted a survival strategy that includes taking Sinhala or Tamil names for themselves and their children, adopting the prevalent language, diet, dress and lifestyle patterns and becoming, nominally at least, Buddhist or Hindu converts, like the Ratugala



The Knuckles Range looms to the west of the Dambana Veddas' forest homeland

and East Coast Veddas respectively. Somehow, they manage to preserve their social and cultural identity even while immersed within the outward trappings of alien cultures.

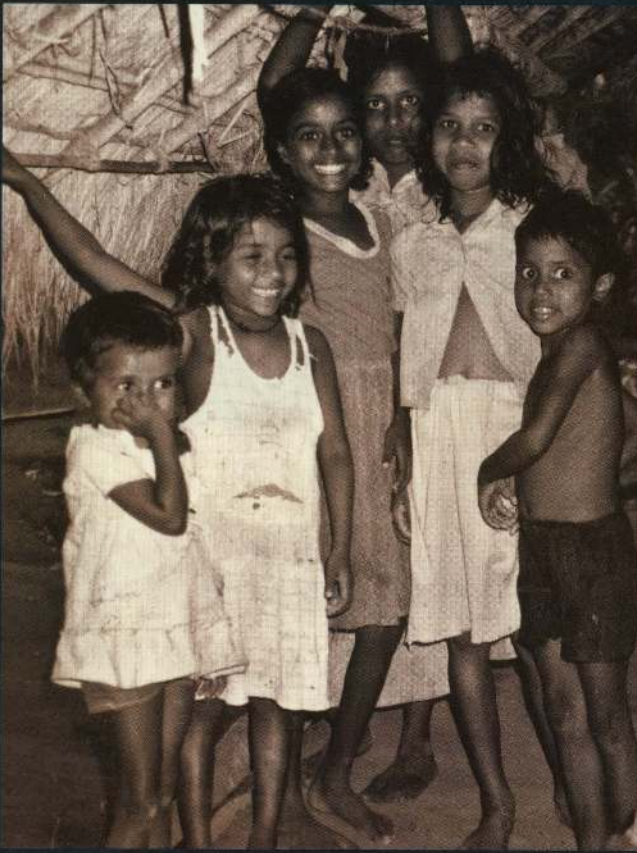
Dambana Veddas

In 1983 when the Accelerated Mahaweli Development Scheme was launched, the last Wanniya-laetto hunting domain that remained upon 145,450 acres of forest was declared as the Maduru Oya National Park. Subsequently, the Dambana tribe of Wanniya-laetto, who had been occupational hunter-gatherers and custodians of that forest for uncounted millennia, were evacuated to Henanigala where they were to be settled and 'rehabilitated' as rice cultivators.

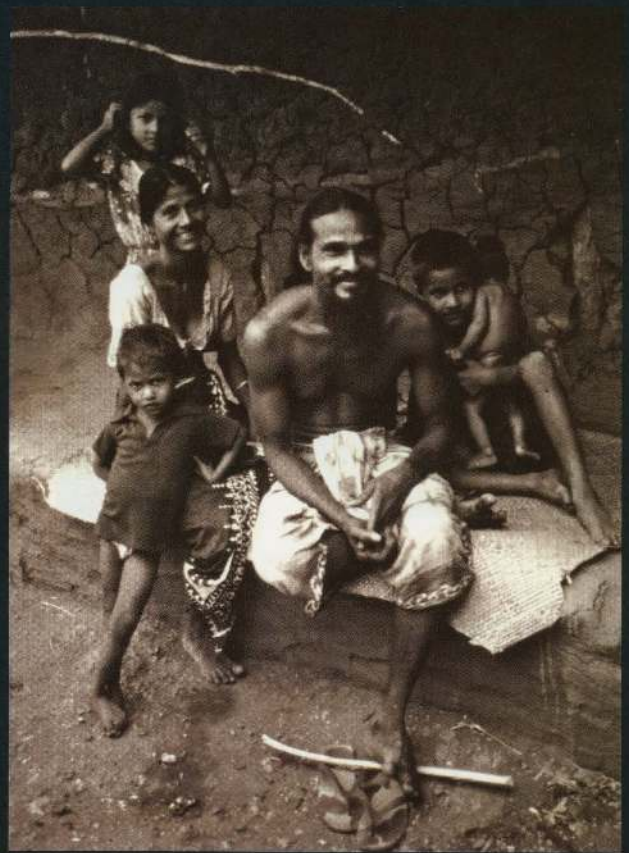
The old Wanniya-laetto chieftain Tissashamy and seven Dambana families, however, refused to be evicted from the land of their ancestors and would not budge an inch no matter how many



The location of Wanniya-laetto settlements, ca 1953



Wide-eyed youngsters of Henanigala



Vedda families are tight-knit. Their marriages last a life time

Attire

Visitors – men, women and children alike – should dress in modest attire when visiting traditional settings, including Vedda hamlets. Women particularly should dress modestly.

Greeting

Out of courtesy, visitors should park vehicles some distance from Vedda homes and approach on foot. Typically, an elder may step forward to greet visitors by offering both hands in a firm double handshake with direct eye contact.

Entering

When entering a rural dwelling – however rustic it may be – remove footwear! The front verandah is where villagers customarily receive visitors. Refrain from entering other rooms unless invited.

Offerings

It is customary to present a ritual offering of betel leaves with arecanuts and lime paste, the customary 'chew' of bulath that is shared over leisurely conversations.

Communication

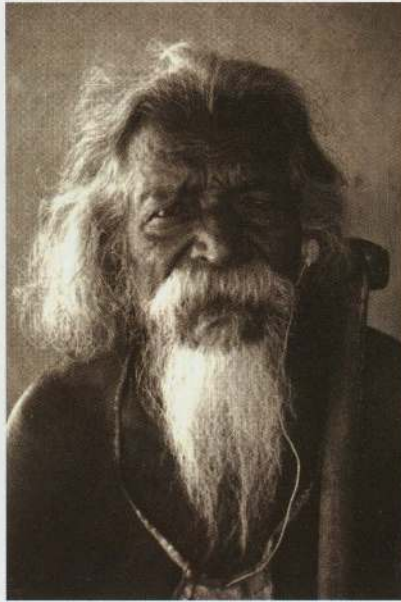
Don't be discouraged if you do not speak the language. The Veddas themselves often do not understand each other perfectly. But the language of intention, full of good humor, with facial gestures and hand language, is universally understood.

Photography

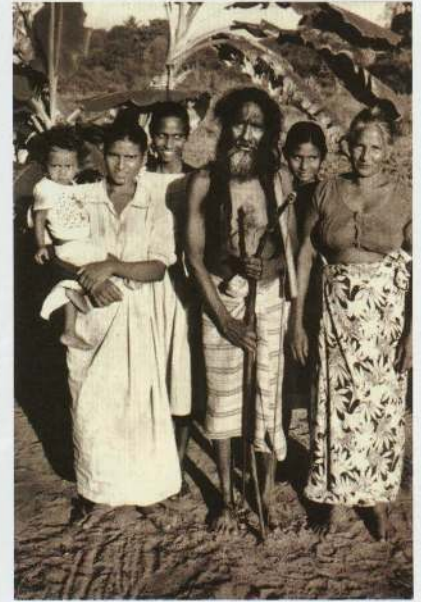
By age-old tradition, Sri Lanka's 'first people' are entitled to demand tribute from those who draw upon their ancient heritage. So, if you wish to photograph Wanniya-laetto subjects, be prepared to offer fair compensation for your valued photographs.



Ratugala Vedda elders ponder the future of their Danigala clan



Old chief Tissahamy saved his ancestral hamlet from destruction. (Photo taken in 1991)



Three generations since leaving the forest, Pollebedda Veddads dress and speak as Sinhalese Buddhists

With such a cultural inheritance, it is not surprising that Sri Lanka's indigenous communities are keen to avert cultural extinction in the pell-mell rush to modernise.

emissaries came to "talk sense" to him. Finally the government had to concede that these families could remain as long as the old man lived.

Tissahamy finally expired in 1999 at the age of 96, by which time public sympathy and official policy had swung in the Wanniya-laettos' favour. Tissahamy's son Vanniya is today chief of the Dambana tribe, who are allowed to occupy their ancestral hamlet. After many representations that their traditional lifestyle had been affected, some Veddads have been issued special identity cards to enter the park to gather forest products, but not to hunt.

For its part, the Government of Sri Lanka has sought to bring the island's indigenous communities into the social and economic mainstream, mainly by promoting literacy and improved access to health facilities. There is even a Wanniya-laetto Heritage Centre in Dambana where cultural artefacts are on display.

For generations, the Dambana tribe has made a conscious effort to preserve their traditional language, diet, dress and lifestyle. They raise a few cattle and cultivate forest gardens, but their ancestral livelihood as hunter-gatherers is no longer economically viable. Visitors to Dambana can show their support by offering fair compensation for photographing Wanniya-laetto in their ancestral setting and for handicraft items.

However disadvantaged the island's indigenous forest-dwellers may appear in the eyes of modern-educated observers, nevertheless their sense of honour, justice and fair play is very keen. Despite centuries of injustice, even today the Wanniya-laetto people remain so gentle and patient towards younger cultures that, although they are proficient hunters, they have never been known to raise a weapon in anger, to commit theft or fraud out of greed, or even to raise their voice toward outsiders, let alone to speak

untruth. Indeed, these are precisely the elements of their cultural heritage that the Wanniya-laetto are most anxious to preserve for future generations.

The more one deals with indigenous people of Sri Lanka, the more one admires them. Wanniya-laetto may speak little, but they speak the truth. Rarely do they quarrel, and they are faithful in love to a degree that is scarcely found in today's world.

With such a cultural inheritance, it is not surprising that Sri Lanka's indigenous communities are keen to avert cultural extinction in the pell-mell rush to modernise. Modern visitors need not undermine indigenous customs and values. Instead, with a smile and a heartfelt handshake, they may visit and return home with a greater understanding of how people once lived together in peace in this resplendent island paradise. ☺

Photography: Patrick Harrigan, Charles Round-Turner and Reinhard Strickler

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SPICY COCONUT CUSTARD

A sweet temptation

Watalappan

Watalappan is a rich and sumptuous dessert with a hint of spice that confers a characteristic flavour to each serving. Although a traditional Sri Lankan Muslim dessert making a popular appearance during the Eid festive season, it has become a firm favourite among many Sri Lankans and graces the dessert spreads of many a festive occasion. To know that Watalappan is included in the dessert menu is motivation for guests to limit their portions of the main course so that they can indulge in generous servings of this sweet temptation.

What goes in

- 250g (1 cup) palm sugar (jaggery) ①
- 6 eggs ②
- 250ml (1 cup) coconut milk
- 125ml (½ cup) water
- ¼ tsp cardamom ③
- Pinch of ground cloves ④
- Pinch of ground nutmeg ⑤
- ¼ tsp rose essence



Tropical Touch

Coconut is used in desserts due to its creamy consistency and is readily available as canned coconut milk, powder and cream forms. Coconut cream comes in a form that resembles a block of butter, has a sweeter taste and is therefore suitable for desserts. Coconut milk can also be prepared from desiccated coconut:

Add 1 cup of hot water to 1 cup of desiccated coconut, let it stand for five minutes, put in a blender, add another 1/4 cup of water and blend. Strain before use.





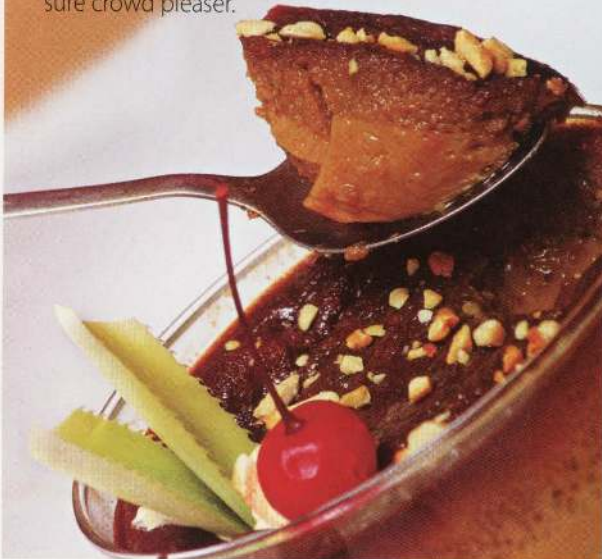
THE SPICY ESSENCE

Cardamom is one of the most exotic spices around and is used to enhance this dish. Also one of the most expensive, it is a plump, three-sided seedpod. Pale green or brown in its natural form, it is sometimes bleached creamy white. It is the three clusters of dark brown seeds contained within the pod that have the strong aromatic fragrance and distinct flavour. Usually a favoured addition in most rice and curry dishes, it should be used in discreet amounts, to enhance rather than dominate the taste.

To prepare ground cardamom, remove the seeds from the pod, grind using a mortar and pestle or with the use of a rolling pin and measure accordingly for use.

READY TO SERVE

Usually served after luncheons it is an ideal dessert for buffets, family get-togethers and special occasions. A dizzying sweetness, a satisfying richness, softness akin to caramel and a delicate touch of spice all rolled into one; Watalappan is easy to make, yet a sure crowd pleaser.



STEP BY STEP

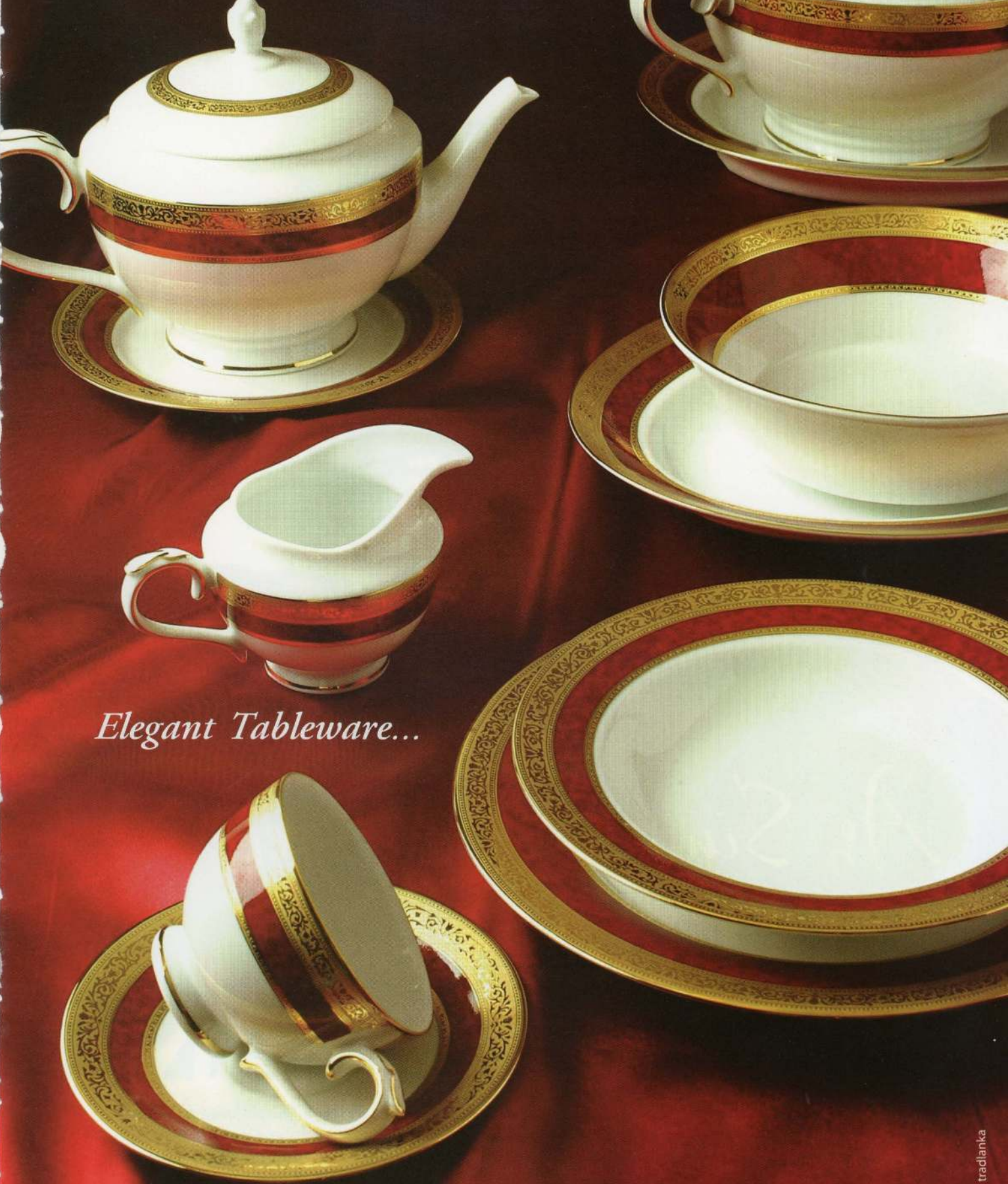
- 1 Dissolve the palm sugar in a pan with water placed over low heat. After dissolving allow it to cool.
- 2 Beat the eggs lightly and add the above prepared syrup.
- 3 Stir in coconut milk and strain through a fine strainer into a bowl.
- 4 Add the freshly ground spices and rose essence into the mix.
- 5 Pour the mix into individual greased custard cups or a bowl.
- 6 Cover with a greaseproof paper and steam for approximately 1 to 1 ½ hours.

If a steamer is not available, bake in a water bath:

Place the Watalappan dish in a baking tray half filled with water. Cover with baking paper or foil. Bake for 45 minutes in a medium hot oven or until firm. Cool and chill before serving.



Felicia Wakwella Sorensen is renowned for her expertise in Sri Lankan cuisine particularly in the preparation of curry dishes. Her skills sought after by hotels and restaurants all over the world, she has been instrumental in bringing Sri Lankan dishes to the global culinary platform.



Elegant Tableware...

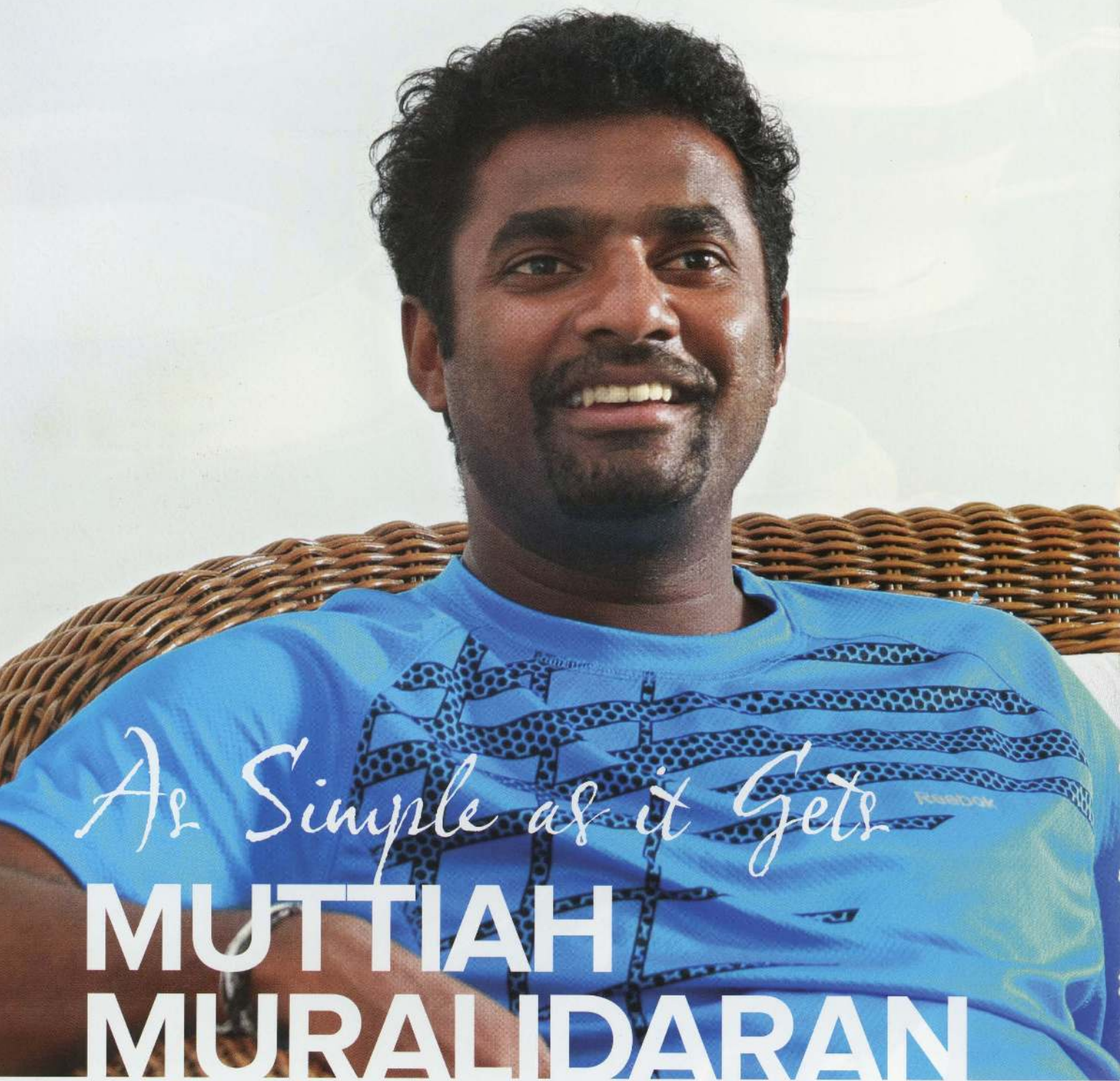
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As Simple as it Gets

MUTTIAH MURALIDARAN

A dynamic personality who has created history in the cricketing arena, Muttiah Muralidaran or Murali as known by all is a simple person who believes that his achievements are a culmination of hard work and persistence but more than anything else, he considers himself blessed by the Gods. A family man and a doting father, Murali believes that everything needs to be done at the right time.

Words: Udeshi Amarasinghe | Photography: Menaka Aravinda and Prabhath Chathuranga



Recently, you retired from test cricket and you did so after setting a record of 800 wickets, thus becoming the highest test wicket-taker in the world. How did you feel at that time?

It was a great feeling. I never dreamt of taking 800 wickets when I started playing cricket. I wanted to play for the country and do my best. Once I entered the test arena, with each match I felt that I can keep playing a bit more, try hard and eventually I played for a long time. My focus was not on achieving records but that automatically happened.

As a cricketer who has achieved so much why did you decide to retire from test cricket?

The time is right and I am not getting any younger. I am 38 years old and I have another two to three years of cricket left in my body. However I feel that I have to retire at the right time; that is when you are at the top; it is better to retire then than when you are asked to go.

I have created a name in the world of cricket through my achievements. My aim was to be number one and I have been number one for most of my career in the world rankings. I do not want to retire when I am at a dip in my performance; I have always wanted to go when the time was right.

The young players need to be given the chance and it is only then that they can show their talents. There are plenty of spinners to back the team and it is time for them to perform. Considering all these aspects, it was the right time for me to retire when I did.

But, you will continue to play in one-day cricket?

I cannot say that I will definitely continue to play one-day cricket. It will depend on what will come next, the situation and how the team needs me. Then I will decide what to do.

The Sri Lankan public will definitely want you to continue playing.

Yes, but it depends on the selectors and the team and what their strategy is to play the game. If I am ready and I do not have any injuries then I will definitely continue to play.

If we go way back, can you tell us how you got into cricket?

I studied at St Anthony's College in Katugastota. While I was in the hostel I used to play cricket with my fellow hostel mates. One day the school cricket coach saw me playing and he asked me to come for practices.

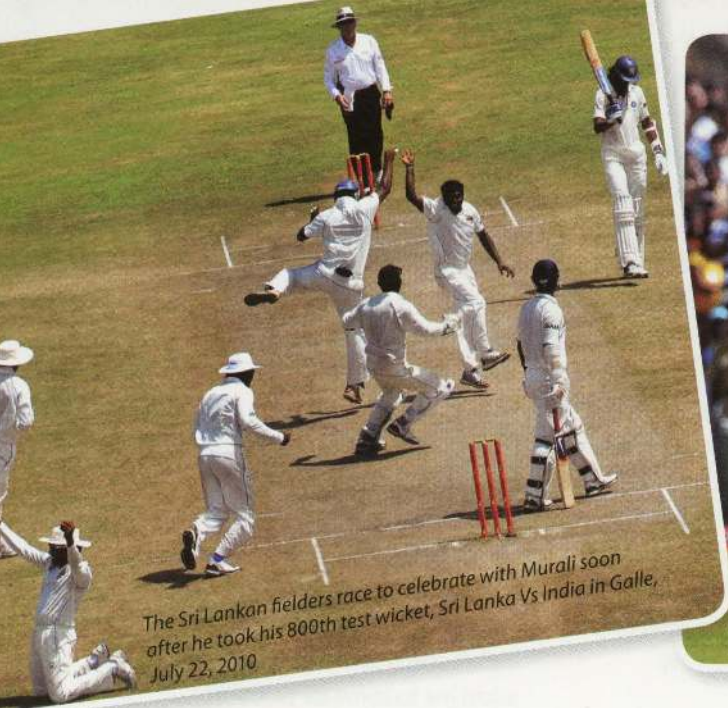
My mother gave me permission to play cricket and there was also one teacher who encouraged me to play cricket. She told me that cricket was a good game and that her sons were also playing and that they had captained the team as well. Everyone supported me and that is how I entered the cricket arena.

