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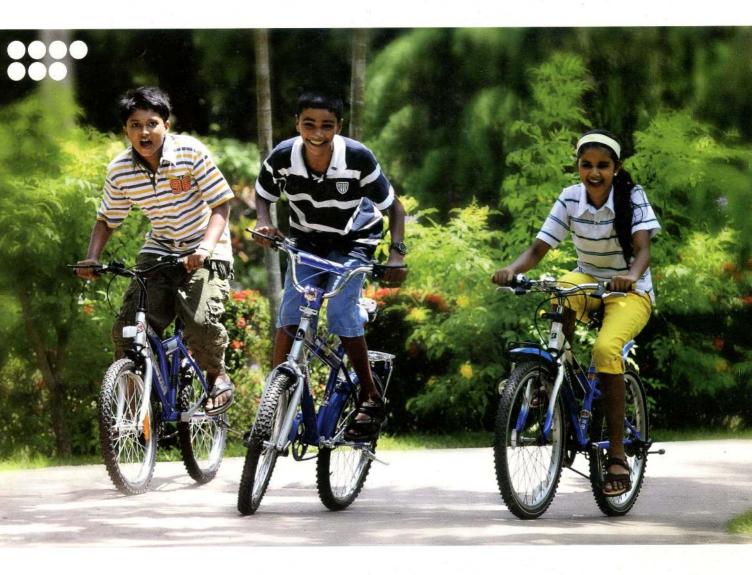
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