What can you tell us of your journey until now?

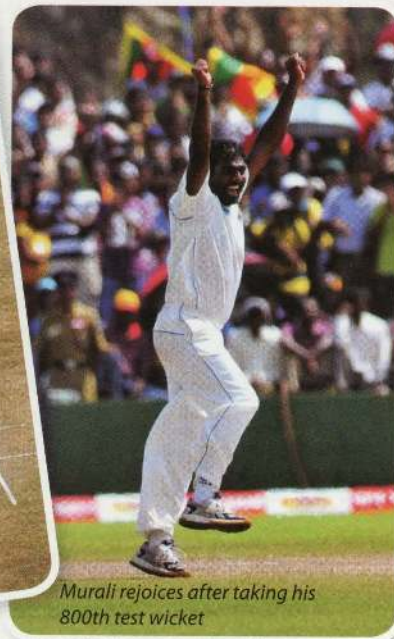
It was not an easy journey. There were many obstacles, but I always thought that I have to give 100%. And that is what I did; I gave 100% to the game and it gave results. It was not that it was a smooth run; there were ups and downs, good and bad performances.

You always have a smile on your face whatever happens. Can you tell us how you overcame these challenges and what kept you going?

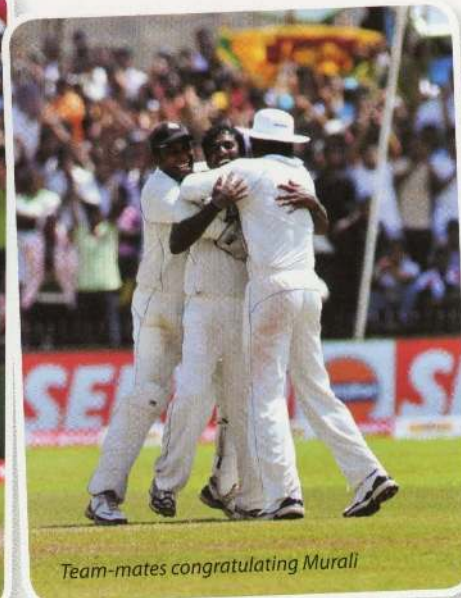
The main thing that kept me going was the support given to me by others. Especially my family, my wife, my team mates, colleagues and the captains throughout my career have given me their support. I must specially mention the people of Sri Lanka, decision makers and officials of Sri Lanka Cricket who stood by me during trying times.



The Sri Lankan fielders race to celebrate with Murali soon after he took his 800th test wicket, Sri Lanka Vs India in Galle, July 22, 2010



Murali rejoices after taking his 800th test wicket



Team-mates congratulating Murali

It was actually a combination of my family and the people of Sri Lanka who helped me get through this. I could not have done it by myself. My coach Sunil Fernando, Aravinda De Silva who was my first captain; then Arjuna Ranatunga, my captain during most of my controversial period battled along with me.

Then His Excellency the President also gave me his support at the time when the former Australian Prime Minister accused me of 'chucking' and continues to assist me. In such a way everyone has supported me during my cricket career.

Moral support is the most important aspect. It is during difficult times that you really know who your true friends and supporters are. Therefore, I was fortunate to have true supporters at the time.

You changed the way of spin bowling. As a cricketer how did you change the game?

I cannot say that I changed the game. During my time there were other great spinners such as Shane Warne, Anil Kumble, Mushtaq Ahmed, Daniel Vettori and Harbhajan Singh who were dominating the game. They have all retired now.

I did not change the game on my own. It was all of us together who

changed the mentality of the players that spin bowlers are instrumental to win matches. That is what we achieved; we changed the mentality.

During the 70s fast bowling was popular but from the 90s up to now, spin bowling is on top. Spin bowling is an art that is important to win test matches and that is how I was able to contribute to the victories of the Sri Lankan team.

What can you tell us about the "Murali Magic"?

There is no magic. I am as simple as it gets. I spin the ball both ways. Some players pick it and others don't. I am very competitive and want to do well with the support of my colleagues. As a bowler it is essential that the team works together and supports each other because it is only then the team will perform. With their support I definitely performed well.

Sri Lanka will be co-hosting the World Cup next year, how do you think the team will perform?

It is very difficult to say at this time how the team will perform. You cannot predict what will happen. Cricket is a game where the champion is determined on how the team plays on that day. That is how it happened in the

past, the present and it will happen the same way in the future as well.

We have a very good team but it will all depend on how we play at that time. We have to see what is the composition, the selectors and management need. Then, according to that how the selection will be made to suit the various positions is important. If all the criteria are met, then we have a good chance. But every team will come with that chance, therefore the 15 cricketers who will represent Sri Lanka and how they are going to play is important.

Of course there is an element of luck, which will definitely come to us. That is what happened in 1996 when we played in the sub continent and won the World Cup. The team was according to the captain's requirements; Arjuna who was the captain at the time led the team well and the players were dedicated and determined to win this prestigious championship. We played a different game of cricket and with an element of luck everything went our way and we won the World Cup.

Therefore, to win a World Cup all these elements need to come together. You cannot just say we are a good team and as such we will win. Even if you are the best team in the world before the tournament, at the tournament it is a different story.



**I DID NOT CHANGE THE GAME ON MY OWN.
IT WAS ALL OF US TOGETHER WHO CHANGED THE
MENTALITY OF THE PLAYERS.**



What would you regard as the most memorable moment in your career?

Winning the World Cup was the most important moment in my life, because it changed everything. The perception that people had of Sri Lanka as a cricket-playing nation changed. Before winning the World Cup everyone thought we were a small cricket-playing nation, but after we won the World Cup we became a powerhouse and a formidable cricket-playing country.

What advice would you have to give to younger cricketers?

Cricket has a will of its own and as such it is a very interesting game. As a player you have to give your fullest to the game and be disciplined then you can definitely do well. Discipline is very important.

How can we further develop the game in Sri Lanka?

Well it is very difficult to say how to develop the game, because currently we are on the right path. We have to definitely continue working hard to maintain our status as a powerhouse. It is the collective effort that is important.

We need to develop the game in the rural areas and give opportunities as well as financial assistance to the younger generations who cannot afford the expenses.

What about club cricket?

I played for Tamil Union, but I could not play many matches because I was playing for the Sri Lankan team. Whenever possible I played for the Tamil Union, which I enjoyed very much. In 1991 I played the full season and we won many trophies.

I played for other teams such as the Chennai Super Kings, represented Lancashire for seven years and Kent for one year.

Your career is such that you have to travel a lot. How do you manage your time with your family?

Most of the time I take my wife, Madhi and our four and a half year old son Naren with me on tours. Naren enjoys cricket after watching the IPL series. I took both of them to South Africa. We were there for three IPL matches and during the last two games he was even more interested because he knew about the game. Since he enjoys the game I take him for the matches and my wife also gives me her support.

So would you want Naren to become a cricketer as well?

Not really, but I do want him to play some kind of sport, he is interested in cricket at the moment and I think he should play for the school when the time

comes. Naren can play, he has the talent but for everything I say that it is God's wish, and an element of luck is needed as well.

You are also involved in social service and giving back to society. What can you tell us about the projects done so far?

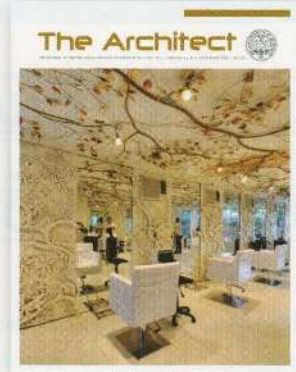
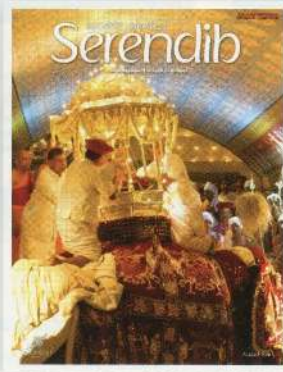
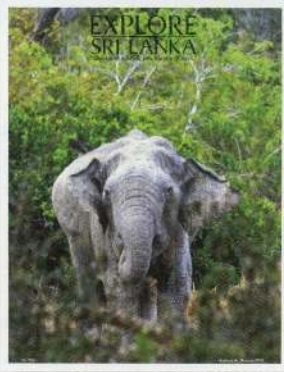
We have constructed 1,000 houses for Tsunami affected families through Kushil Gunasekera's Foundation for Goodness. We are hoping to go to the North and build 300 houses and other related infrastructure such as a North Learning and Empowerment Institute that includes a sports complex, medical facilities, computers and English classes for communities living in Mankulum and its surrounding area. Our plan is to begin work in January 2011.

What lies ahead for you?

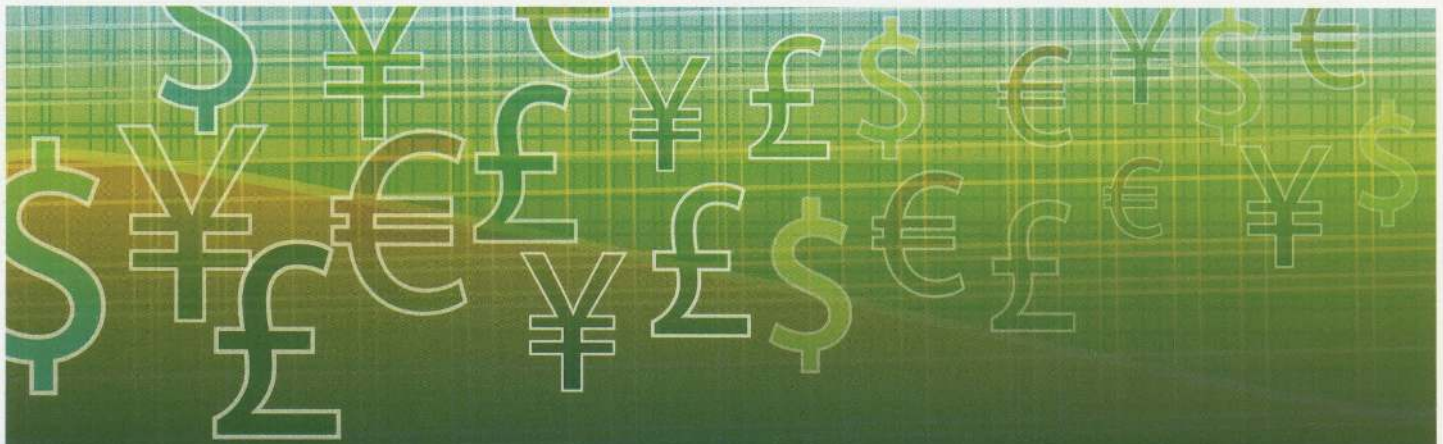
I feel that I have another two to three years of cricket left in me. I will play Twenty20 cricket. There are many wickets around the world and I wish to go there and play the game and enjoy myself. Then I will think of what to do after that.

God has blessed me with everything and I cannot ask for more. I feel that I am one of the blessed citizens of Sri Lanka. That's the only thing I can say. I have no complaints. I am an ordinary man who has been blessed by the Gods. ☺

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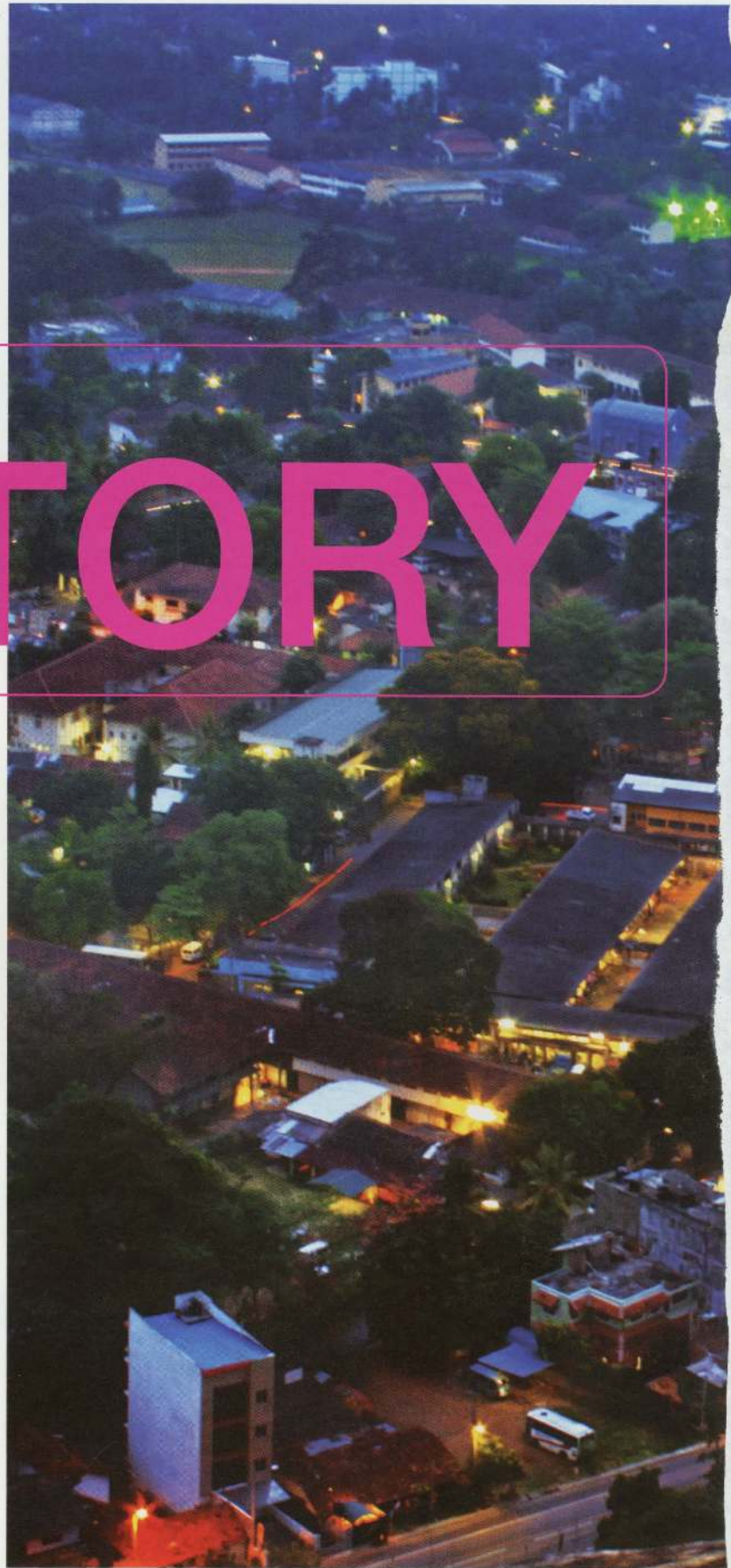
A GATEWAY TO

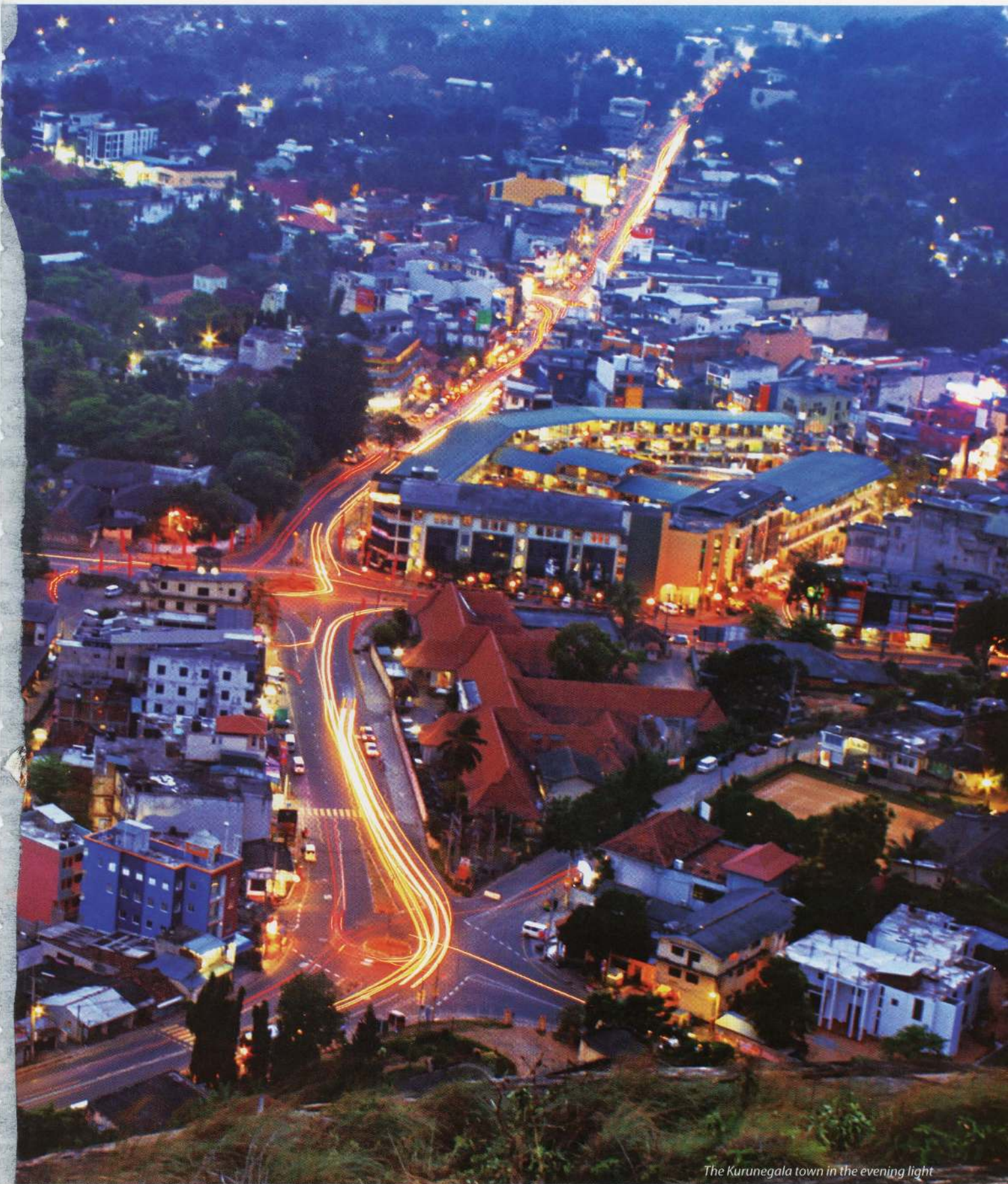
HISTORY

Travel back in time to the Island's first ever Kingdom... you might get trapped in the tower that housed a Princess of overwhelming beauty in one of the oldest romances according to legend, but along the way, don't forget to peek into the caves that held silver ore to build the biggest stupa in the country and saunter in meditation along the promenades inside a sylvan monastery that sheltered the last *arhat* monk...

Words: Thilini Kahandawaarachchi

Photography: Menaka Aravinda and Prabhath Chathuranga





The Kurunegala town in the evening light

Popularly known as the city surrounded by rocks in the shape of elephants, and thus called "*Ethu-gal-pura*", literally translated to elephant rock city, Kurunegala is the gateway to many places of historic significance. Yet, often regarded merely as a pit stop by many a traveller heading towards better-preserved sites of another era, many ancient sites around this town are overlooked by many.

Everywhere you look around Kurunegala, *stupas* rise up crowning the rocks and silently competing for attention that you are really spoilt for choice to decide which one is the most picturesque. Right in the centre of the town, a massive statue of Lord Buddha atop what is known as "*Ethu Gala*" or Elephant Rock is serenely glancing at the happenings below. Every few miles you

drive away from the town, you look over your shoulder to see if his glance is still cast upon you, and no matter which way you drive, you can be assured that Lord Buddha's blessings are upon you.

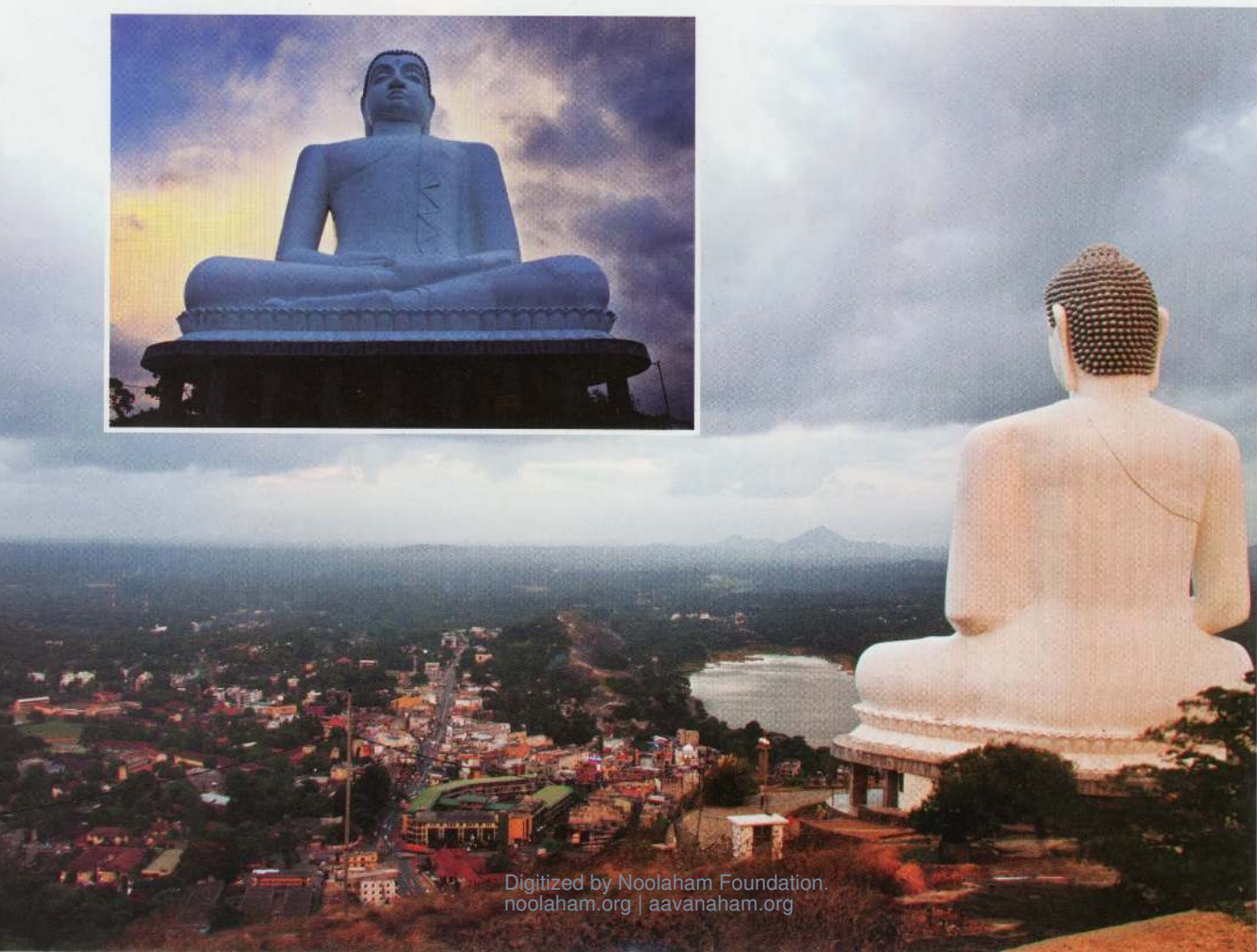
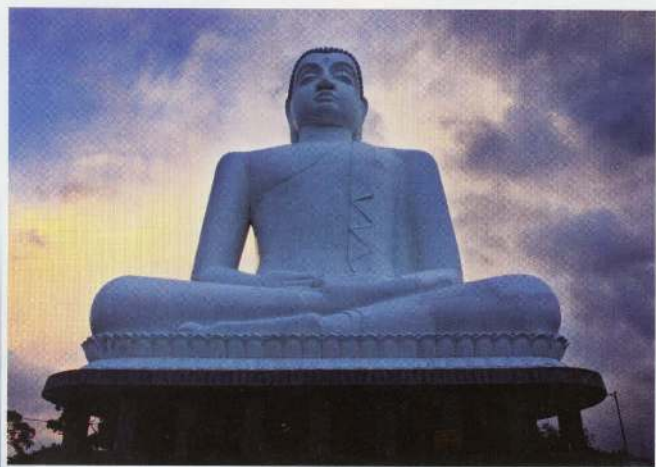
Irrespective of whichever direction your wanderlust may take you, history is pretty much omnipresent in and around Kurunegala. The clock tower at the centre of the town is not only a landmark, but it is also a tribute that has been "erected in the memory of those who went from the North Western province at the call of duty and gave their lives for the empire in the World War in 1914–1918." Later on it has been dedicated to those who were part of the World War II as well.

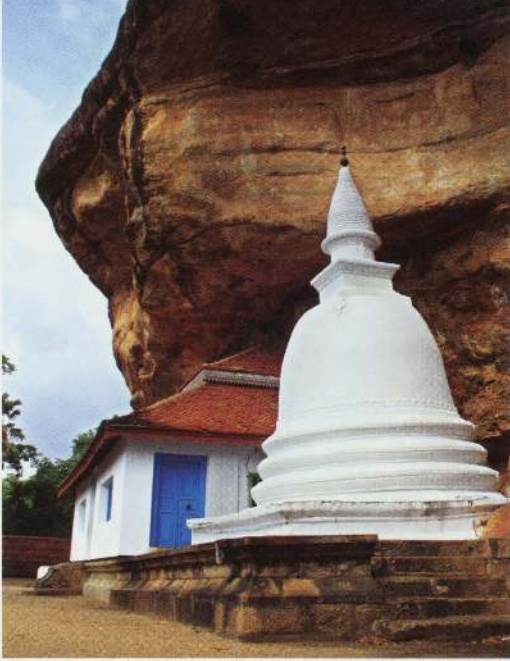
If you travel North East of Kurunegala, 20km away lies Ridhi Viharaya, a temple that dates back

centuries. It is 15km down Keppetigala road from the Mallawapitiya junction on the Kurunegala – Kandy road.

King Dutugemunu has built this temple near the caves in which silver ore was found to build Ruwanweliseya in Anuradhapura, the largest *stupa* in the country. It was the King's way of expressing gratitude and it is also said that he placed a gold plated Buddha statue brought from India, which is still there at the lower shrine room of the temple. However, later on during the Kandyan Era, King Kirithi Sri Rajasingha also added an upper shrine room and renovated the temple. Hence the temple has paintings and architecture of both the Anuradhapura and Kandyan Era. A shrine room called "*Waraka Velandu Viharaya*" which demonstrates Hindu architectural influences is also in the premises.

The serene Buddha statue atop the Elephant Rock

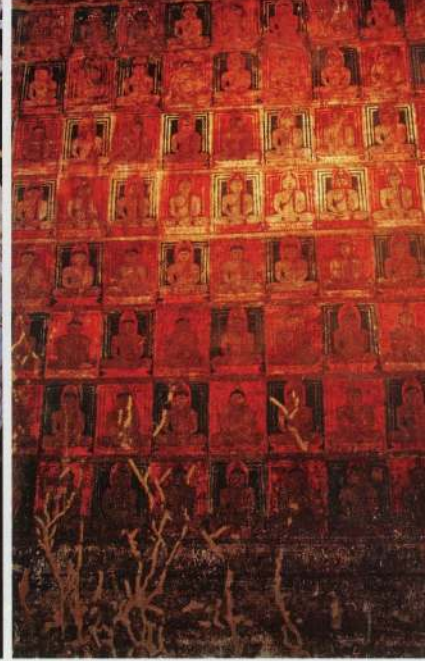




Ridhi Viharaya



"Pancha Nari Gataya", a carving of five female figures intertwined in the shape of a pot



Painting of thousand Buddhas at Ridhi Viharaya

With a considerably well-preserved ivory doorframe with intricate carvings, Ridhi Viharaya boasts of some of the best ivory carvings in the country. One of the most intriguing features carved on this door frame is known as "Pancha Nari Gataya", a carving which at a distance looks like a pot, but a closer look reveals that it is in fact five female figures intertwined in that shape.

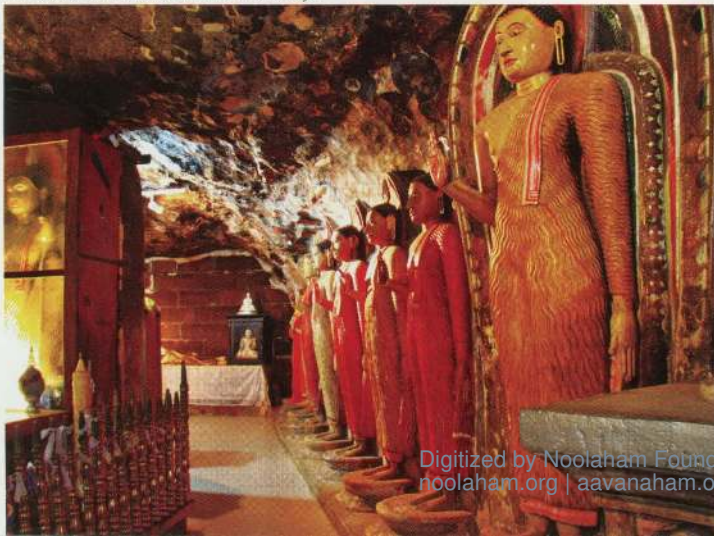
Just five kilometers down the same road, history is still being carved in stone

at Rambadagalla, where the Samadhi Buddha statue modeled on the Bamiyan Buddha statues in Afghanistan is being hewn out of a single rock. At 67ft, it is still in the process of completion under the expert craftsmanship of a team of Indian sculptors. If you visit the site during the day, you would see how a massive block of granite is transformed into a peaceful Buddha statue and of course witness history being etched in stone right before your eyes.

About 25km to the north of Kurunegala, driving through the Ibbagamuwa-Madagalla road, you would come across Arankele. An ancient monastery, which is still the quiet abode of many meditating monks it has an aura of peace and quietude that is almost tangible. The archaeological structures at one end of the site are typical to a monastery and the many double platforms linked with stone bridges among the ruins

If you visit the site during the day, you would see how a massive block of granite is transformed into a peaceful Buddha statue and of course witness history being etched in stone right before your eyes.

The lower shrine room of Ridhi Viharaya



"Waraka Velandu Viharaya"





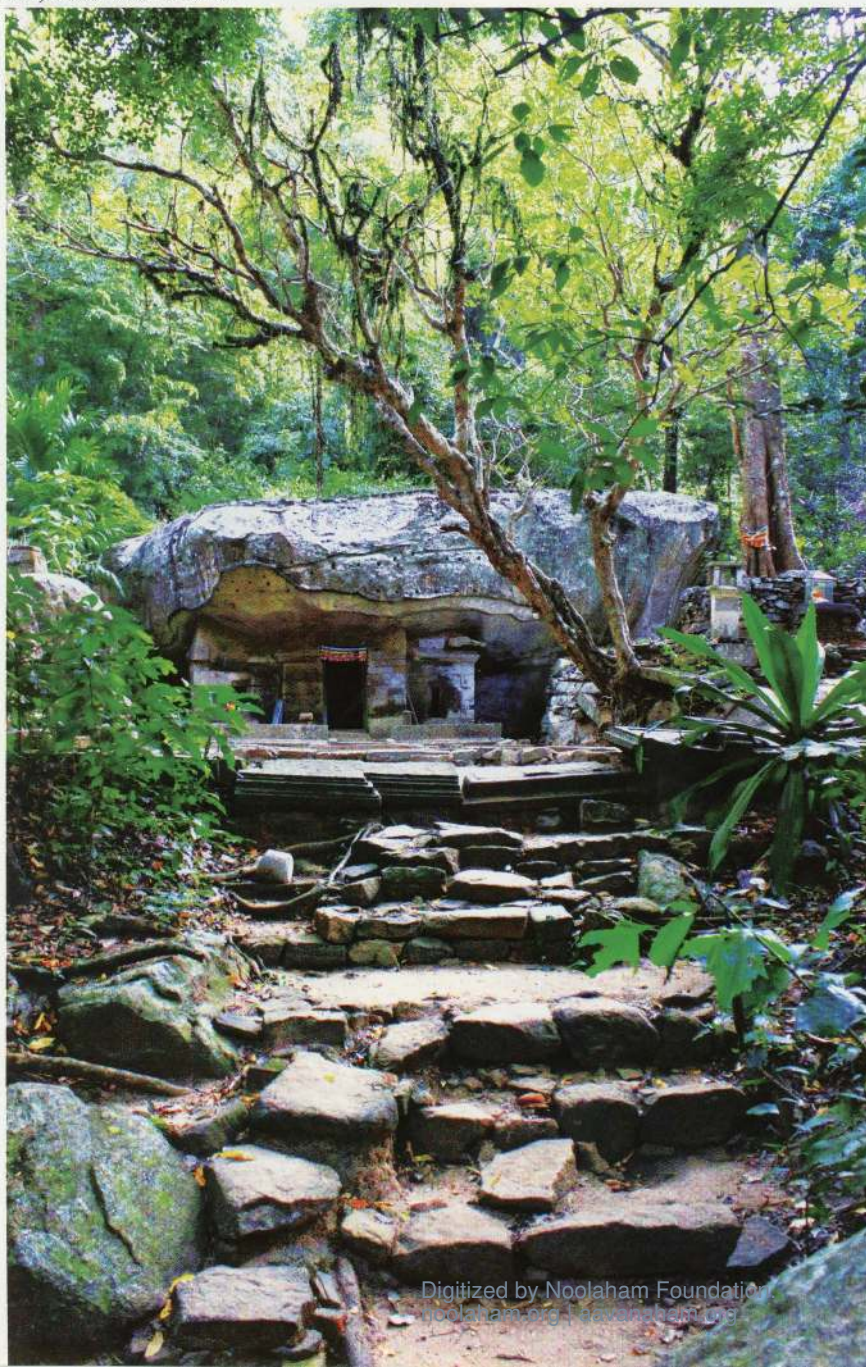
Arankele Monastery, the quiet abode of meditating monks

at this site are believed to have been used for meditation and teaching. There are also endless promenades through the woods for the monks to walk in meditation. However, the historical importance of Arankele also lies in the fact that Maliyadeva Thero, the last arhat monk of Sri Lanka is said to have had his meditation chamber in Arankele. His meditation chamber that dates back to the 8th Century BC can still be seen here.

Panduwasnuwara is westwards from Kurunegala along the Kurunegala-Chilaw road. Spanning 20 acres, it is the first ever Kingdom of this country and predates Anuradhapura as well. Legend has it that this was the capital of King Panduvasudeva, who succeeded King Vijaya, the first King of Sri Lanka. Later on, around the 12th Century BC Panduwasnuwara has also been the stepping-stone of King Parakramabahu I, undoubtedly the greatest ruler of the

Polonnaruwa era. The remains of his palace, which is believed to have been a multi-storied building complete with courtyards, fortifications and even a moat around it provide ample evidence of its bygone days of glory. The other ruins around the palace include inscriptions in both medieval Sinhala and Tamil and what is left of various religious edifices of significance called "panchayathana", that include stupas, bodhigaras

The meditation chamber of arhat monk, Maliyadeva Thero in Arankele



The 67ft high Samadhi Buddha statue at Rambadagalla



Endless promenades to walk in meditation at Arankele

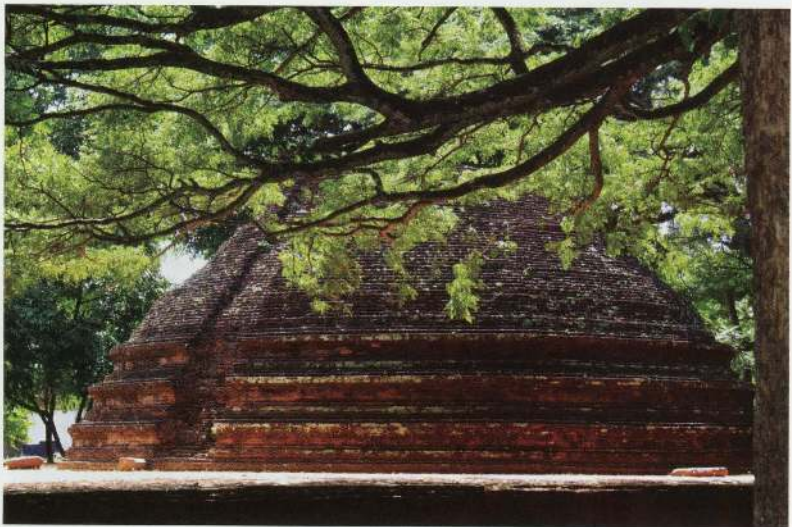




The panchayathana complex at Panduwasnuwara

(a wall-like structure around the *Bo* tree), monasteries and image houses. Nearby Panda Wewa is perhaps the first ever reservoir in history.

However, those in favour of romanticism would remember this place for one of the oldest romantic legends of this island. Though there is no archaeological evidence to back the story, many believe that this is where the high tower stood that housed Unmada Chithra, a Princess of “maddening” beauty, to keep her away from the sight of men, in order to defy a prophecy. However, she fell in love with Deega Gamini who would visit her up in the tower using a secret ladder and soon she gave birth to a son. The boy grew up as a peasant to finally ascend to the throne as King Pandukhabaya thus fulfilling the prophecy. Archaeologists would hasten to explain that there is a contradictory explanation to the circular structure that is commonly believed to be the



A stupa at Panduwasnuwara

high tower called the “*Ek Tem Geya*”, and that it is in fact the place where King Parakramabahu I took an oath after conquering seven kingdoms. But I would rather stick with the romantic masses and conveniently believe that this is the very tower where a beautiful Princess was incarcerated and shielded from

the world in one of the oldest romances in our history.

Similar to Panduwasnuwara, Ridhi Viharaya, Arankele and the many temples and kingdoms in this area are places where our rich history comes alive and Kurunegala town which is an entry point to these splendours of our past is indeed a gateway to history. ☺

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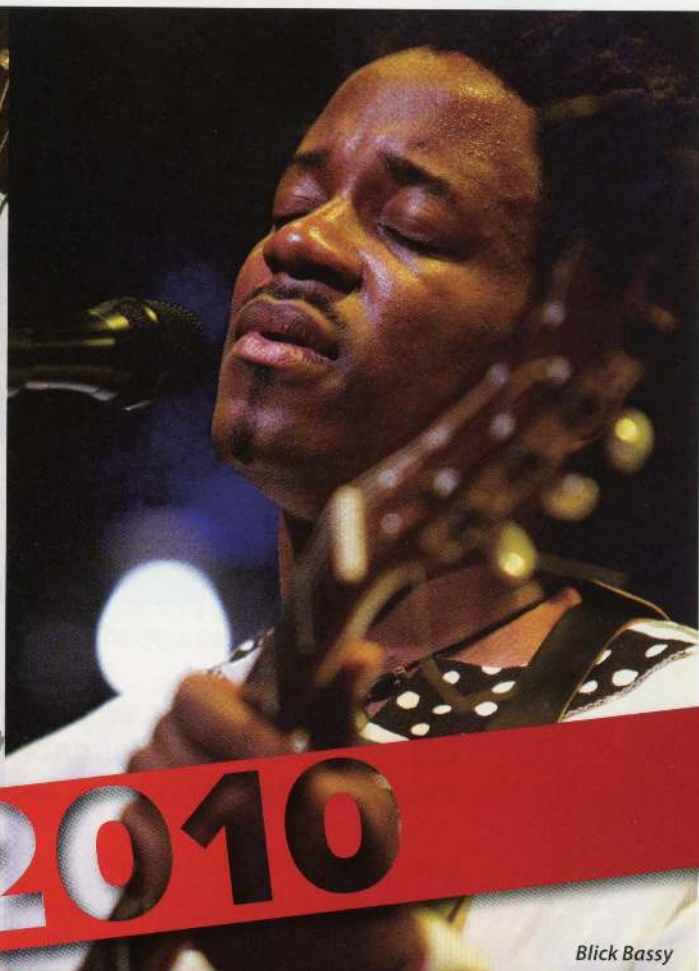
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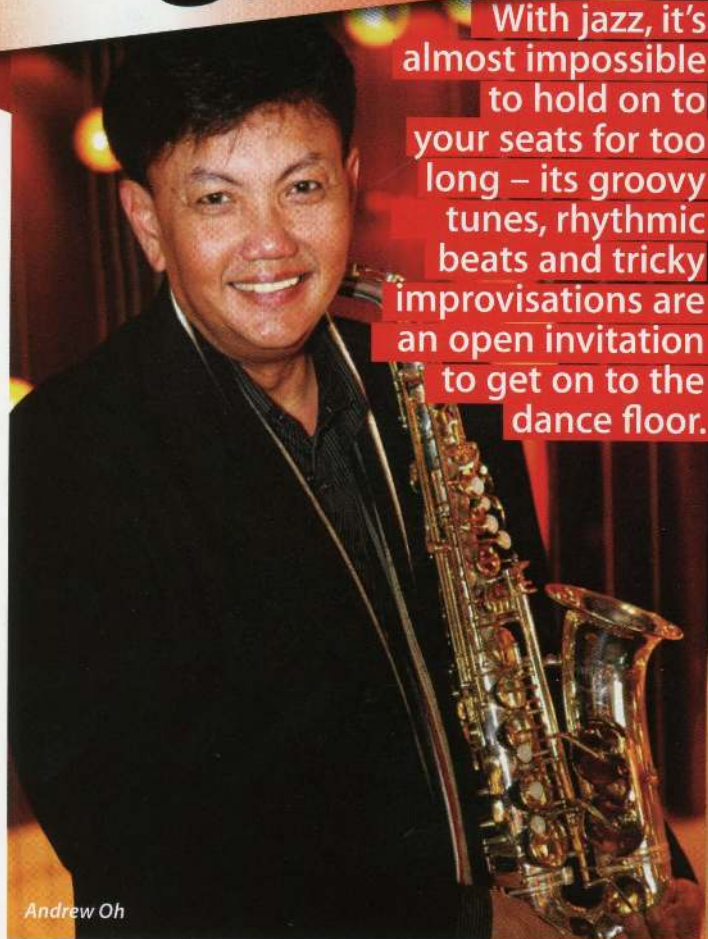
Dylan Lee



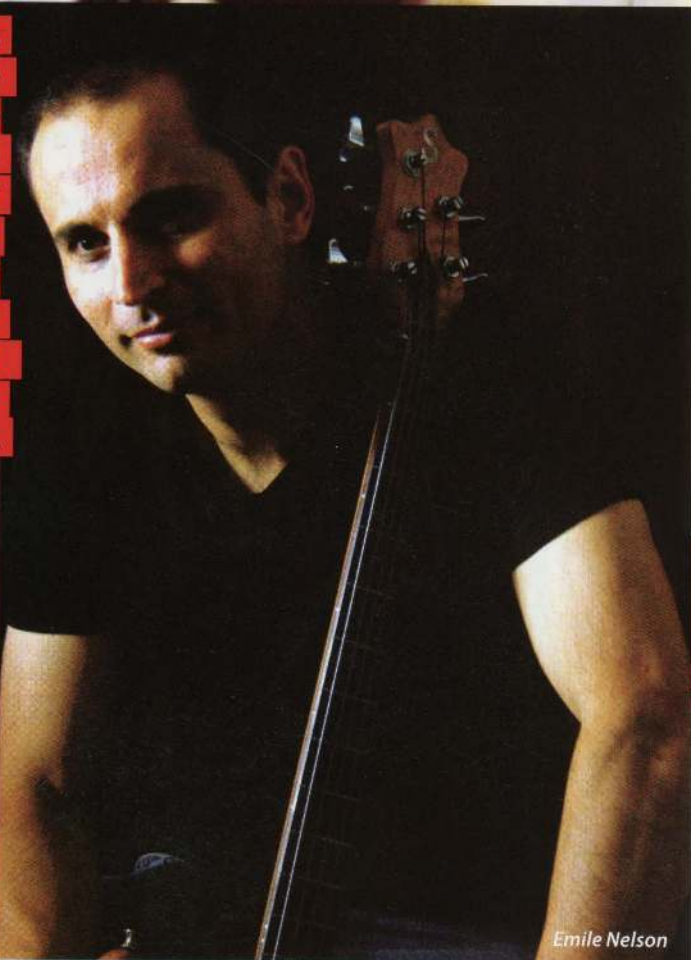
Blick Bassy

JAZZ 2010

With jazz, it's almost impossible to hold on to your seats for too long – its groovy tunes, rhythmic beats and tricky improvisations are an open invitation to get on to the dance floor.



Andrew Oh



Emile Nelson

Over the past few years, jazz has gained much popularity in Sri Lanka. Come October, the city beach of Mount Lavinia will host a night of jazz, featuring a gamut of renowned international and local jazz artistes. An exciting array of music is in store for jazz enthusiasts, with diverse instruments and voices, weaving together brilliant harmonies and emotional tales.

Dave O'Higgins, one of UK's finest tenor saxophonists and an award winning musician will perform along with the other members of his quartet; Tom Cawley, on piano, Amie Somogyi on double bass and Sebastiaan de Krom on drums. Regarded as a specialist in the neo-bop vein, the contemporary edge thrown into his music, with a touch of hard bop, soul jazz and jazz-rock is unmissable.

The event aims to promote Mount Lavinia as the country's jazz hotspot for the local and foreign traveller and develop a world-class event, while at the same time creating a space to showcase local jazz talent.

A special feature of the two-day event will be the jam sessions bringing together diverse artistes, harmonies and instruments to create an extraordinary blend of music. ☺

A special feature of the two-day event will be the jam sessions bringing together diverse artistes, harmonies and instruments to create an extraordinary blend of music



Held for the second consecutive year, the event will run for two days, with each day filled with nearly eight hours of world-class performances. While vocals will be the highlight of the opening night, the second night will focus more on instrumental jazz.

Among the artistes performing is Blick Bassy, the new soulful voice of Cameroon, known for his beautiful and "intoxicating, soft voice". The soul of his music, he believes, is in the way of singing, rather than in the words. Combining the tunes of Central and West Africa with that of bossa nova, jazz and soul, he creates unique melodies, enriched by the kora, double base and West African instruments such as the calabash. His songs are mostly sung in Bassa, his native language, which he says is fast disappearing and the lyrics say much about Africa.

The jazz septet, OHZone from Australia will also be featured. The septet is led by saxophonist Andrew Oh and comprises of Armondo Hurley on vocals, bassist Emile Nelson, guitarist Rex Goh, Mitch Farmer on drums, Sunil De Silva, percussionist and Ara Naccesus on keyboards.

Other notable musicians who will take the stage include Sri Lankan musician and guitarist from Hong Kong, Dylan Lee, who performs with his group consisting of Adonis De Jesus, Tak Hong Tsang, Anthony Fernandez, Bubu, Jennifer Palor and Mike Inot, presenting contemporary and classical instrumental jazz.

The lineup of Sri Lankan jazz artistes include Funk Avenue with Upula Madushanka, Primal Liyanage, Umariah, Rakitha, Harsha and Eshantha, as well as the Jean Van Heer Jazz Quintet.

The event will be held at Paradise Beach, Mount Lavinia Hotel. With an incredible view of the city's distant skyline in the background, feel the cool breeze while you sway to the grooves of Jazz.

Jazz at the Mount 2010 will be held on Friday, October 15, 2010 from 7.30 pm onwards, and on Saturday, October 16, 2010 from 5.30 pm. For more information call: (+94) 11 271 1430 or visit www.mountlaviniahotel.com

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In Negombo

...the beach sand, foamy waves massaged our feet, and just when we thought there was nothing better on show, the historical sites embellished the street. The town was alive with its people, food, spirit, lights, fun and the waters that glistened in the sun. The fish market was full to its brim with shoals that'd had their last swim and my face lit up in an unbelieving gape as the bustle of the city began to take shape...

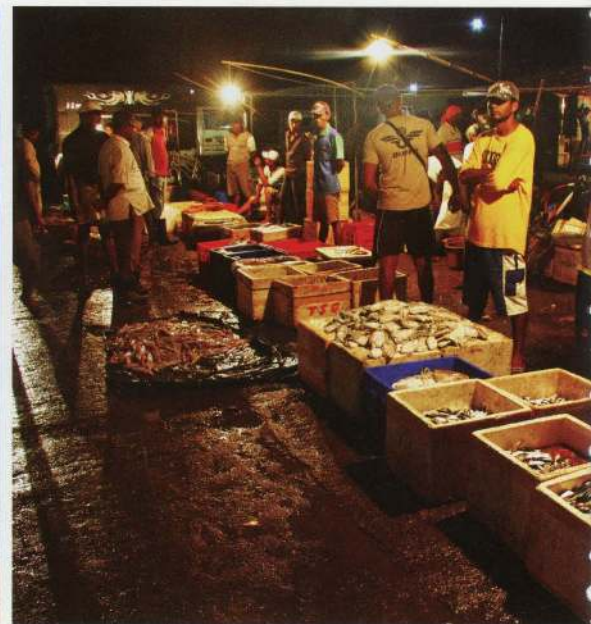
Words: Sonali Kadurugamuwa | Photography: Menaka Aravinda and Mahesh Prasantha



The picturesque beaches of Negombo - a catamaran coming ashore



Cleaning the nets after bringing in the day's catch



Seafood galore - the early morning furore at the fish market

It was four in the morning and the deep sea fishermen were bringing in their catch. The fish were coming in at a flurry into one of the largest fish markets in the country... we had to witness it. Shark, barracuda, tuna, stingray, crab, jumbo prawn, squid and clam were being boarded off boats arriving at the lagoon. There was definitely more to this fish market than met the eye, as we stepped out from the comfort of our

vehicle and submitted to the intensity of its inventory.

Trying to find as many dry patches of ground left, we shuffled and slip-skated, awkwardly, our way through the grand market spread and its people. If you didn't make way for large boxes or the 20 pounders the fishermen were hauling in, you'd either get knocked over or fished away along with them. Fish of every kind lay waiting to be sold, while

mongers called out prices that were music to the ears of wholesalers. They were as ready as lions, to grab their share of fresh fish, which they would then sell at retail value at other local markets. The air carried the intense smell of fish and even scented our clothes. The sight however at Negombo's 'Lellama' fish market was one of a kind, and one that we were more than glad to be on time for, after all.

DEEP SEA FISHERMEN WERE BRINGING IN THEIR CATCH AND THE FISH WERE COMING IN AT A FLURRY INTO ONE OF THE LARGEST FISH MARKETS IN THE COUNTRY... WE HAD TO WITNESS IT.



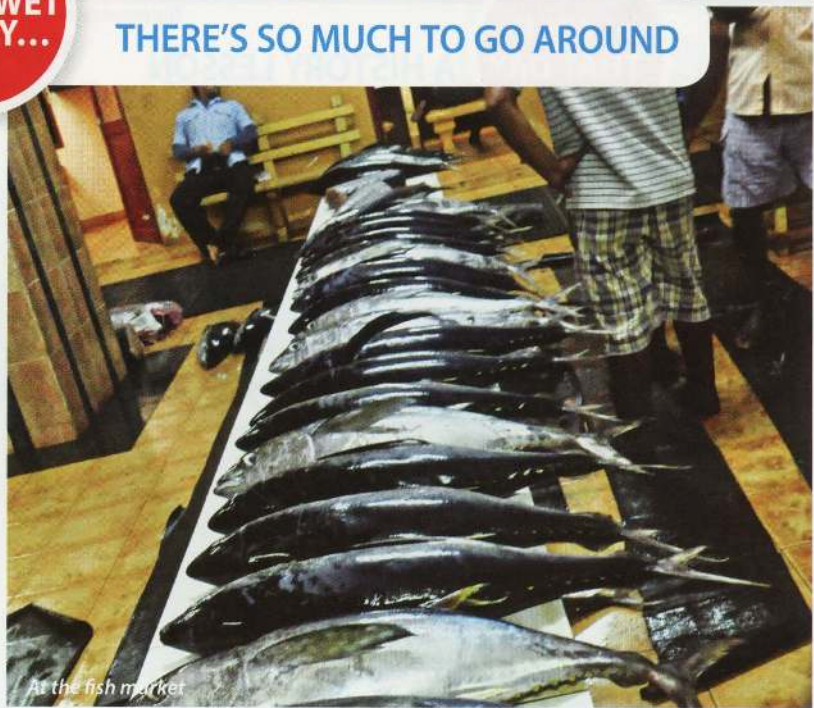


Off we go - fish mongers going out to sell fresh fish

FROM WET TO DRY...

THERE'S SO MUCH TO GO AROUND

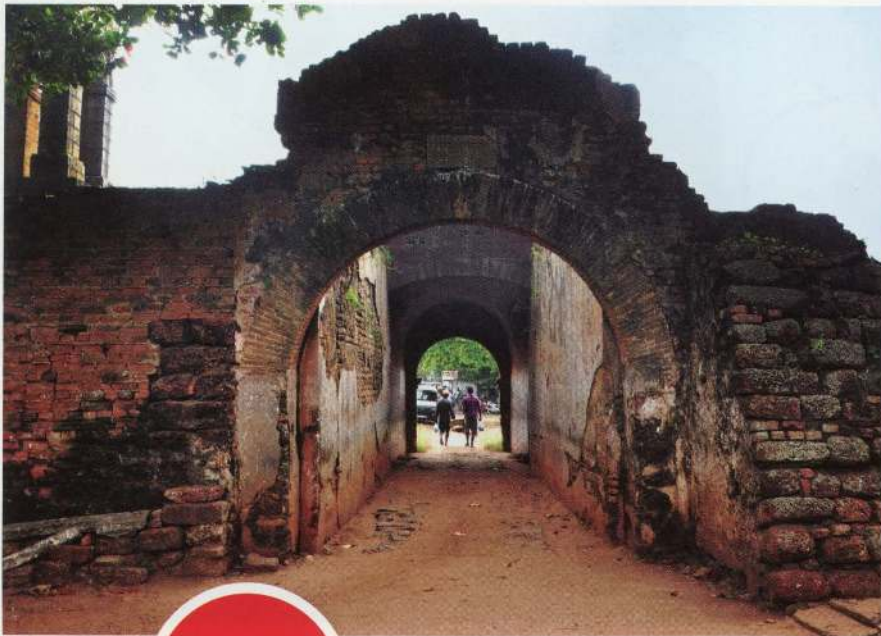
On the beach past the lagoon, where the rough seas met the sands, mongers were unveiling their dried fish - that had been soaked in salt water, covered in black polythene and dried over a few days. The street dogs, cats and crows infiltrated the shore, in gangs, to watch for fresh fish being beached in by boat. Far beyond this front, sails dotted the ocean and my thoughts overlapped as many more joined them... the abundance was captivating.



At the fish market

Sails dotted the ocean - the catamarans coming to shore early morning





The entrance to the Dutch Fort



St Mary's Church

LATER
THAT DAY

A HISTORY LESSON



The colonial clock tower at the Fort

We were standing before the city's courthouse, prison premises and also the former Dutch Fort in 1678, after it was captured off the Portuguese in 1644. 118 years later, the British took over the Fort only to destroy the buildings within and construct a prison. Observing the structure itself, excluding its surrounding environment, the past had been preserved except for a few cracks here and there.

The mild morning had succumbed to an afternoon blaze and the heat had us engulfed. We thought to take shelter in the stories behind 'Little Rome' or so it was called, in tribute to the numerous Roman-Catholic churches found in the active avenues. St Mary's Church, one of the oldest witnesses to Negombo's colonial past, stood eminent, towering over busy streets. 125 years later the current church in the Main Street is said to be the fourth in a long line of churches that began with the Portuguese.

St Sebastian's Church in Katuwapitiya, is yet another prominent figure etched into the city's history, as is the Church of Our Lady of Good Voyage in Duwa,



The mosque colour washed in vibrant shades



Church of Our Lady of Good Voyage in Duwa

which banks the ocean and fills another street with the presence of reverence, according to its devotees.

Although Negombo is predominantly Catholic, which is quite self-explanatory with all the churches claiming almost every nook, it is not to say that Buddhists, Muslims and even Hindus don't take part in religious practices.

A few mosques and kovils highlight certain streets – the mosques, majestic, washed in vibrant colours associated with Islam, the Maria Amman and Pillayar kovils with their gods adorning the entrances and among others, a Buddhist temple in Angurukaramulla built as long ago as 1868, magnify the city's unity as one that is diverse and undisturbed of its cultural realm.

Known as the Hamilton Canal since the 1800's, it was originally built by Dutch settlers as a trade route and ran as far as north Puttalam, over a 100km. Today, the canal sees the daily routines of fisher folk and visits for touristic rides down its waterways.

How the times and tides have changed!

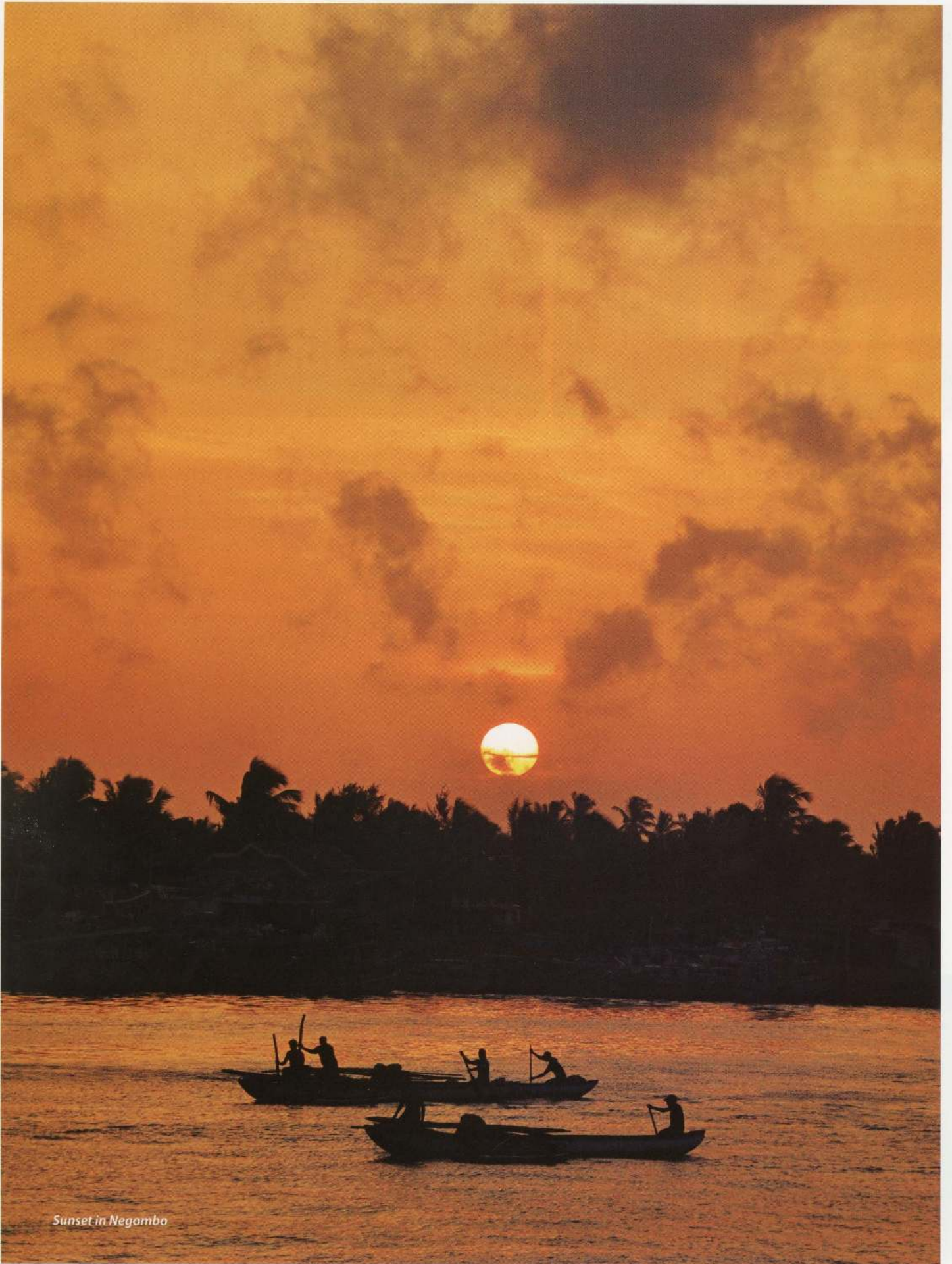
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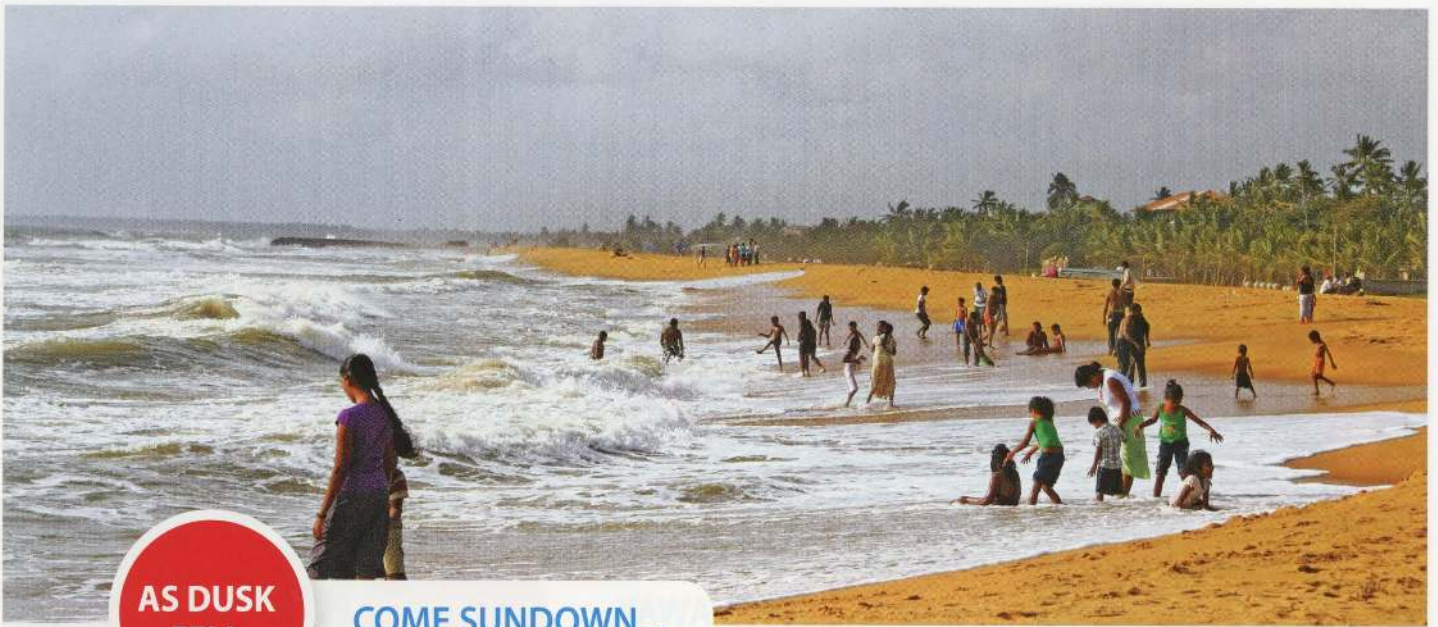
Maria Amman Kovil



The Buddhist Temple in Angurukaramulla



Sunset in Negombo



AS DUSK
FELL

COME SUNDOWN...

Families coming out to enjoy their evening at the beach



Delicious prawn vadai

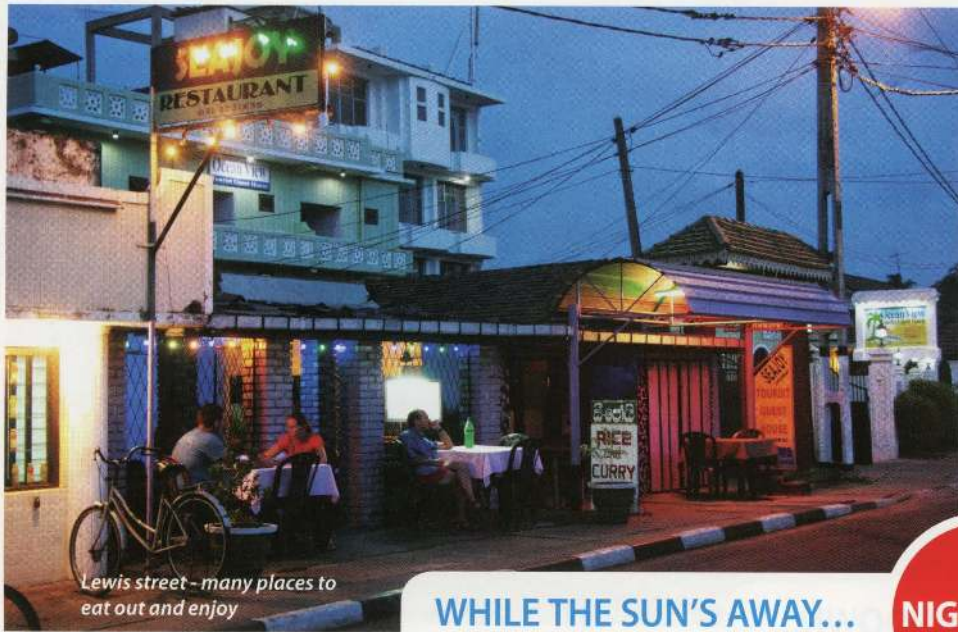
Amidst the sounds of the riding waves slapping onto the shore and the tugging wind, the sweet scent of manioc frying teased our taste buds and we followed it through to the mobile food stalls. *Isso-vadai* or prawn vadai, crumbled out the sides of my mouth as I laboured along the sinking sand against buffeting winds.

The excitement of shuffling waves, romantic stops by the manmade pond and a kiddies park as well, Negombo Beach Park surely offers a generous share of food, fun and frolic for children and adults alike. To top it all off was the paragliding fun at the far-end of the beach and we watched enthusiastically as the last remnants of daylight disappeared into the horizon.

THE SWEET SCENT OF MANIOC FRYING TEASED OUR TASTE BUDS AND WE FOLLOWED IT THROUGH TO THE MOBILE FOOD STALLS.



Paragliding



Lewis street - many places to eat out and enjoy



WHILE THE SUN'S AWAY... NIGHTLIFE

Hotels, restaurants, bars and little handcraft shops that had their doors shut all day now welcomed the cool breeze of nightlife down Lewis Place. People ventured out like owls who had waited all day to make the most of the night's offerings.

I could hear the clinking of mugs, glasses, dishes being served and also the strategic norms of bargain

shopping all along the boulevard and hasty crossings of pedestrians from the hotels to the restaurants and shops and vice-versa. The gush of the ocean never ceased to express its presence from beyond the commotion and it appeared that no matter what they were doing, the beach and its oceanic charm was always a part of the people and their way of life.



Vibrant handcrafts

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Pure Coconut



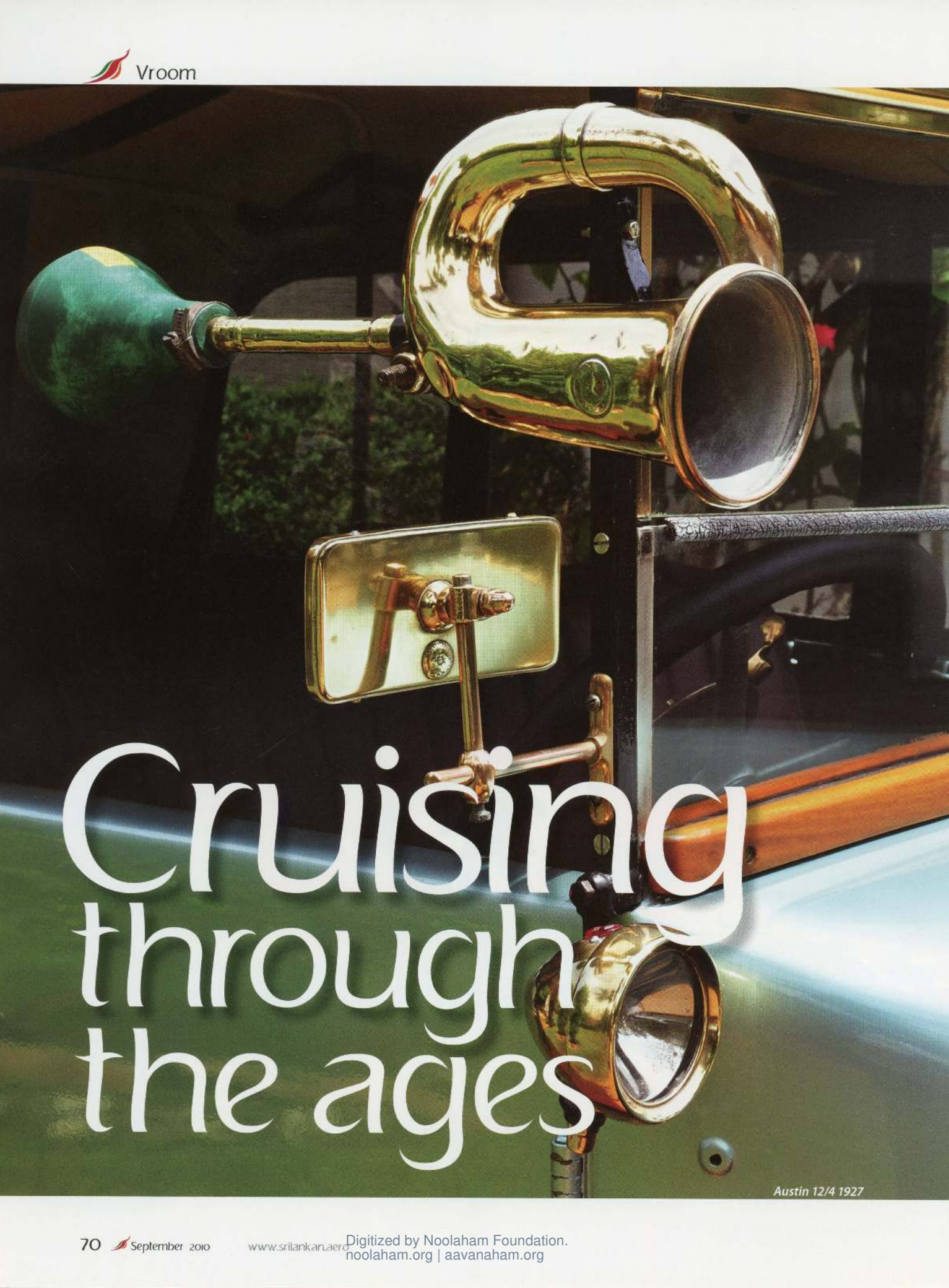
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Narikela is the sanskrit word for coconut



Cruising through the ages

Austin 12/4 1927



The elaborate rim of the MG TF 1954

The sight of a classic Morris Minor car or an old Ford from the 1950s puttering along country lanes in Sri Lanka is not unusual, writes Royston Ellis.

Photography: Mahesh Prasantha

While city dwellers and young professionals seek the sleek convenience of modern motorcars, some traditionalists in Sri Lanka hang on to the cars they bought when they were young. With many Sri Lankans skilled at mechanics or bodywork, it is easier to maintain a classic or vintage car in Sri Lanka than it would be in the countries of their origin.

Although the definition of what is a vintage or a classic car in Sri Lanka is a bit blurred, the Classic Car Owners Club specifies on its membership application form that the car must have been built between 1940 and 1970. However, classic cars in Sri Lanka are also classed according to the registration number. In the 1930s, until it was discontinued in 1950, a pair of letters, derived from Sri Lanka's colonial name of Ceylon was used in the order CE, CL, CN, EY,

EL and finally EN in front of numbers for registration. Such cars are also considered classics.

Owners of classic cars drive them as often as they can and part of the philosophy of the Classic Car Owners Club is to popularise the collection of classic cars among the younger population. The club, which has 250 members, was founded in 1992 and is dedicated to the preservation, restoration and enjoyment of classic cars.

One owner commented that he likes the graceful lines and individual character of a classic car, accompanied by the feeling of nostalgia it gives him to drive an old vehicle that stands out among the functional designs of modern motorcars. The most frequently seen classic car is the Morris Minor (built between 1948 and 1971). In the Vintage Car category, there are still several

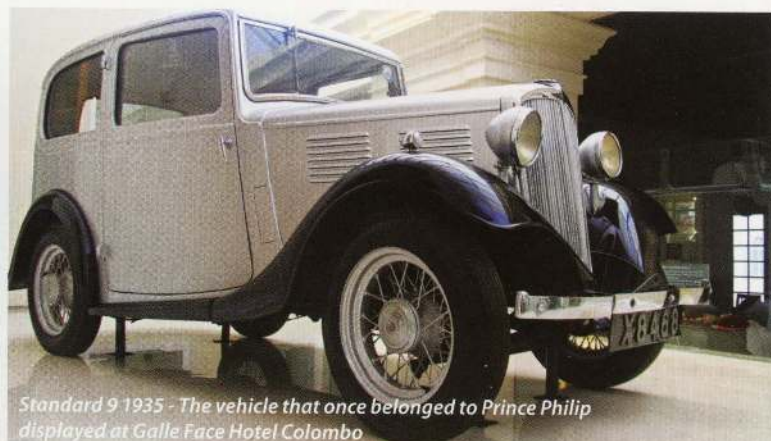
Austin Sevens of various models (built between 1922 and 1939).

"Restoring a vintage car," says a collector, "is actually easier than fixing up a new one. Modern cars have very sophisticated parts, especially when they are computerised, but those made in the 1920s and 1930s were much simpler. A good mechanic with a lathe can reproduce those old parts, but not new ones."

British planters and wealthy Ceylonese brought the first motorcars to the island. There were several Daimlers, and Rolls-Royces as well as cars with names that conjure up the 1920s, such as Napier and Graham Paige (examples of both are sometimes seen in rallies). The oldest motor vehicle in running condition in the island is said to be an Albion Murray lorry with solid tyres, dating from 1908. A Robey steam lorry from the 1920s and an open-sided



Standard Flying 8



Standard 9 1935 - The vehicle that once belonged to Prince Philip displayed at Galle Face Hotel Colombo

WHERE TO SEE

Occasionally there are car rallies run by the Vintage and Classic Car Owners' clubs, such as motoring from Colombo to Negombo, or around Colombo's boulevards on a Sunday. And sometimes, vintage vehicles are displayed at exhibitions at venues like the Bandaranaike Memorial International Conference Hall.

On display in the museum at the Galle Face Hotel is the lovingly restored 1935 Standard 9 vehicle, registration X8468, bought in 1940 by Prince Philip, husband of Britain's Queen Elizabeth, who learned to drive in it when he was a 19 year-old navel cadet stationed in the then Ceylon.

Parked in front of the hill country Bandarawela Hotel is a 1930s Wolseley as well as an old BSA motorbike. Classic cars are also on display and available for guests to be chauffeured around Galle Fort at The Dutch House, Galle.

CAR REGISTRATION

A genuine vintage car in Sri Lanka will have a registration number beginning with a single letter of the alphabet from A to Z. The letter indicates where in the country the car was registered, with C being Colombo, while the letters X and Y show all-island registration. Classic cars have two letters before the number, if they were registered before 1950.



Fiat ballillo 1935



Austin Healy Sprite 1960



Albion Murray 1908 - the oldest running vehicle in Sri Lanka



Hilman 1938



Standard 9 Coventry, 1931



MG TF 1954



Peugeot 203 1955



Standard Little 9 1928



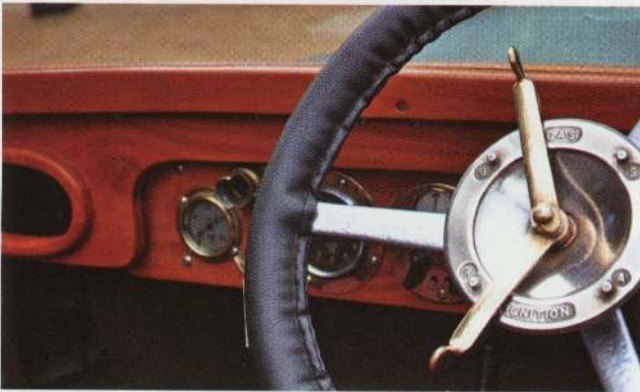
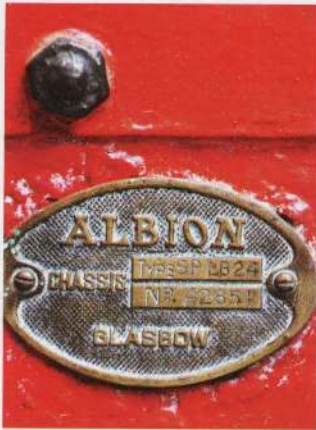
Triumph TR 3 1957



WW II Jeep 1940



Austin 12/4 1927



The many elements of vintage and classic vehicles

Visitors can see Sri Lanka in style, in a vintage or classic chauffeur-driven motorcar from the past.

Chevrolet bus of 1935 vintage also take part in rallies.

While part of the fun of collecting vintage vehicles is finding them, chance encounters with rare vehicles, perhaps hidden away on tea plantations are predictably rare now. One collector recalls how 20 years ago he spotted an intriguing looking bonnet protruding from weeds in a garden near the west coast village of Ambalangoda. He discovered it was a 1934 six-cylinder Wolseley and bought it cheaply to restore, not for profit but for the challenge.

The Vintage Car Owners Club was founded in 1987 and has 180 members who between them own more than 200 vintage vehicles. Members

share a common appreciation for the fascination of age, the individuality and the functional elegance of vehicles from a bygone era. Vehicles accepted for membership include all Edwardian, Veteran, Vintage and Post-Vintage Thoroughbred; Commercial, Motorcycles and Historic Racing Vehicles.

One vintage car that used to get heads turning when it was driven around Colombo in the 1990s, was painted a brilliant yellow, with a black canopy and large, comfortable seats. This was a six-cylinder Vauxhall 20/60 built in 1928, a rare car anywhere in the world. Its owner, the late veteran cricketer C I Gunasekera, bought it in 1960 and it was the pride of his

collection that included two Rileys and a Packard. It is stabled now as an heirloom.

It is their association with the history of the country, as well as their distinctive design, that makes vintage and classic cars so popular. Many visitors are amazed at the variety of vintage vehicles in Sri Lanka and would like to buy them, knowing they are worth small fortunes in their own countries. But Sri Lanka's heritage vehicles are considered as part of the country's treasured antiques, and exportation is prohibited.

However, some of them can be hired, so visitors can see Sri Lanka in style, in a vintage or classic chauffeur driven motorcar from the past. ☺



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TIGERS OF BANDHAVGARH

Capturing the mighty tiger through my lens has always been a cherished ambition of mine while I was growing up. As a child, the sheer mention of the tiger sent shivers down my spine. It inspired a feeling of fear and curiosity that made me determined to see and photograph this endangered cat in the wilds of India. The very sight of its powerful face, haunting eyes and dark red striped coat ignited my ambition.

Words and Photography: Ifham Raji



A tiger cooling himself in the water

My goal was to make my way as a photographer into the presence of these magnificent cats - and not merely as a tourist on safari. My passion for photography has always made me take challenges to capture photographs to the best of my ability.

To achieve my aim I journeyed to the Bandhavgarh National Park In India, which, for me, is the home of the Indian Tiger. Bandhavgarh has the double advantage of being probably the best place to see tigers as it has the highest concentration of tigers in India, with 44 inhabitants. My close friend and fellow photographer Kamil, who also shared my dream to capture the Tiger, accompanied me.

We flew into Delhi from Colombo and took an hour's connecting flight to Jabalpur, the closest airport to

Bandhavgarh, located in Madhya Pradesh, North Central India. On arrival at Jabalpur around 7am, we were met by a representative of "Nature Heritage Resort", our accommodation on our proposed nine-night tour. We were driven a further 197km North East, a five hour drive from the airport, down a myriad of wide and narrow dusty roads through Teak forests, Sal trees and cultivation, until we arrived at Badhavgarh around noon. Raajwardan, the owner of the resort and an expert on Bandhavgarh's tigers met us as we arrived.

Our first two days were uneventful - but this was expected, as in most cases, tigers are very elusive and finding one is a challenge. However, I was getting very nervous and disappointed as I had not photographed a single tiger in any of the four drives we had taken.

We were awarded fleeting glances of one or two, but not one that was close enough to prove to be a successful subject that could be photographed.

On our third day however, our luck changed and we finally set eyes on our first tiger. I knew this would give me a shot and break the photographic deadlock. The tiger was strolling by a small lake casting a beautiful reflection, which had a narrow anicut leading to the road, where we had parked our vehicles. We were hoping that it would cross the road, but instead it sat in the water to cool off.

Tigers love the water and often, you will see a tiger sitting in water for hours on end in the scorching heat of 45° C during daytime. The summer heat of Bandhavgarh between March and August is unbearable, not only for humans, but for tigers as well.

HISTORY OF THE TIGERS OF BANDHAVGARH

The tigers of Bandhavgarh today are mostly descendants of the famous "Charger" and "Sita", the star attractions of the park in the 1990s and early 2000s and the park's most photographed duo. Their reputations have made Bandhavgarh world-famous.

Another female known as Mohini, became prominent following the death of Sita. Mohini gave birth to three cubs namely B1, B2 and B3. Unfortunately, B1 was found electrocuted, while B3 died in the hands of poachers. Today Bandhavgarh is roamed by B2, the oldest tiger of the park. B2 fathered three cubs and one of them, a male, is now Bandhavgarh's most dominant tiger.



Mirchani, the tigress drinking water



A tiger feeding on a buffalo carcass



Elephants taking tourists to see the tigers



A curious tiger



Tiger cubs taking a nap



Mirchani's cub leaping playfully

On our fourth morning, we had to strictly follow 'Route E' until we reached a central point at which all vehicles had to congregate and register. Thereafter all vehicles could head off in their respective directions. In Bandhavgarh all vehicles visiting the park in the mornings are given specific routes to follow. This is to avoid over crowding and to ensure

that tiger sightings are experienced in a calm and orderly manner.

That evening, which was our eighth safari round in four days, we had been in the park for two hours and at around half past five in the evening, having seen neither hide nor hair of a tiger, we headed off towards the valley below the Bandhavgarh Fort.

On top of the plateau lies the Fort of Bandhavgarh, now a temple, which is visited by pilgrims every year. It was ruled by the Maharajah of "Rewa" and was his hunting ground until the 20th Century. The Maharajah captured a white tiger in this region in 1951. This white tiger (named "Mohan"), is now stuffed and on display in the palace of the Maharajahs of Rewa. By 1955, "Maharajah Martand Singh" had shot his 100th tiger before it was declared a National and Protected Park.

The history of Bandhavgarh records that the park derives its name from the most prominent hillock of the area, which is said to be given by the Hindu Lord Rama to his brother Lakshman as a perch from which he could keep a watch on Sri Lanka (Ceylon). Hence the name Bandhavgarh was derived, which is Sanskrit for "Brother's Fort".

As we headed towards the valley below the Fort, we saw a tigress named "the Chakradara female", daughter of the tigers "Sita" and "Charger". She headed off to the hills



The Majestic tiger



A tiger resting on a roadway amidst the Teak and Sal trees of Bandhavgarh

towards the Bandhavgarh Fort and we lost her. It was a short glimpse of a famous descendant.

We had heard of a tigress called "Mirchani" who had three cubs and on our fifth day we drove into their territory. Mirchani was the daughter of "Van-Vhai", a female who is also a daughter of "Sita" and "Charger." Then, at around five in the evening, we saw "Mirchani" drinking water at a small waterhole. However, the cubs were nowhere in sight and we returned to our hotel, disappointed.

The next day we headed off in our open roofed jeep. There are at least 20 streams and rivers that cross Bandhavgarh and most of them have bridges and anicuts making travel by two-wheel drive easier. The only 'four-wheel drive' they use are the elephants! Elephant-backed tiger watching is very popular and is probably the best way to see the tiger if you are on a short visit. Usually a mahout sets out early in the morning in search of tigers and once a tiger

is found in an area that cannot be approached by vehicles, four to five Elephants are used to corner them. This corners the tiger into one area and tourists are taken in turns on elephants.

On our seventh day we set off once again in search of the "Mirchani cubs". We combed the jungles, frantically looking for them, but had missed several opportunities due to the large crowds thronging to see them. Cubs offer the best chance for tiger photography. In their early age, they are playful and fearless and chances of photography are very high as they come out into the open quite bravely. Their territory was along the park's southern border, by a village. Bandhavgarh is surrounded by villages making tigers vulnerable to humans and their livestock. Fortunately, man and tiger have learned to live side-by-side.

We hadn't seen tigers in two days now, and as such we used the opportunity to photograph the

other wildlife of the park. One can see varied wildlife here, especially the Wild Dog (Dole), a top predator, the Barasingha Deer, King Vultures, Nilghai, Black Buck and a host of bird life.

Our last day at the park. Having heard of the cubs sighted by the road the previous evening, we set off early in anticipation, to make a final effort. On arriving at the area, we saw a few vehicles parked and we knew we were in luck. On getting closer we saw a mother and her cubs sleeping inside a patch of thick grass. We were thrilled. In the next hour, we saw the cubs playing and one of them strolled by and sat next to our vehicle.

Finally, we had our shots! We had lived our dreams of sighting the magnificent descendants of the most dominant and famous tigers of Bandhavgarh, "Charger" and "Sita", the legendary cats of Bandhavgarh that captured the world's attention. ☺

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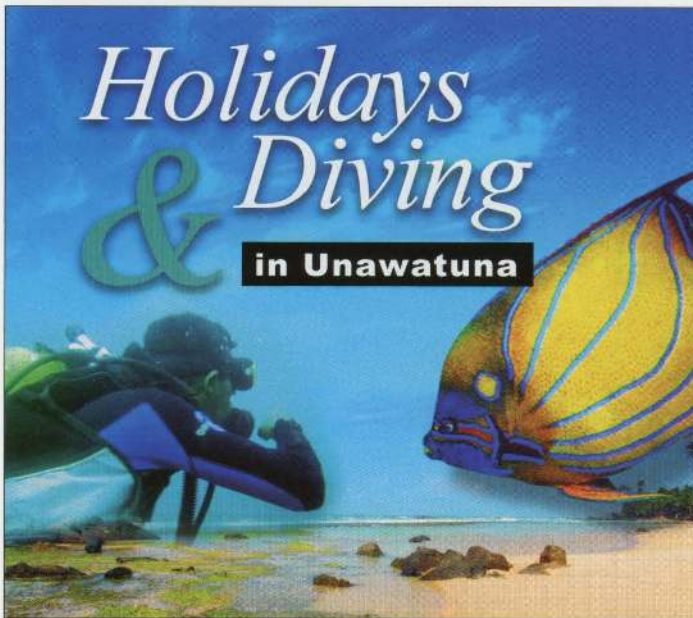
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A SPOT OF GREEN in the City

It may only be a small patch of grass, but it's one of the most iconic locations in Colombo. Galle Face Green, a rectangular stretch of grass along the Galle Road in Colombo's Fort area, is the city's most popular recreational space. While its origins are traced back to the 19th Century, the Galle Face Green – like the city it is part of – has gone through many phases in its life. But it has never lost its magnetism or its vibrant soul.

Words: Manori Wijesekera | Photography: Menaka Aravinda and Prabhath Chaturanga



The vibrance of Galle Face Green



Keeping fit - Colombo's health conscious citizens doing their early morning exercises

The Galle Face Green is a happy place. Ask any Colombo dweller what you should do when visiting Colombo, and a walk along the Galle Face Green will certainly be in the "Top Five Must Do" list. It's one of the most egalitarian places in the city, where all ethnicities, backgrounds and social circles mix in a spirit of fun and enjoyment. There's no entrance fee and it never closes.

Although originally a much larger space, the Green now officially spans a five hectare strip, bordered on one side by the Indian Ocean and by the bustling Galle Road on the other. It's boxed in on the left by Galle Face Hotel and on the right the Green fades off into a stretch of concrete, where the grand old canons left behind by the British Artillery remain, resolutely

facing the Indian ocean. There is a newly built pier which is a favourite fishing spot as well as a lovely strolling area at dusk.

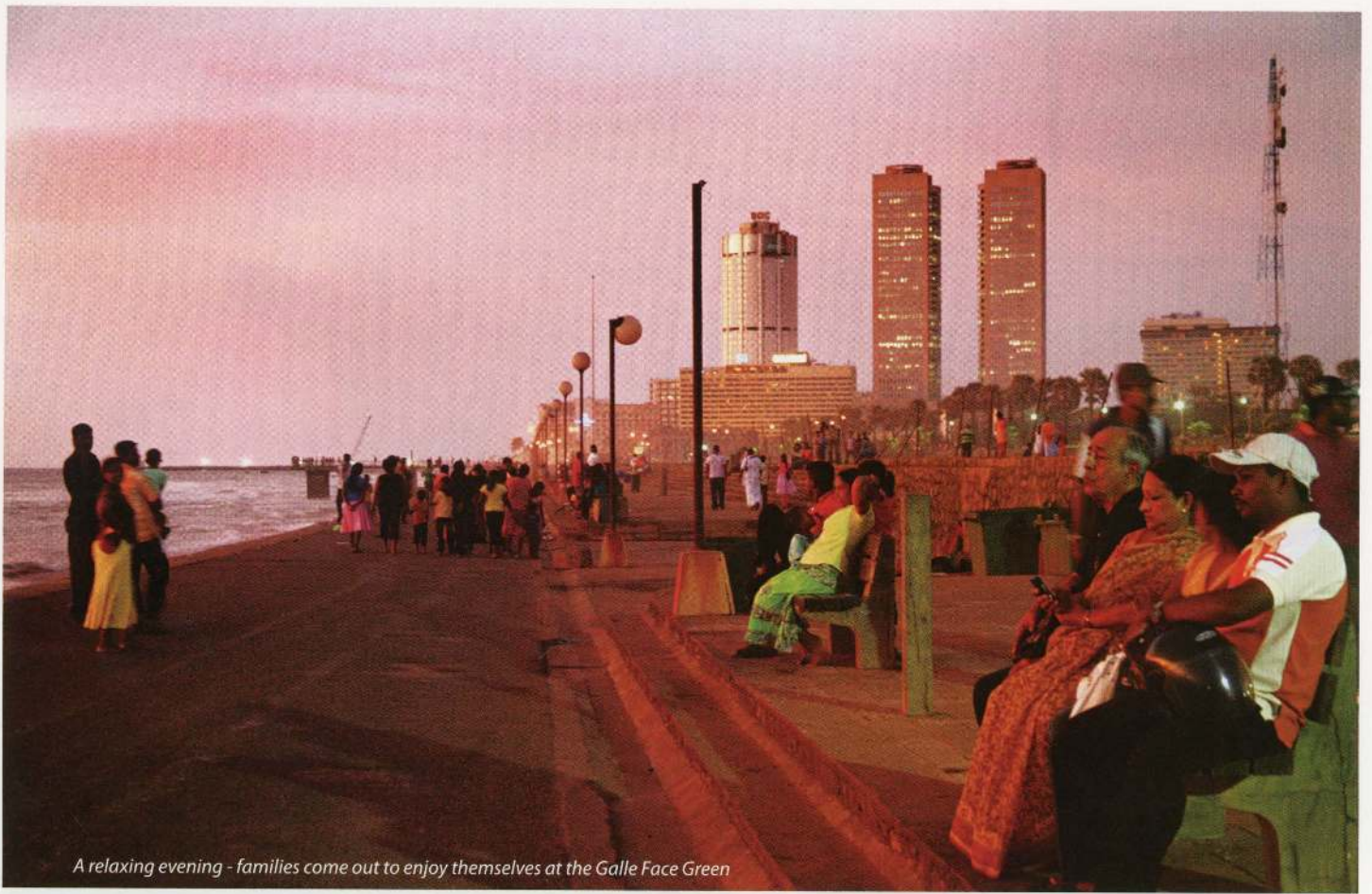
There's always something happening at "Galle Face", as the locals call it. Visit early morning and you will find Colombo's health conscious citizens walking and jogging along the sea-side stretch, enjoying the cool morning breeze. Young soldiers from the nearby Army camp carry out their morning exercise drills at the Green and their enthusiastic jumps and stretches add vigour to the lazy feeling that covers the Green at that time of the morning.

Fishing is a popular sport and the new pier provides a convenient spot for fishing. While some prefer to fish early in the morning, a few feel the

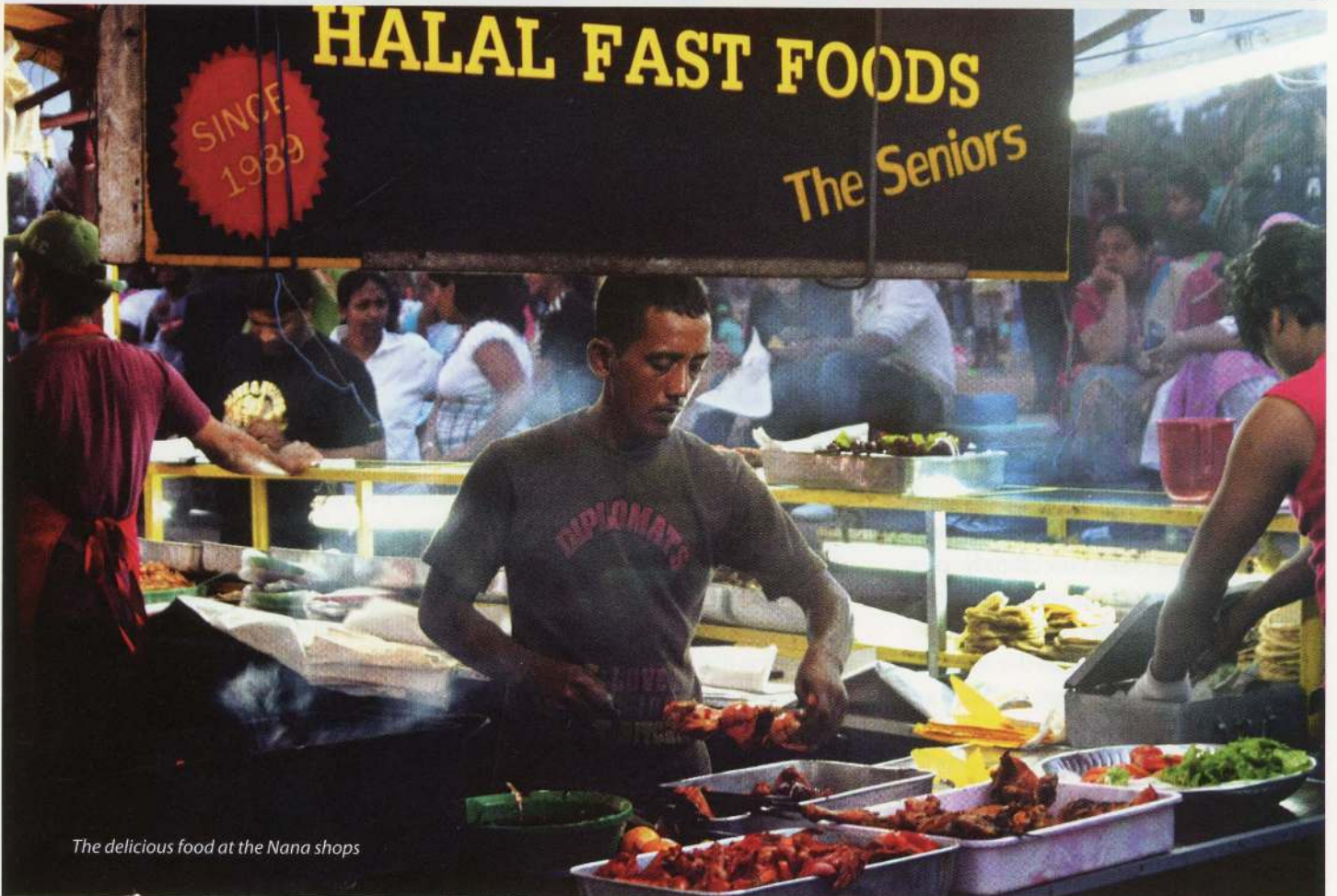
best time is the morning after a rain shower, as it brings the fish closer to the shore to feed. Others perform this activity on a daily routine, as it is their livelihood. You will see even the amateur fishermen coming along throughout the day and also as dusk falls, rods in hand and hope in mind.

Since there is little shade, the Green is best avoided during midday. Only young lovers brave the Green at this time, knowing that the scorching sun will keep out prying eyes. Courting couples seated under umbrellas on Galle Face are such a common sight that it has now become the norm.

But as the sun begins to set, the Green comes alive! This is my favourite time to visit Galle Face, as the food vendors start setting up their stalls, the kite sellers arrange their wares on



A relaxing evening - families come out to enjoy themselves at the Galle Face Green



The delicious food at the Nana shops



Candy floss

THE STORY OF THE GREEN

It was in 1859 that Governor Henry Ward set aside a wide stretch of land for recreational use. It was originally used for horse races and also as a golf course and called the Colpetty Racecourse. The Promenade was the place to be on weekend evenings, and society ladies would turn out in their latest outfits to be shown off as they strolled along the Green. In addition to the personal recreation opportunities offered by this green space, Galle Face is also a popular spot for open air musical shows, religious functions and other public events. State functions and celebrations are also held at the Green.



Mouth watering Achcharu - pickled fruit



Colourful toys on sale for youngsters



'Lets fly a kite'

the ground and families with children start pouring in to play cricket and other games – all bathed in the glow of a blazing orange, setting sun.

There is something for everyone. For “foodies” like me there is the allure of the numerous food stalls. Set up along the stretch facing the ocean, you can take a walk and simply enjoy the smells emerging from each stall, to get your gastric juices flowing. The “*Iso vadai*”, lentil cakes topped with a few prawns fried in hot oil, is a famous snack found here. *Achcharu*, pickled fruit in a range of fruits and flavours, and *kadala*, boiled chick peas served up with some grated fresh coconut and fried red chillies are the other popular snacks along the Green.

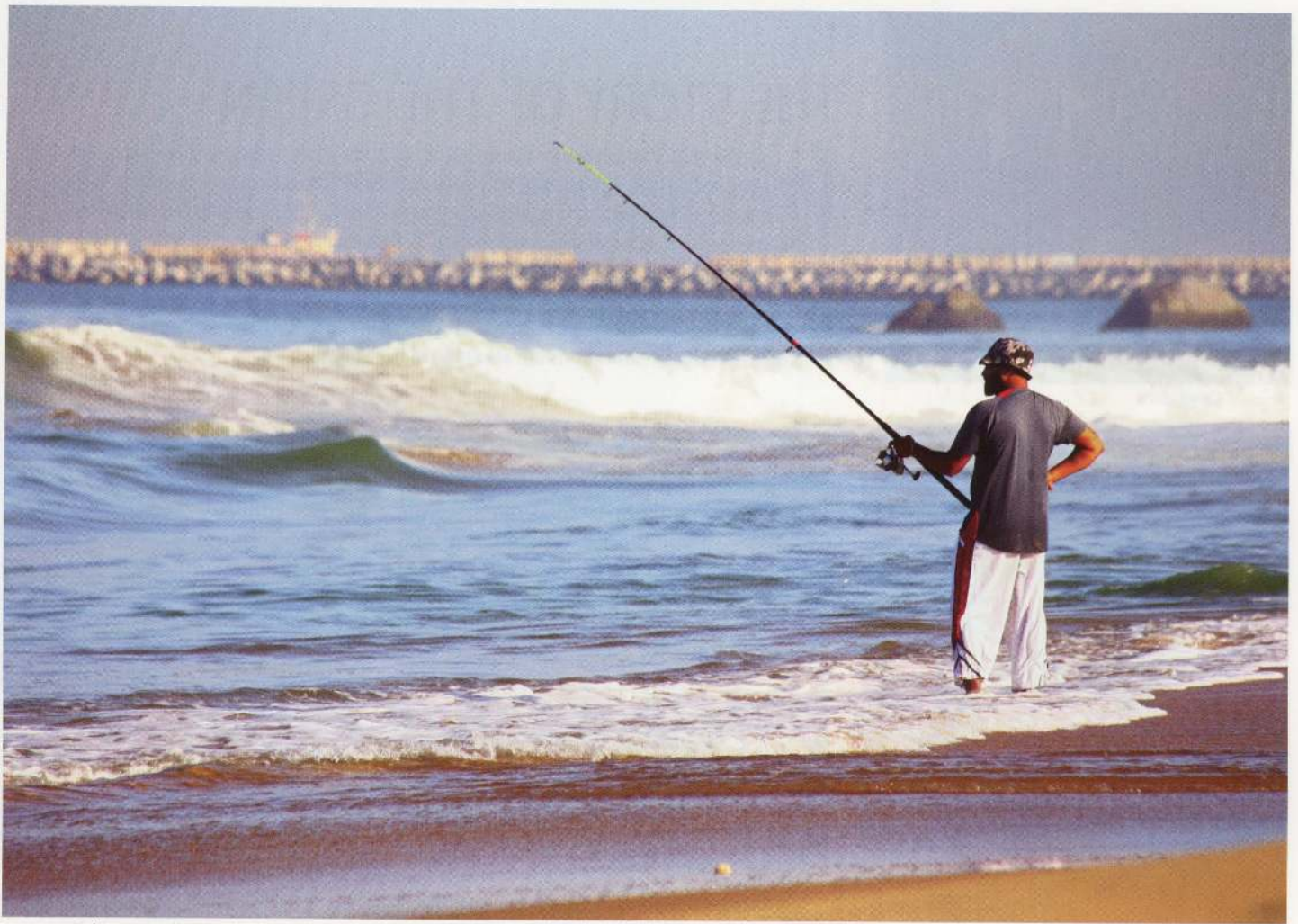
If you want more substantial fare, check out the “Nana” shops

(pronounced na-na, the term used for older brother in the muslim community) that sell *parata* (flaky rotis) and *kottu roti* with any combination of meat or vegetable of your preference, they also have biryani, string hopper biryani and a variety of *vadais*.

If you're thirsty, the Nana shops have “sherbert” drinks, or the *Saruwath* sellers with their multi-coloured drinks await you. While there are many sherbert flavours around the world, Sri Lanka seems to have chosen the “rose essence” flavour as our own and all the sherberts come with rose essence flavoured water in a range of colours and topped up with crushed ice, soaked basil seeds (called *kasa kasa*) and – if you're lucky – pieces of jelly or thin strips of gelatine. *Saruwath* is a similar refreshing drink, made

up of the water used to soak the basil seeds and served with food colouring and some of the basil seeds. And to top off the meal, there's always dessert! The dessert of choice on Galle Face Green is ice cream in a cone, and there are dozens of ice cream trucks which have a brisk business every day. The local candy floss or *bombai motai* sellers offer a more stickier, but equally delicious, alternative to ice cream.

Before you think that Galle Face is all about eating, let me move on to the many other things that add to the dynamism of this space. The clear green lawn calls out to play, and while light lasts you will find young boys and men playing cricket and other children playing



Fishing at Galle Face

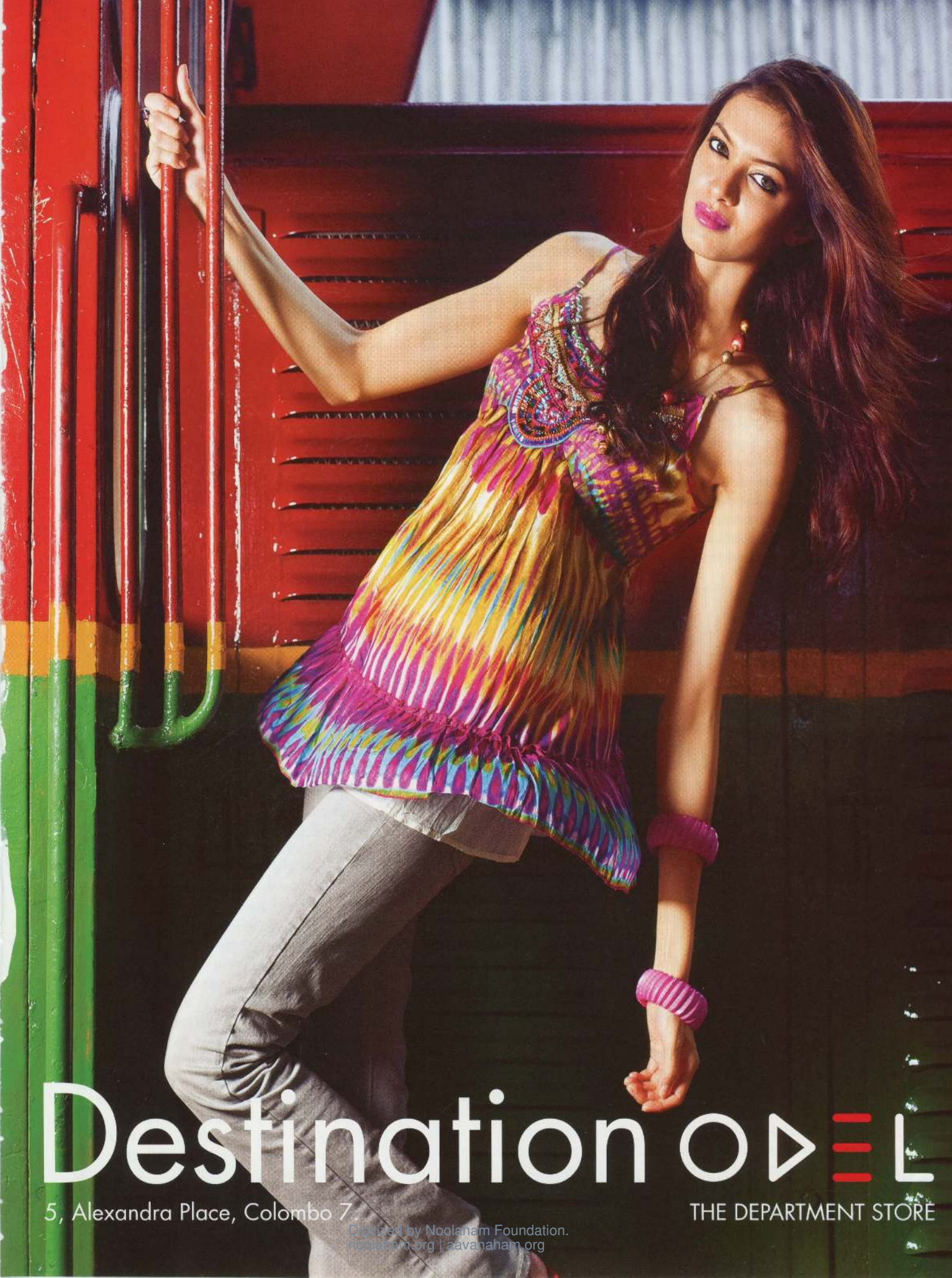


A DAILY CEREMONY

The National Flag seen at the Galle Face Green was unveiled by President Mahinda Rajapaksa at the 60th Independence Day ceremony on February 4, 2008. The flag rising to a height of 30m is hoisted daily at six am and remains waving in the billowing winds throughout the day till it is lowered at six pm. Bystanders can witness the solemn hoisting and lowering ceremonies carried out by the National Guard during these times.

with toys that are sold on the Green. Kite flying is something that is popular at Galle Face because of the stretch of open skies, and many vendors now sell a variety of creative kite designs. If you want to try your hand at kite flying, get there while there is still some light. A few energetic young people now rollerblade on the new stretch of concrete, while a few skateboards can also sometimes be seen.

But most people enjoy Galle Face at a slower pace – walking along the promenade, witnessing a breathtaking sunset, sitting on the grass under a starlit sky or simply enjoying a relaxing time in the open air and surrounded by a fresh sea breeze. Whatever you choose to do when you visit Galle Face, you'll be assured of good times and good memories. ☺



Destination

5, Alexandra Place, Colombo 7

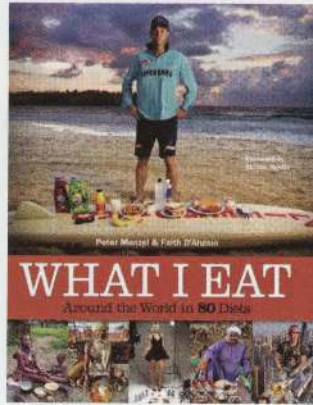
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What I Eat: Around the World in 80 Diets

Peter Menzel and Faith D'Aluisio

Through a collection of vibrant photographs and descriptions, *What I Eat: Around the World in 80 Diets* offers a fascinating look at people, culture and food. The authors, Peter Menzel and Faith D'Aluisio present portraits of 80 individuals from 30 countries, along with the food they consume on one day, and the total number of calories each person puts away. The profiles detail the individual's age, activity level, height, weight and demographic aspects, and features, among others, a Japanese sumo wrestler, a Massai herdsman, a Spanish chef and an American competitive eater, among others. The book also contains several essays on food, politics and culture, which examine the impact of



modern diet on health and the planet. The stories are personal, vivid and insightful, offering a new perspective on food and diet.

Apartment Therapy's Big Book of Small, Cool Spaces

Maxwell Gillingham-Ryan



Anyone who doesn't have a sprawling home of their own keenly understands the impact clever design can have on maximising space. If you're running short on ideas of what to personally do to get the most out of your pad, this book could provide you with the inspiration you need. The latest in the 'Apartment Therapy' book series from Maxwell Gillingham-Ryan, co-founder of 'apartmenttherapy.com' – originally an interior design service and now a network of blogs with over four million visitors per month – this book is filled with beautiful colour photos of thirty real world, space-challenged homes selected by Gillingham-Ryan himself. Each chapter focuses on a different space, such as the entrance or the bedroom, moving from the front of the home, to the back and everywhere in between. Even those with large homes may have a problem with one of their rooms and will find a chapter or two handy. Each chapter begins with general thoughts and tips on how to make the most of that particular space, followed by explanations of how all the elements in the featured room combine to make it work. Gillingham-Ryan also touches on various subjects that are important to those rooms and small spaces, such as lighting, bookshelves and wall colours, which help to give the impression of a larger space, in a stylish way.

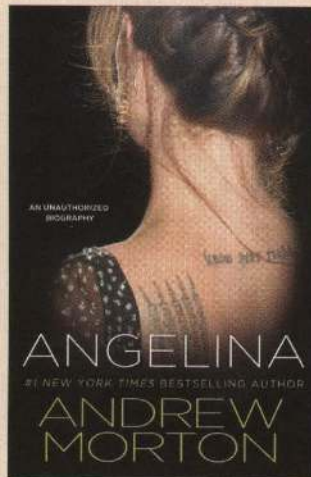
Angelina: An Unauthorized Biography

Andrew Morton

Award-winning actress. Humanitarian. Mother of six. Bisexual. Home-wrecker. And now the recent focus of biographer Andrew Morton, known for selecting celebrities and subjects of a controversial nature. With a figure as mysterious and alluring as Angelina Jolie, Morton doesn't disappoint.

In a world where Jolie is featured in the tabloids on an almost daily basis, Morton displays two particular skills. One is the ability to ferret out extremely inside information, like that the typeface in which her Billy Bob Thornton tattoo is written in is Helvetica. His other, more valuable skill is connecting the biographical dots. Morton has an uncanny knack for offering a pretty good explanation of how she became the person she is today, by taking the investigative route and talking to the people who were present during various stages in her life.

Morton delves deep into the trauma Jolie suffered of being from a broken home, the dysfunctional family life, estrangement



from and eventual reconnections with her parents, the drugs, self-cutting, sex, marriages and of course, capturing the adoration of Brad Pitt – from which point the pace of the book goes into hyperdrive, taking the reader on a ride not unlike one of Ms. Jolie's action movies, and refusing to let go until the very last page.

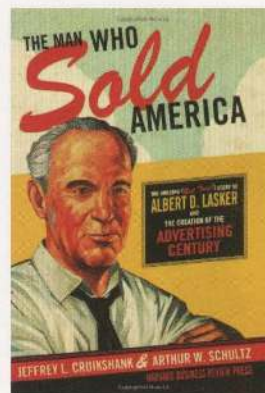
The Man Who Sold America:

The Amazing (but True!) Story of Albert D. Lasker and the Creation of the Advertising Century

Jeffrey L. Cruikshank and Arthur W. Schultz

The authors, Jeffrey L. Cruikshank and Arthur W. Schultz present a fascinating biography of Albert D. Lasker, the individual who built the modern advertising industry and was instrumental in shaping a new consumer sensibility. Although advertising is a powerful tool in today's world, Albert D. Lasker often remained hidden from the spotlight. Lasker's methods used in advertising helped revitalise companies and brand names, some of which include

Palmolive, Goodyear, and Quaker Oats. With time, Lasker moved beyond advertising and consumer products, applying his knowledge in government service and sports, leading to be regarded as one of the most influential figures of the century. A compelling read, the authors, drawing from previously unexplored documents, captures the life and troubles of Lasker.

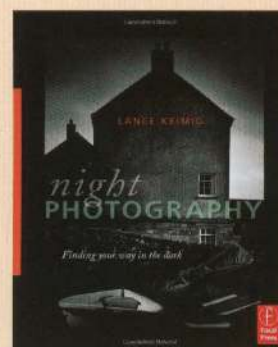


Night Photography: Finding Your Way In The Dark

Lance Keimig, Scott Martin (Contributor)

Lance Keimig, an expert on night photography, presents a comprehensive guide for those interested in nocturnal photography. Suited for both the amateur, and the seasoned pro, the chapters detail the basics of film or digital shooting as well as the ways of using sophisticated techniques such as light painting and drawing. The book also contains a chapter

on the history of night photography, thus giving readers a complete and informative manual. Theory and practical lessons are presented in a clear and concise manner with illustrations, examples and charts, making the book easy to read and understand. The stunning collection of black and white images shot by renowned night photographers reinforces the text.



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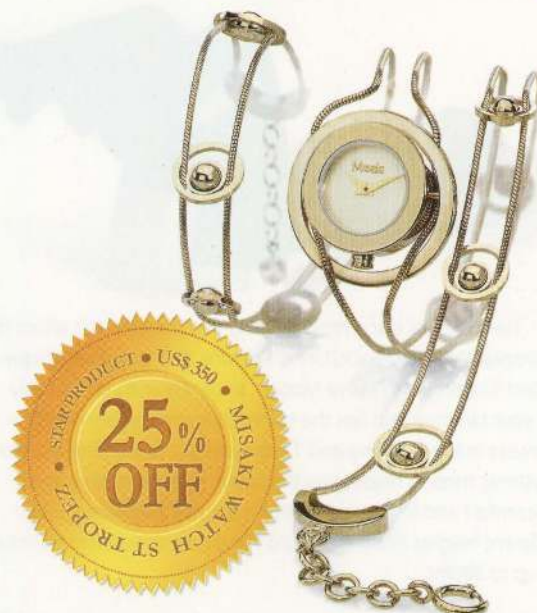


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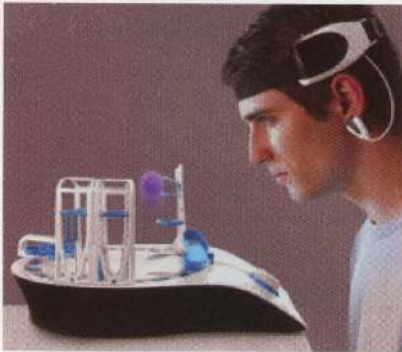
Functioning with an engine developed in collaboration with the Ferrari Challenge Team, the luxury hair dryer is an exclusive appliance with exceptional performance.

Sunglasses with MP3 Player and Spy Camera



At first glance a pair of great sunglasses, but it also includes three very special features within – a MP3 music player, camera and video recorder and FM radio.

Perfect while jogging to relax your mind with music or while on vacation, never letting memorable moments sneak away. The sunglass holds up to an 8GB memory to store all your music, photos and film footage. It comes with adjustable earphones for convenience and polarised lenses effectively protecting the user from harmful UV rays.



Telekinetic Obstacle Course

Using focused brain waves to maneuver a ball through an obstacle course, this game is a one of a kind experience. It is equipped with a headband and two earlobe clips to be worn by the player, and these instruments measure the theta wave activity produced by the brain while you relax and concentrate. The headband then sends a wireless signal based on the theta wave activity to the game's air fan that responds accordingly by changing its speed, which in return suspends or lowers a foam ball.

A knob enables the user to turn the game board and make the ball move through the obstacles. The Telekinetic Obstacle Course will be an enthralling new encounter for any youngster and is recommended for ages eight and above.

Back2Life Pain Relief Solution



Tired of back discomfort slowing you down? Can't afford the Chiropractor's bills? Back2Life is a device that uses a technique called 'Continuous Passive Motion' to gently and comfortably lift your tailbone and flex the spine. Over time, when used 12 minutes in the morning and 12 minutes in the evening this slow, rhythmic motion helps align the spine, relieve pressure and discomfort and improve mobility. It adjusts to accommodate different heights (from 4'8" to 6'6") and is designed for individuals of up to 300lbs.



Automatic Can Bin

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ANNUAL CALENDAR 2010

SEPTEMBER

2 - 5



"FACETS 2010"
20th Sri Lanka International Gem & Jewellery Show

3 - 10



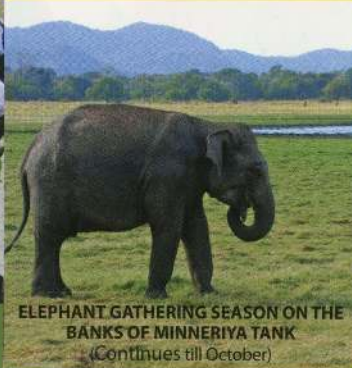
ANNUAL FESTIVAL OF NALLUR KANDASWAMY KOVIL
One of the highlights of the social, cultural and spiritual milieu of Jaffna Ther (Chariot) Festival will be held on Sep 7

10



EID-UL-FITR
Celebrating the end of the Islamic fasting season

18 - 26

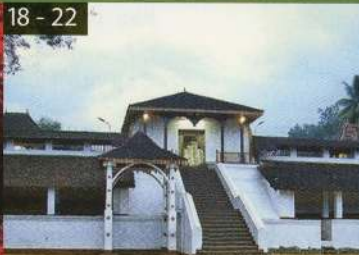


ELEPHANT GATHERING SEASON ON THE BANKS OF MINNERIYA TANK
(Continues till October)

COLOMBO INTERNATIONAL BOOK FAIR
A nine-day exposition of the latest and best that the local and international literary worlds have to offer

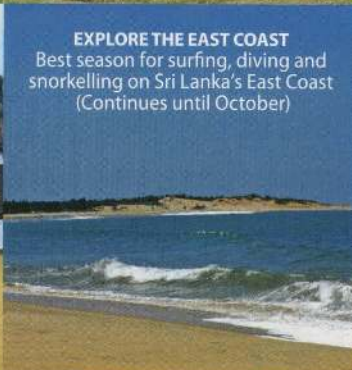


THE BEST SEASON TO SAVOUR THE TROPICAL RAMBUTAN, MANGOOSTEEN AND DURIAN
(July - September)



18 - 22

SAMAN DEVALAYA PERAHERA
A colourful cultural procession (perahera) livening the city of Ratnapura

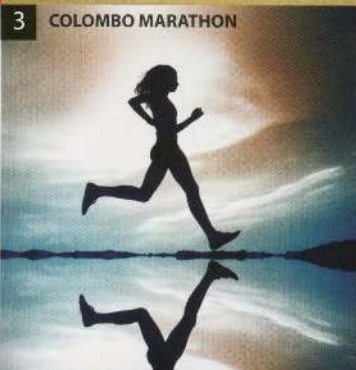


EXPLORE THE EAST COAST
Best season for surfing, diving and snorkelling on Sri Lanka's East Coast (Continues until October)

OCTOBER



MUNNESWARAM TEMPLE FESTIVAL IN CHILAW (MONTH MAY VARY SUBJECT TO AUSPICIOUS PERIOD)



3 COLOMBO MARATHON



8 - 17

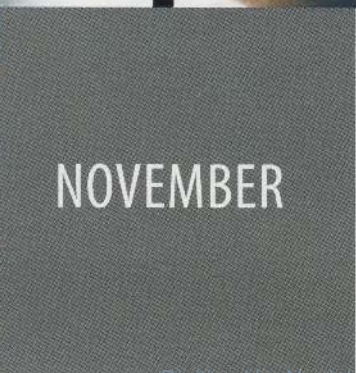
NAVARATHRI FESTIVAL
Nine forms of the Goddess Durga are worshipped during Navarathri

15 - 16

JAZZ AT THE MOUNT 2010
The Mount Lavinia Hotel comes alive with jazz

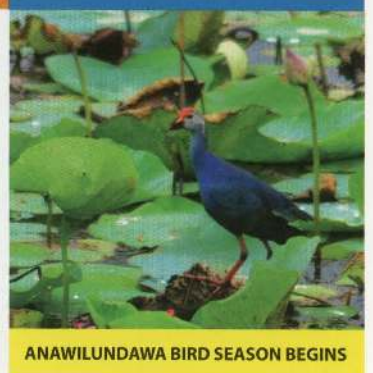


TAPROBANA 4X4 CHALLENGE, BUTTALA

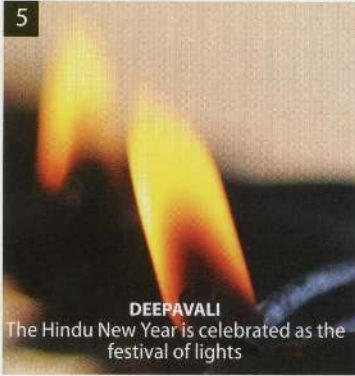


NOVEMBER

BEST SEASON FOR WHITE WATER RAFTING
Experience fast and exhilarating headwaters and rapids at Kitulgala (November to April)



ANAWILUNDAWA BIRD SEASON BEGINS



5

DEEPAVALI

The Hindu New Year is celebrated as the festival of lights

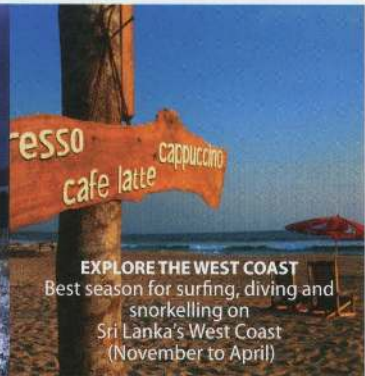
11 - 17

SRI LANKA DESIGN FESTIVAL, COLOMBO

Aims to promote Sri Lanka's creative industries and showcase their innovative talent

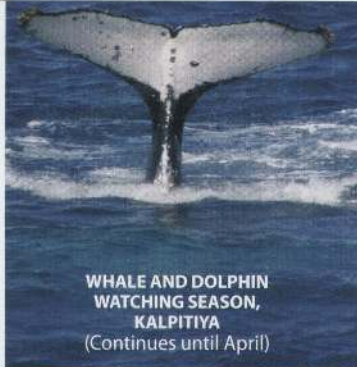
17

EID-UL-ADHA
The Muslim festival of sacrifice



EXPLORE THE WEST COAST
Best season for surfing, diving and snorkelling on Sri Lanka's West Coast (November to April)

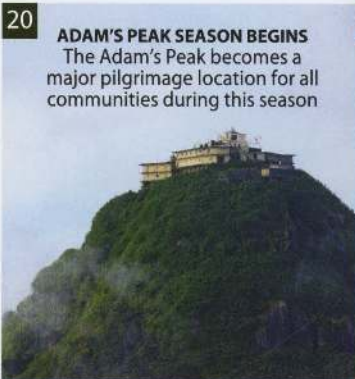
BEST TIME TO SPOT LEOPARD CUBS
in Yala National Park (November - December)



WHALE AND DOLPHIN WATCHING SEASON, KALPITIYA
(Continues until April)

WEST INDIES TOUR OF SRI LANKA
The Island comes alive with a scintillating cricketing season (November - December)

DECEMBER



20 ADAM'S PEAK SEASON BEGINS
The Adam's Peak becomes a major pilgrimage location for all communities during this season



25

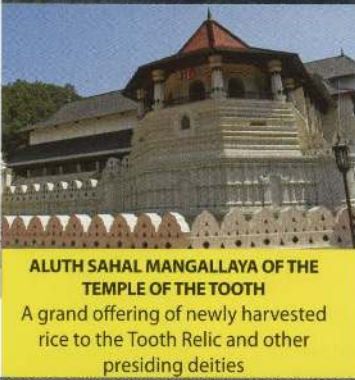
CHRISTMAS



31 NEW YEAR'S EVE



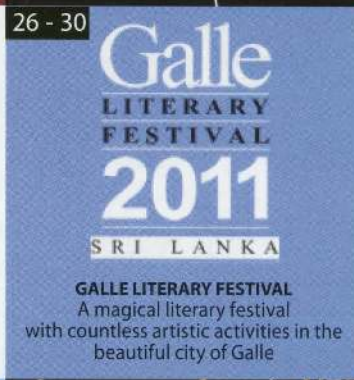
2011 JANUARY



14

THAI PONGAL
The Hindu harvest festival

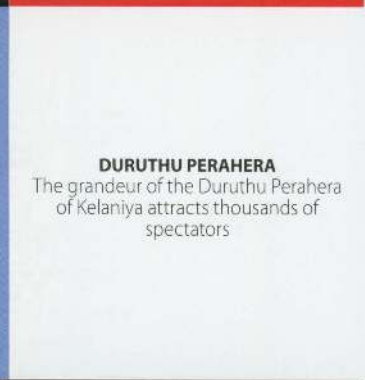
ALUTH SAHAL MANGALLAYA OF THE TEMPLE OF THE TOOTH
A grand offering of newly harvested rice to the Tooth Relic and other presiding deities



26 - 30

Galle LITERARY FESTIVAL 2011
SRI LANKA

GALLE LITERARY FESTIVAL
A magical literary festival with countless artistic activities in the beautiful city of Galle



DURUTHU PERAHERA
The grandeur of the Duruthu Perahera of Kelaniya attracts thousands of spectators



4

FEBRUARY

INDEPENDENCE DAY



16 - 17

GANGARAMAYA NAVAM PERAHERA
A grand procession in the city of Colombo in celebration of the Navam Poya



ICC Cricket World Cup 2011

ICC CRICKET WORLD CUP 2011
Sri Lanka co-hosts the Cricket World Cup 2011



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-  Temple
-  Temple of the Tooth
-  Kovil
-  Church
-  Mosque
-  Place of special interest



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‘සරියට යම’ - ඉස්සරියට සරියට යම.

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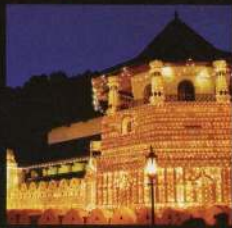


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A Glimpse of Sri Lanka

Stretches of sandy beaches, misty mountains, tea gardens in the rolling hills, herds of elephants and historical sites... Experience the wonders of this tropical gem.



Rich in Culture

The 'Cultural Triangle' connecting Anuradhapura, Polonnaruwa and Kandy are home to five of Sri Lanka's seven UNESCO World Heritage Sites.

■ **Adam's Peak** is the mountain with the sacred footprint at its peak surrounded by lush fauna and flora below. It is significant to Buddhists, Muslims, Christians and Hindus alike. The most picturesque sunrise can be seen from mid-way up. Being 2,243m high, the season to climb is from December to March.

■ **Aukana** is the site of the Island's elegant and perfect Buddha statue carved out of a single rock standing at an astounding height of 12m. The statue was built around 459 - 477 AD and makes one wonder about the dexterity of master craftsmen all those years ago.

■ **Anuradhapura** the magnificent stupas and colossal structures of

Anuradhapura rise to commemorate this city's prominence dating back as far as the 3rd Century BC. Holding a top spot as one of the country's religious and cultural heritage sites, Anuradhapura is where the first sapling of the Bo tree was brought to and venerated.

■ **Sigiriya** the ancient rock citadel is a World Heritage Site. The garden city and the fortress were built by King Kasyapa in 477- 495 AD. The beautiful Sigiriya frescoes, the baths and pools depict Kasyapa's artistic flair and indulgence in luxury.

■ **Mannar** is part mainland and part island. The Thiruketheesvaram Kovil and the famous Shrine of Our Lady of Madhu are situated on the mainland.

August is the season for the Madhu pilgrimage. Rameswaran in India is only 50 yards from Thalaimannar, which is situated on the northwestern coast of Mannar Island.

■ **Jaffna** the splendour of the far north comes alive with culture, colourful celebrations with fruit and sweetmeats, customs, rituals and festivals of the Gods. Jaffna consists of Valigamam, Thenmarachchi, Vadamarachchi and the Jaffna islands. The Peninsula is flat with limestone. Nallur, Keerimalai and Nagapooshani Amman Kovils are situated in this district.

■ **Kataragama** is a revered pilgrimage site 283km from Colombo. Skanda or Lord Kataragama, the Hindu God of war is said to have made

Kataragama his abode. The annual procession is held in July and August with fire-walkers and kawadi dancers. Buddhists and Hindus visit in thousands to pay homage to Lord Kataragama.

■ **Pottuvil** lies along the Eastern coast. Muhudu Maha Viharaya, which means the temple near the sea and Magul Maha Viharaya are of archaeological importance. At the Magul Maha Viharaya is the well-preserved moonstone, with a special feature of the mahout carved on the back of the elephant.

■ **Kandy** is the capital city on the hills with panoramic mountain views. The sacred Tooth Relic of Lord Buddha lies in the palace (Sri Dalada Maligawa). The Esala

Perahera is held here and this year the event was held in August.

■ **Dambulla** the cave temple with beautifully carved statues of Lord Buddha and Hindu Gods is believed to date back to the 12th Century. King Valagamba took refuge from invaders in these caves. It is one of the most remarkable historic temples in Sri Lanka.

■ **Polonnaruwa** is one of Sri Lanka's most flourishing ancient capitals, boasting historic splendour with ruins of palaces, parks and enormous water tanks that are still functional. King Parakramabahu's rule was the golden era. Ancient ruins of palaces, Buddhist dagobas and temples are abundantly visible here.

■ **Bandarawela** in the hill country is known for its beautiful scenery, flowers and cool climate.

■ **Nuwara Eliya** is known as 'Little England' and home to some of the finest tea plantations in the world. The Hakgala Botanical Gardens are filled with a rich variety of orchids and roses. Adjacent located is the Hakgala Nature Reserve, which has a variety

Hill Country

Away from the sun and the sand you must explore the hill country with its blue green mountains, sprawling tea gardens and waterfalls.

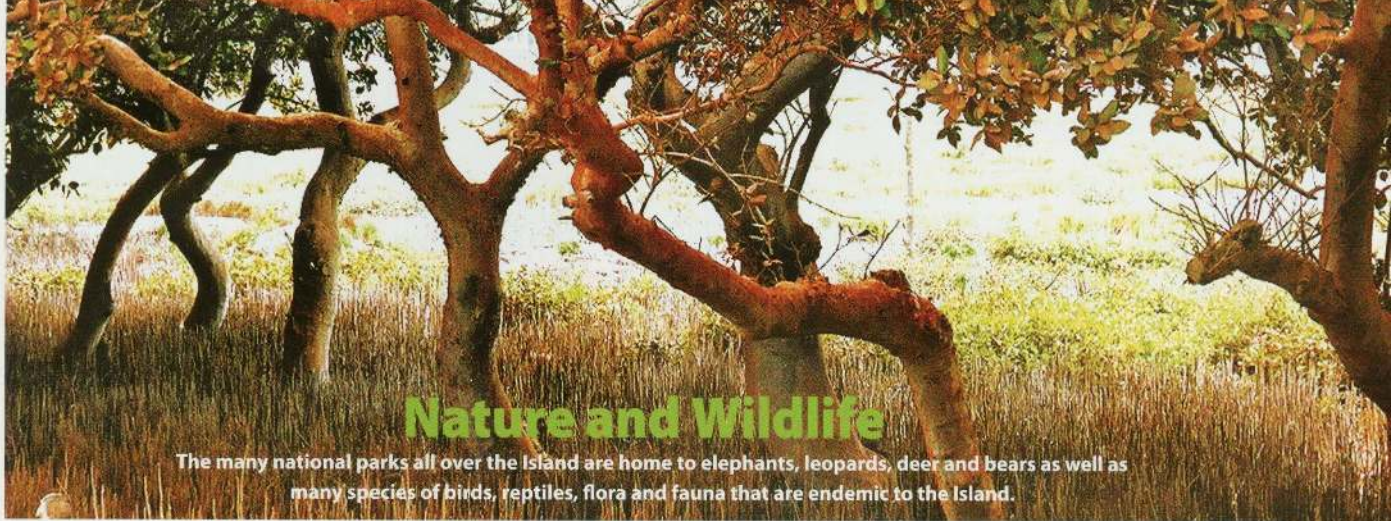
of wildlife, birdlife and endemic species. The Nuwara Eliya season starts in April.

■ **Haputale** is a small town rich in biodiversity with numerous varieties of flora

and fauna. The quaint Adisham Monastery in Haputale, surrounded by gardens and orchards, is also worth a look.

■ **Royal Botanical Gardens** at Peradeniya is

approximately 4km from the city of Kandy. The gardens' origin dates back to 1371. The gardens have a collection of more than 300 varieties of orchids, spices, medicinal plants and palms.



Nature and Wildlife

The many national parks all over the Island are home to elephants, leopards, deer and bears as well as many species of birds, reptiles, flora and fauna that are endemic to the Island.

■ **Bundala** is a must-see destination between Kirinda and Hambantota. It features lagoons, wetlands, jungle and numerous species of wildlife, all wrapped in the natural setting of the nature reserve.

■ **Ella** with the picturesque Ravana Ella waterfall has a stunning landscape. There are magnificent mountain walks, waterfalls and wildlife.

■ **Gal Oya National Park** is home to the largest reservoir. Herds of elephants can be seen here throughout the year.

■ **Horton Plains** with its beautiful landscape and cool climate is home to many wild animals. Spot leopards, samburs and birds endemic to Sri Lanka. For the adventurous, it is also a place to go trekking, hiking or even camping.

■ **Kaudulla National Park** features leopards, sloth bears and diverse birds. Herds of up to 250 wild elephants are drawn to the tank in the park.

■ **Lahugala Kitulana National Park** is located near the coastal town of

Pottuvil. Wild elephants and endemic birds can be spotted here. The national park also contains the reservoirs of Lahugala, Kitulana and Sengamuwa.

■ **Pinnawala Elephant Orphanage** is a short drive from Kandy and home to almost 100 elephants. It offers many photo opportunities, with the babies quaffing huge volumes of milk and the biggest elephant bathing sessions you're likely to see.

■ **Randenigala Wildlife Sanctuary** is the place to

go for wildlife enthusiasts. You can spot herds of elephants, deer, sambur, wild boar and rare birds.

■ **Sinharaja Biosphere Reserve** is a UNESCO World Heritage Site. One of the few surviving rain forests in the world, its biodiversity blends uniquely with endemic flora and fauna.

■ **Kumana National Park** hosts a multitude of birds and is regarded as an important bird nesting and breeding ground. Tens of thousands of birds migrate

to the Kumana swamp area from April to July.

■ **Wilpattu National Park** is located north of Puttalam. Leopards, spotted deer, elephants, wild boar, sloth bears and crocodiles can be found in this fairly thick dry zone jungle area.

■ **Yala National Park** is the most popular park in the country that has a wide variety of wild animals. Yala also has one of the highest leopard densities in the world.

Exploring the Coast

Here you will be spoilt for choice. Split your time between HIKKADUWA and ARUGAM BAY for the best year-round surfing and laid-back beach vibe.

■ **Arugam Bay** is one of the best surf spots in the world. International surfing competitions are held here annually.

■ **Balapitiya** is a traditional fishing village. With its lagoons and abundance of plant and wildlife, it is a haven for nature lovers. Experience sea and river safaris.

■ **Batticaloa** is a coastal paradise of lagoons and relaxed beaches. Kalkudah and Passekudah are just some of the sights to see.

■ **Bentota** rightfully claims its popularity with a wide arc of sandy beach with numerous sun-kissed havens along the southwest coast down to Mirissa.

■ **Chilaw** is famous for the Munneswaram temple and St. Mary's Cathedral. The best

varieties of prawns, crabs and coconuts come from Chilaw.

■ **Beruwela** has gorgeous beaches and the Kechchimalai mosque. You can take boat trips down Beruwela's wildlife strewn river. The turtle farm that protects endangered sea turtles can be seen here.

■ **Dondra** is the southern most tip of Sri Lanka and has a towering lighthouse and the Tondeswaram kovil.

■ **Great Basses** is home to a variety of fish species. Snorkellers and scuba divers will find it hard to resist. The lighthouse labelled 'Reef', off Kirinda, is also connected to the Little Basses Reef.

■ **Hambantota** has crisp, white salt flats spread out over its scenic lagoons. It also

provides close access to the Yala and Bundala National Parks.

■ **Kalpitiya** is famed as one of the whale and dolphin watching hot spots. This coastal town displays a large coral reef and is a haven for snorkelling and scuba diving. A great place for kitesurfing.

■ **Kirinda** is famous for its beautiful shoreline as well as the Buddhist temple and shrine poised on a large rock, overlooking the ocean.

■ **Mirissa** located only minutes from Weligama Bay, is famous for its cinnamon cultivations, rolling surf and its whale-watching seasons.

■ **Mount Lavinia** is the nation's 'city beach', lined with cool and restful beach restaurants.

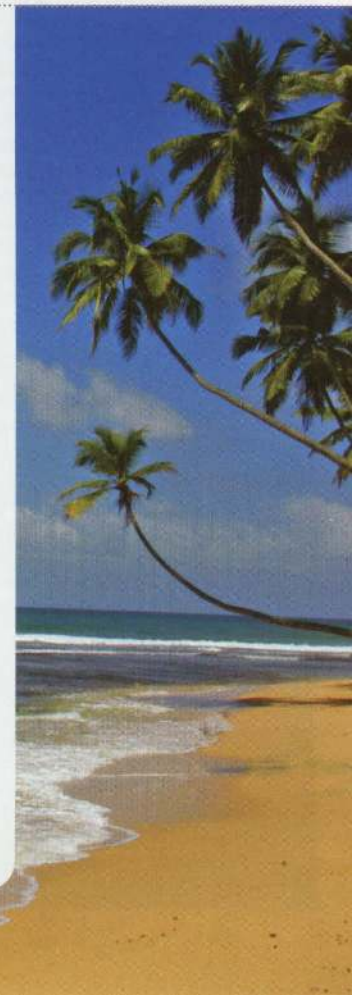
■ **Negombo** is a lively beach town peppered with luxury hotels.

■ **Puttalam** is well known for its looming lagoons and sea fishing expeditions.

■ **Trincomalee** boasts of Nilaveli beach and Red Rock beach with its pink boulders. Koneswaram Hindu kovil and Fort Fredrick are some of the main attractions. Pigeon Island is a short boat ride away.

■ **Unawatuna** is a golden beach protected by coral reefs where you can relax, swim or even go diving. It is considered one of the best beaches in the world.

■ **Weligama Bay** leads to Taprobane Island. During low tide, one could just wade up to this small lush island.



Traveller's guide to the Island haven

General Facts

OFFICIAL NAME: Democratic Socialist Republic of Sri Lanka

AREA: 65,525sqkm

LOCATION: The island of Sri Lanka lies in the Indian Ocean, to the southwest of the Bay of Bengal. It is separated from the Indian subcontinent by the Gulf of Mannar and the Palk Strait.

POPULATION: 20 million

TIME ZONE: GMT+5 ½. Daylight saving time is not observed.

CLIMATE: Sri Lanka has no marked seasons. There are two monsoons. The southwest monsoon occurs from May - July, the northeast arrives from December - January. The tropical climate persists in most parts of the country. While the hill country is cooler and more temperate, the coastal areas are cooled by the sea breeze.

LANGUAGES: Sinhala, Tamil and English. English is widely spoken throughout Sri Lanka.

COASTLINE: 1,340km

CAPITAL: Sri Jayawardenapura Kotte

COMMERCIAL CAPITAL: Colombo

RELIGIONS: Predominantly Buddhism. Hinduism, Christianity and Islam are also practiced.

INDEPENDENCE DAY: February 4

GENERAL HOLIDAYS: Poya is a religious holiday in the Buddhist calendar, which is a monthly public holiday. Usually, most places are closed on Poya, therefore it's better to refer to the calendar in advance.

MAJOR EXPORTS: Tea, textiles, gems, rubber and coconut products.

HIGHEST PEAK: Pidurutalagala (Mt. Pedro) at 2,524m; Adam's Peak (Sri Pada), ranks 4th at 2,243m.

VOLTAGE REQUIREMENTS: 230/240 volts AC, 50Hz. Round three-pin plugs are usual, with bayonet lamp fittings.

GSM NETWORK: 900

CURRENCY: Sri Lanka Rupee (Rs.) 100 cents = 1 Rs

Keep in Mind

TRAVELLER'S CHEQUES: Widely accepted in banks and money exchanges, a 1% stamp duty is payable, plus a small commission.

CREDIT CARDS: Accepted in main cities.

ATM: Common in larger towns

MEDICAL FACILITIES: The standard of the medical services is excellent. Good doctors and surgeons are available in hospitals for emergencies.

GENERAL HOSPITAL: 011 269 1111

FIRE: 011 242 2222

AMBULANCE: 011 242 2222

POLICE: 011 243 3333

TOURIST POLICE: 011 243 3342

EMERGENCIES: 119/118

MONEY: It is important to exchange foreign currencies from reputed outlets such as banks or recognised money exchange companies. Always make sure to check the exchange rate for that particular day.

TIPPING: A service charge of 10% is added to all restaurant and hotel bills. A tip above this is appreciated. It's not compulsory to tip drivers, it's good to use your discretion.

SHOPS AND RESTAURANTS: Shops and restaurants are generally open throughout the week.

Travelling Around

TAXIS: Call up cabs are available, they are safe and provide value for money. They are usually metered and managed by a company, therefore bargaining is not required. In case the meter is not available, you can check the number of kilometres travelled, they usually have a general rate per kilometre.

HIRED CARS: You can hire a self-drive car but if it's your first visit or you're not sure how the road rules work, it's advisable to avoid this mode of travel.

CAR AND DRIVER: From USD 25 a day, a dedicated tour driver offers an excellent insight into the Island and provides great flexibility to your journey. They stay in drivers' rooms at the same hotels as you. Ask the local tour operators for further details.

TUK-TUKS: In order to really experience Sri Lanka you MUST travel in a tuk-tuk. Remember to agree on a fare before you get in.

TRAINS: You can reach almost all parts of the country by train, it's safe and you can enjoy a good ride and view!

FORT CENTRAL RAILWAY STATION: 011 242 1281

BUSES: Buses are readily available in every part of the country. It's a very economical mode of travel and can get very crowded.

PETTAH CENTRAL BUS STATION: 011 232 9604

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Air Lanka 747



SriLankan A340

158 C

3 in 1 Air Ceylon Model Set

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Air Ceylon DC - 4



Air Ceylon DC - 8



Air Ceylon DC - 3

158 D

Heritage Model Aircraft Set

PRICE: US\$27.00



Air Lanka L 1011



Air Ceylon DC - 4



SriLankan A340

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Die-cast Air Ceylon Lockheed Constellation Model Aircraft

PRICE: US\$35.00



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NATIONAL ENERGY EFFICIENCY GOLD AWARD



The President, Mahinda Rajapaksa, presenting the award to Sarath Fernando, CEO, SriLankan Catering.

SriLankan Catering added to its growing reputation as a model environmental conservationist when it recently won the prestigious National Energy Efficiency Gold Award in the large scale state sector category, as part of the Vidulka Energy Week organised by the Ministry of Power and Energy.

SriLankan Catering recently became one of a handful of airline caterers in the world to receive the prestigious ISO 14001:2004 certification for Best Environmental Practices.

Sarath Fernando, CEO of SriLankan Catering, said: "this Gold Award is a tribute to much hard work and brilliant execution on the part of hundreds of employees of SriLankan Catering, spearheaded by our Environmental Excellence Committee. We have been

raising awareness among our staff on the importance of conservation and the results are now very clear for all to see."

Among a series of planned conservation efforts, SriLankan Catering reduced its electricity consumption by 10% and fuel usage by a whopping 40% during the last year.

The awards, which were presented for the first time, recognise the conservation efforts of organisations in five categories over a three-year period, as evaluated by the Sri Lanka Sustainable Energy Authority.

The in-flight catering arm of the SriLankan Airlines Group, SriLankan Catering possesses four global certifications – the others being ISO 9001:2008 for Quality Management Systems, ISO 22000:2005 for Food

Safety Management Systems and HACCP-Codex Alimentarius for Food Safety and Hygiene.

In its efforts to protect the environment, SriLankan Catering over the last year set in place a wide range of practices in its state of the art flight kitchen at Bandaranaike International Airport. These included an 'Autoclave food waste sterilisation machine' which destroys possible contaminants in the waste from used food trays of passengers. Instead of incinerating it, it is converted into over a tonne of food per day for farm animals. The company is also recycling all types of waste products – food production waste, paper, plastic, polythene, tin, aluminum and glass, and using the revenue generated for a new community upliftment project.

The company's Environmental Excellence Committee, headed by the CEO is implementing a comprehensive three-year plan for conservation, with subsections for Community Development, Training and Promotional Matters, Standards and Accreditation, Energy and Water Management, and Waste Management. The participatory nature of these measures has even seen employees using stairs instead of lifts, small ovens being used for small loads of food, sensor operated toilet fittings, and the monitoring of usage in all areas. There is also a comprehensive project to train all employees in environmental best practices.

SriLankan Catering is a member of the International Travel Catering Association and the In-flight Food Service Association of the United States. Its products are Halal certified. Its flight kitchen has a production capacity of over 25,000 meals per day, in a 24-hour operation, 365 days a year.

Influx of Arab travellers

Research reveals that an increasing number of tourists from the Middle East region are travelling to Sri Lanka in search of exotic locations with plenty of sun and clean, unspoilt, uncrowded beaches.

For the sun-sea-and-sand enthusiast, Sri Lanka offers unbeatable value. Due to its location along the equatorial zone it has a tropical climate which varies with the regions and the

seasons. Summer temperatures range between 24c to 26c and sunny, blue skies are virtually guaranteed. The island nation offers several public beaches as well as five-star beach hotels and resorts.

A full range of water sports can be enjoyed in Sri Lanka, including swimming, sailing, windsurfing, scuba diving, water-skiing and deep sea fishing. Equipment for all sports can

be hired and professional instruction is available in most coastal areas.

Divers in Sri Lanka are treated to some of the most spectacular reefs in the world and also large schools of a variety of colourful fish. The Islands coastlines have dozens of famous ship-wrecks dating back centuries and also coral reefs, undersea caves and rock formations all around the Island.



Technical training for locals and foreigners

SriLankan Airlines achieved a significant milestone in aircraft-related training when it graduated its first batch of Aircraft Maintenance trainees both local and foreign, under EASA 147 European certification.

The 26 students from Sri Lanka, the Maldives, Oman and India underwent two years of rigorous training at SriLankan's Technical Training School at Bandaranaike International Airport.

SriLankan is one of the few airlines in Asia to possess the EASA 147 training certification from the European Aviation Safety Agency. Its Technical Training School is also recognised by the aviation authorities of several nations in South Asia and the Middle East, which regularly have students trained at SriLankan.

SriLankan has trained more than 200 young men and women in aircraft

maintenance since the training programme commenced in 2003. Another 107 are now undergoing training, including 19 foreign students.

SriLankan Engineering is fast gaining a reputation as an aircraft maintenance, repair and overhaul facility of choice among the region's airlines.

(Photograph: Hasala Premakumara)

Brightest young SriLankan stars



(L to R) Ruwani Perera, Vishaka Pathiraja, Kaushalye Perera, Rosharie Kannangara, Nalan Arambage, Minoli Wasana and Devangi Silva

Continuing a tradition of 'Empowering Children' throughout the country, SriLankan Airlines recently honoured the best performing students among its own employees' children, as part of an internal programme which

provides scholarships and rewards for children of staff members.

Seven students who obtained the best results of nine A's or eight A's at the last GCE Ordinary Level Examination were presented cash

awards and gifts in recognition of their achievement.

The two boys and five girls are students of Thurstan College, Lalith Athulathmudali College in Mount Lavinia, Devi Balika Vidyalaya, St. Bridget's Convent, Holy Family Convent in Bambalapitiya, Holy Family Convent in Wennappuwa and Good Shepherd Convent in Kotahena.

SriLankan's educational projects throughout the country have ranged from multi-million rupee school building projects in Kalawana, Kalmunai and Debarawewa to helping out schools around Bandaranaike International Airport. In addition, SriLankan has for many years had internship programmes for undergraduates of the Universities of Colombo, Sri Jayawardenapura and Ruhuna.

(Photograph: Hasala Premakumara)

Increase in worldwide frequencies

In support of Sri Lanka's rapidly-growing tourism industry, SriLankan plans to increase worldwide frequency of flights, adding capacity to Paris, Frankfurt, Milan, Rome, Bangkok, Singapore, Kuala Lumpur, Shanghai, Karachi and many cities in India.

The National Carrier's aircraft fleet will be significantly expanded to cater to these operations and its existing fleet modernised. One wide-bodied Airbus A330-200 arrived in July, and two A320's are due to arrive late 2010.

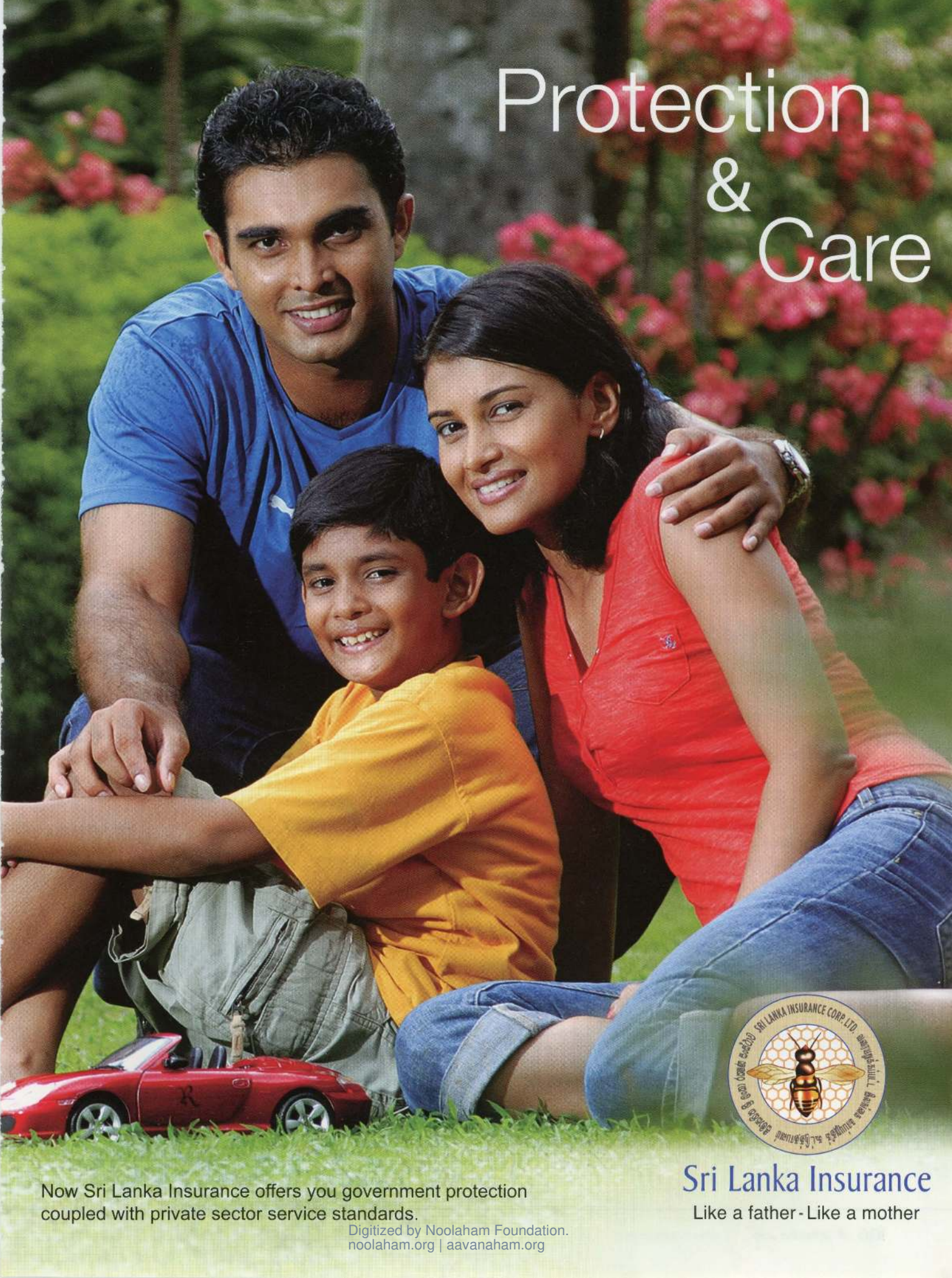
The airline launched a far-reaching programme earlier this year to "change the way we fly" and the way our passengers experience travel.

SriLankan's Head of Worldwide Sales Mohamed Fazeel said: "SriLankan's plan for the next five years is being drawn up to support Sri Lanka's tourism industry in particular and our nation's economic growth. Our plan envisages almost a doubling of our fleet and greatly increased capacity to most of our existing destinations."

The airline recently launched four weekly services to Shanghai, making it the third city in China to be served by SriLankan with others being Beijing and Hong Kong.

Sri Lanka's tourism arrivals increased by an impressive 48.4% in the first six months of 2010, with 278,652 tourists compared to 187,729 in the same period last year, according to the Sri Lanka Tourism Development Authority. This is well on course to far exceed the 501,597 arrivals during the entire year 2009.

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- Etihad Airways

Domestic Airline

- Deccan Aviation (Lanka)

Telecommunications

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- Dialog

Car Rental

- Hertz

Spa

- Siddhalepa

About FlySmiLes

FlySmiLes, 'The Frequent Flyer Programme that Rewards & Delights', provides a wide range of exciting rewards for its Members worldwide.

Every mile flown on SriLankan is credited as one FlySmiLes Mile. Members can also earn Miles through airline and other partners, from transactions such as buying groceries using their co-branded credit cards, using mobile services or even visiting a spa.

Using a FlySmiLes co-branded credit card to purchase a ticket on SriLankan or any of the partner airlines will earn Miles for purchasing and also when flying, giving them the opportunity to **earn Miles twice!**

FlySmiLes has three tiers of membership according to the number of miles flown by each Member:

- **Gold** – for those with more than 50,000 miles or 40 sectors in a calendar year
- **Silver** – for those who earn over 25,000 miles or fly a minimum of 20 sectors in a calendar year
- **Blue** – for those who earn below 25,000 miles in a calendar year

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Conditions apply. For more details on this offer please visit our website www.flysmiles.com or contact the SriLankan Airlines office in London Tel: + 44 (0) 208 538 2017 and +44 (0) 208 538 2013 Fax: +44 (0) 208 572 0808 E-mail: flysmilesuk@srilankan.aero





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Madras/Bangalore/Trivandrum and Trichy	300	5,000
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Conditions apply. For more details on this offer please visit our website www.flysmiles.com or contact the SriLankan Airlines office in Singapore on: Tel: +65 6223 6026

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Sri Lanka/Madras/Trivandrum/Trichy/Bangalore/Bangkok/Singapore/Kuala Lumpur	400	10,000

For more details on this offer please visit our website www.flysmiles.com or contact the SriLankan Airlines office in Germany on:
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 E-mail : fra.reservations@srilankan.aero



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Travel	Return Economy Class Fare in QAR	FlySmiLes Miles
Qatar/Colombo/Qatar	835	6,000

Conditions apply. For more details on this offer please visit our website www.flysmiles.com or contact the SriLankan Airlines office in Doha on: Tel: + 974 4444 1217 and +974 4436 0286 E-mail: doh.res@srilankan.aero

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Travel from Colombo to	Return Fare in LKR	FlySmiLes Miles
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Singapore Economy Class	20,000	12,000

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That's triple the number of Miles that FlySmiLes Members usually earn, which are:

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- 125 Miles for each qualified rental at participating locations in Asia

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HERE'S WHY SAMPATH CREDIT CARDS ARE THE RESPONSIBLE CHOICE

Others Charge We Charge

1. CARD FEES	✓	✓
2. CASH ADVANCE FEE	✓	✓
3. ADDITIONAL INTEREST ON CASH ADVANCE	✓	
4. LATE PAYMENT FEE	✓	✓
5. EXCESS LIMIT FEE	✓	
6. RETURNED CHEQUE - LACK OF FUNDS	✓	
7. RETURNED CHEQUE- OTHER REASONS	✓	
8. LIMIT ENHANCEMENT FEE- PERMANENT	✓	
9. LIMIT ENHANCEMENT FEE- TEMPORARY	✓	
10. LETTERS TO EMBASSIES	✓	
11. CARD REPLACEMENT FEE	✓	
12. COPY OF STATEMENT	✓	
13. COPY OF SALE VOUCHER	✓	
14. PIN REPLACEMENT FEE	✓	
15. BILLING CYCLE CHANGE	✓	
16. EARLY RENEWAL FEE	✓	
17. RE-COURIERING OF CARDS	✓	
18. STANDING INSTRUCTION CHANGING FEE	✓	
19. OVERSEAS COURIER FEE	✓	
20. PROCESSING FEE FOR AN URGENT APPLICATION	✓	
21. EMERGENCY CARD REPLACEMENT (OVERSEAS)	✓	
22. TRAVEL ACCIDENT INSURANCE	✓	
23. AUTOPAY REJECT FEE	✓	
24. ANNUAL FEE FOR LOYALTY POINTS	✓	
25. MANUAL TRANSFERS FROM BANK ACCOUNT TO CARD	✓	
26. INTEREST	✓	✓
27. STANDING INSTRUCTION REJECT FEE	✓	
28. FUEL SURCHARGE	✓	

As you can see, Sampath Credit Cardholders are levied only 4 charges.
Isn't it time you got yourself a Sampath Card?



Sampath
CARDS

THE RESPONSIBLE CHOICE

**SWITCH TO
SAMPATH CREDIT
CARDS TODAY!**



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On cloud nine

We want you to have a comfortable and enjoyable flight. There are many services onboard at your convenience. Use the call button near your seat to seek assistance from our cabin crew who will be happy to do the needful.

Long journeys are inevitable, be it for business or pleasure. Reaching your destination can present many hiccups on the way or it can simply be tiring and stressful. A little planning and preparation can go a long way, leaving you refreshed and motivated to continue your purpose of travel.

Precautionary steps:

Visit a doctor prior to your journey

It is always best to consult a doctor about your medical concerns, particularly if you suffer from a respiratory or cardiovascular condition. Make sure you have received the necessary vaccinations or medications depending on your destination. Keep in mind that your destination may affect your health. For instance high altitude and industrial cities can aggravate asthma and other respiratory ailments. Although many over the counter medications are available, it's advisable to have prescribed medicines best suited for you.

Eat lightly

Your body becomes considerably inactive during the flight, which slows down your digestive processes. Your digestive system becomes less efficient in digesting large quantities of food. Therefore, it is advisable that you eat lightly before and during the flight.

Arrive early

Rushing can cause mental and physical stress and fatigue, which should be avoided before a long flight. Arriving ahead of time gives you time to check-in, shop and reach the gate on time without hassle. Arriving early helps you relax at the airport and allows you to enjoy the lounge facilities if you are travelling Business Class.

Travel lightly

Hauling heavy luggage to the airport can be taxing and cause unnecessary stress and fatigue. Boarding your flight sweating and exhausted is not the best start to your journey. Minimise your luggage as much as possible for ease of travel and take only the essentials with you onboard.

Travel tips:

Ear pressure

During take-off and landing, fluctuations in cabin pressure may cause mild discomfort in your ears. This can be remedied by sucking on a sweet and swallowing to equalise the pressure in your ears. Babies and children may be affected more acutely and providing them with a pacifier to suck on will help alleviate their distress.

Moisturise

The reduced humidity of the cabin air can dry out your skin. Avoid this by treating your skin to a good quality moisturiser.

Feel at home

Make sure you are comfortable onboard. Loosen tight attire, remove jackets and anything that is pressed against your body as this may hinder your blood circulation. You may adjust your seat to a reclining position and use lumbar support available on most seats to make yourself as comfortable as possible. Some SriLankan Airlines seats provide a footrest for further comfort and to relieve pressure on your calf muscles.

Wear glasses instead of contact lenses

Since the air in the cabin is drier than normal, wearing contact lenses may cause eye irritation. Wear glasses throughout your flight to circumvent this problem and your eyes will remain fresh and less tired.

Rehydrate

Drink water or juices as frequently as every hour or so during the flight. Avoid drinking an excess of coffee and tea as they are diuretics and can aggravate dehydration.

Adjust your biological clock

Get a good night's sleep before your day of travel to avoid common symptoms of sleeplessness, tiredness, loss of appetite or hunger at odd hours.

Blood circulation

Sitting still for long periods during the flight can compress the central blood vessels in your legs, impeding blood circulation. Do some light exercises on your lower legs and calf muscles to encourage blood flow and reduce muscle fatigue and swelling of feet. Ensure that your body is in a comfortable position when resting and turn often so that your body is not constricted or stretched for long periods. Avoid sleeping for long periods without changing position.

On arrival

Try some light exercise like a brisk walk on arrival. It usually takes approximately one day per time zone crossed for your biological clock to adjust and if you can't sleep try reading.

Baggage tracing

In the unlikely event that your baggage does not arrive at your destination, complete a Passenger Irregularity Report at the Baggage Services Counter on arrival. We offer you the facility to check the status of your baggage through the WorldTracer system online. To use this service, all you need is your 10-character reference number, (for example: CMBUL45328), which you will receive from the Baggage Services Counter along with the copy of your Passenger Irregularity Report.

Our Services

Ayurveda Therapy (massage)

Before boarding the flight, passengers who are entitled to the Serendib Lounge pass can enjoy facilities at the Serendib Lounge and indulge in a rejuvenating foot/neck/shoulder or head massage at the Siddhalepa Ayurveda Spa.

Safety first

We recommend that you leave your seat belt fastened at all times when seated, even when the fasten seat belt sign is turned off. Familiarise yourself with emergency procedures and safety features illustrated in the safety card placed in the seat pocket in front of you.

Catch up with the world

Both local and international magazines are available on most flights.

Stay in touch

Both A330 and A340 airbuses provide telephones. Detailed instructions can be found in Onboard and you may seek assistance from the cabin crew if required.

Medicine

A number of over the counter medicines can be obtained from our cabin crew.

Entertainment

All seats are fitted with individual video monitors in our Airbus A330 and A340 to provide you with inflight entertainment. The television, movies and games listings can be found in Onboard and the cabin crew will hand out headsets. Business Class passengers will also have a personal video player and can choose from more than 35 titles in OnDemand. Both magazines can be found in the seat pocket in front of you.

For the little ones

Baby food is available on request from the flight attendant and games are on hand to keep children occupied during the flight.

Drop a line

SriLankan offers postcards for passengers, which can be handed to the cabin crew who will post them for you.

Around the world

Find a comprehensive list of all SriLankan Airlines' ticket offices with telephone numbers on our Worldwide Network section for your reference.

Spruce up

Washrooms are situated in all classes on all aircraft. Your cabin crew will be happy to direct you to its location. You can obtain the following items from the cabin crew: toothbrushes, towels, soap, skin tonic, cologne, shaving equipment and aftershave lotion. However due to security requirements of certain countries shaving equipment will not be available on some flights.

Dos and Don'ts

Smoking policy

Smoking is prohibited on all SriLankan Airlines flights.

Hand-luggage

Hand-luggage must be stowed in the overhead racks available on all our aircraft or under the seat in front of you (Economy Class only).

Electronic equipment

Use of mobile telephones, portable televisions, radios, cordless laptop mouse and other similar transmitting devices, is prohibited as they can interfere with the aircraft's navigational equipment. CD players may be used, except during take-off and landing. There is no restriction on the use of other items such as personal stereos, electronic calculators or hearing aids.

Reminder

Please take all valuables with you when you leave the aircraft at transit stops and be sure that you have all belongings including overhead luggage when you disembark at your final destination.

Sathkara

The exclusive Passenger Welcome Service of SriLankan Airlines.

At Colombo's Bandaranaike International Airport (BIA) it is in high demand among businessmen and other corporate employees who want special treatment for their companies and other important persons, elderly Sri Lankans and even tourists.

Sathkara ensures a smooth, hassle-free journey beginning with a personalised escort by a ground stewardess throughout a person's stay at BIA. Express check-in, swift clearance of immigration and complimentary portorage in the airport are amongst the services offered by Sathkara.

The service is available 24 hours a day 365 days a year, at a nominal fee of US\$20 per passenger. Sathkara can be further personalised according to an individual passenger's needs at a nominal additional charge.

Sathkara, which means 'caring' in Sinhala, caters to special passengers who are arriving, departing or in transit. Sathkara passengers travelling on Business Class are hosted at the Serendib Lounge.

For bookings:

E-mail: sathkara@srilankan.aero
Tel: +94 (0)77 368 8318
Through SriLankan Airlines' network of Ticket Offices, your travel agent or online at www.srilankan.aero

EXERCISES: recommended for three to four minutes every hour whilst seated to encourage blood circulation.

TOE CIRCLES:

Raising your feet from the floor, make circles with your toes. Turn each foot in a different direction and reverse the direction after about 20 turns. Repeat as desired.



KNEE, THIGH AND TOE LIFTS

Lift your knees slightly whilst at the same time clenching your thigh muscles and pointing your toes up and down. Repeat this between 10 and 20 times with one leg and then with the other.



FOOT ROCKING

Place your feet on the floor. Then, keeping your toes on the floor, lift your heels up, hold the position and then lower back to the floor. Then lift your toes whilst keeping your heels on the floor. Repeat for 30 seconds.



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PERMITTED ALLOWANCES	
01 to 90 days	US\$ 187
90 to 365 days	US\$ 625
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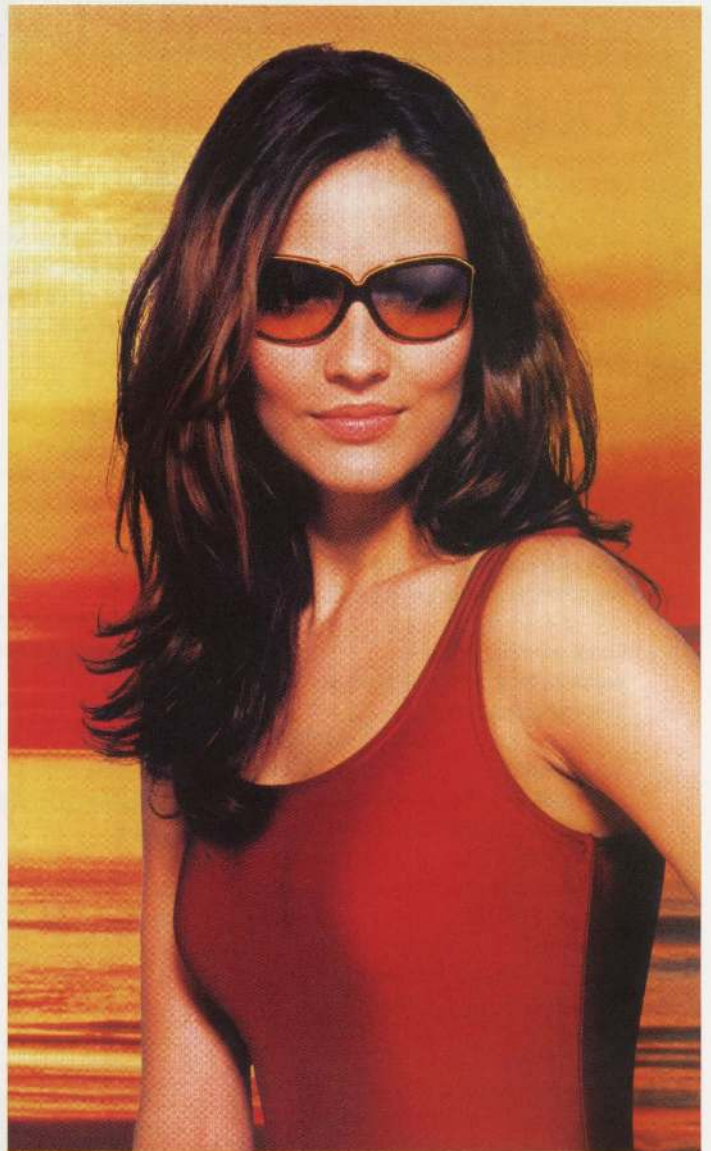
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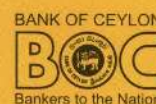
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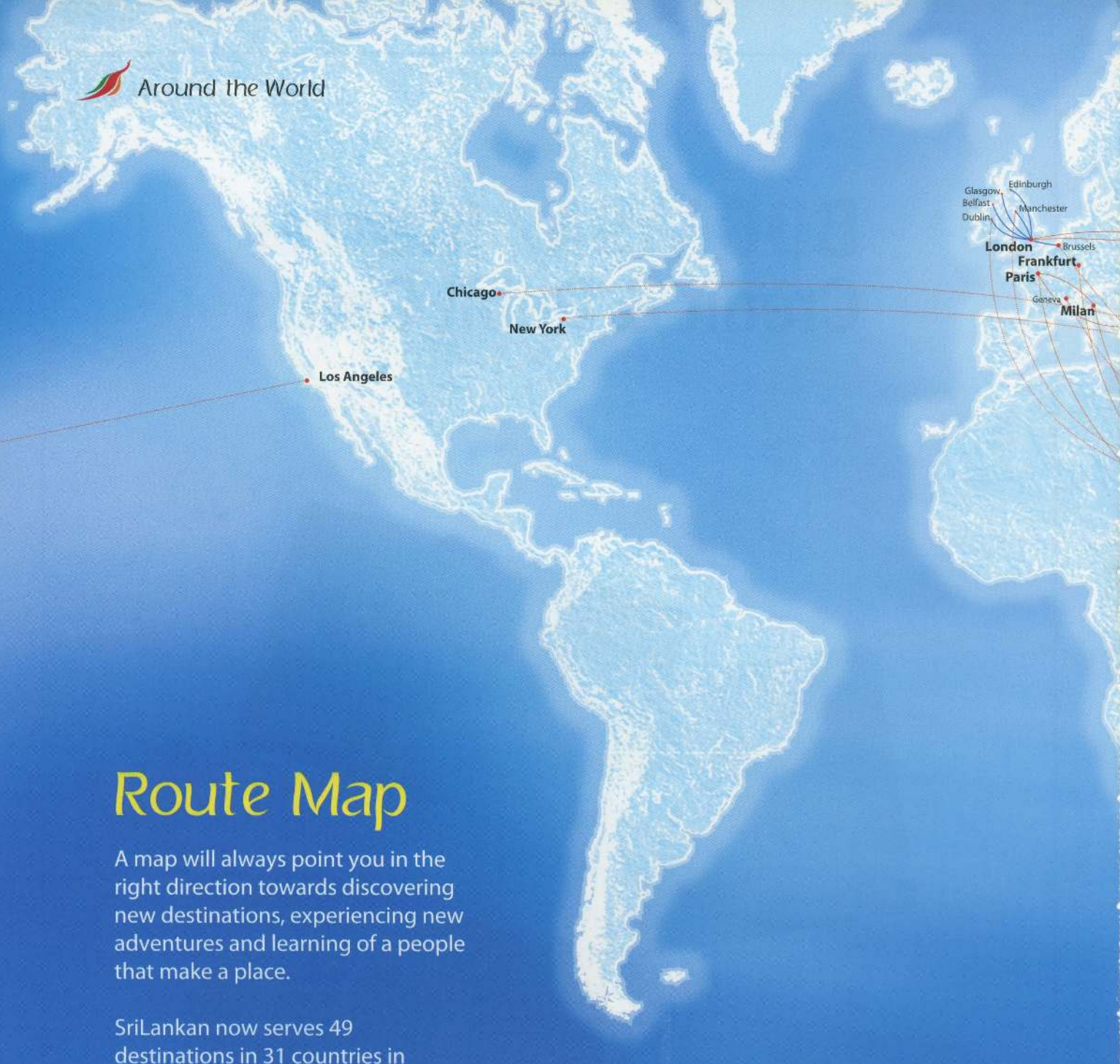


seralk

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Discover the World





Route Map

A map will always point you in the right direction towards discovering new destinations, experiencing new adventures and learning of a people that make a place.

SriLankan now serves 49 destinations in 31 countries in Europe, the Middle East, South Asia, Southeast Asia and the Far East.

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Time Zones	0700	0700	0800	0900	1000	1100	1130
All times GMT, where Colombo is 1130 am.	Belfast	Edinburgh	Frankfurt	Bahrain	Abu Dhabi	Karachi	India, incl
	Dublin	Glasgow	Milan	Dammam	Dubai	Malé	Bangalore
	London	Manchester	Paris	Doha	Muscat		Mumbai
			Rome	Kuwait			Trivandrum
				Riyadh			
				Jeddah			



Time Zones	1130	1300	1400	1400	1500
All times	Colombo	Bangkok	Kuala Lumpur	Beijing	Tokyo
GMT, where			Singapore	Hong Kong	
Colombo is					
1130 am.					

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World Diary

LOS ANGELES



LA Greek Festival
September 10 - 12
Everything from authentic Greek food and beverages to traditional music and dance

CHICAGO

32nd Annual Chicago Jazz Festival
September 2 - 5
The Chicago Jazz Festival has been a Labour Day weekend tradition



World Music Festival
September 24 - 30
The city of Chicago celebrates the best of today's international music

NEW YORK

Feast of St Gennaro
September 16 - 26
Held in New York City, the longest running, biggest and most revered outdoor religious festival in the United States

Broadway on Broadway
Features the songs and casts from virtually every Broadway production and the event is staged in the middle of Times Square

LONDON

Open House London
September 18 - 19
Hundreds of great buildings of all types and periods open up their doors to all, completely for free

The dates of events and festivals are subject to change

FRANKFURT



Rheingau Wine Festival
September 1 - 10
A chance to taste over 600 wines and sparkling wines from the Rheingau region

PARIS



Paris Fashion Week
September 28 - October 7

MILAN

Italian Grand Prix
September 12

ISTANBUL

Streetart Festival Istanbul
September 15 - 25
Paintings, graffiti, music and the performing arts enliven the streets of Istanbul for three days

ATHENS

Ypsois You Timiou Stavrou
Commemorating the Exaltation of the True Cross, a major summer festival in Athens and a time of feasting



Traditional Greek Dance Festival
Greek dancers perform songs and dances in existence for 2,500 years in the backdrop of the Athenian Acropolis

BAHRAIN

Bahrain International Motor Show 2010
September 23 - 26

RIYADH



Ramadan Festival
September 12
Celebrating the end of the fasting period of Ramadan

DUBAI

Kalimat
Till September 13
An annual exhibition capturing the elegance of the Arabic written word and its use in traditional and contemporary artwork

ABU DHABI

Abu Dhabi Ramadan and Eid Festival
Till September 14
Features over 1,000 exhibits of new and interesting consumer goods from electronics to homeware and clothes

NEW DELHI



Sri Krishna Janmashtami
September 2
Celebrates the birth of Lord Krishna for over two days

MUMBAI

Bandra Fair
September 12 - 19
It is the feast of St Mary and a weeklong celebration

TRIVANDRUM

Ganesh Chaturthi
September 11
The birthday of Lord Ganesha, widely worshipped as the god of wisdom, prosperity and good fortune

BANGKOK



12th International Festival of Dance and Music
September 11 - October 24
The festival has garnered a reputation for excellence, presenting only the best from around the world

KUALA LUMPUR



Malaysia Festival
September 26
A festival celebrating the culture of Malaysia

SINGAPORE



Singapore Lantern Festival
Huge lanterns and fairy lights brighten up street bazaars along side streets

HONG KONG

Moon Festival
September 22
A popular harvest festival celebrated by the Chinese dating back over 3,000 years

Monkey God Festival

September 23
The Monkey God's birthday is celebrated by burning incense and making paper offerings as tributes to the deity

SHANGHAI



Shanghai Tourism Festival
Offers a vast amount of traditional and not-so-traditional entertainment at venues across the city

SEOUL

Hanseong Baekje Cultural Festival
September 17 - 19
Discover Korea's most powerful era, from BC 18 to AD 475

TOKYO



Grand Sumo Tournament
September 12 - 26
Catch the greatest Sumo wrestlers in Japan at one of the year's six Grand Tournaments

SYDNEY

Festival of the Winds 2010
September 12
Australia's largest and most exciting kite flying festival

Rugby League Finals Season
September 26 - October 3

MELBOURNE



Melbourne Fringe Festival
September 22 - October 10
Melbourne's longest-running and most popular arts festival

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PTA Counter: 0197 33 3851
Government Travel Counter:
019733 3727
Fax: Res: 019733 5314
Ticket Office: 019733 5312

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Fax: (091) 224 6944

Kandy: SriLankan Airlines

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Fax: (081) 223 2494

Ratnapura: SriLankan Airlines

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Fax: (44) 315 5838

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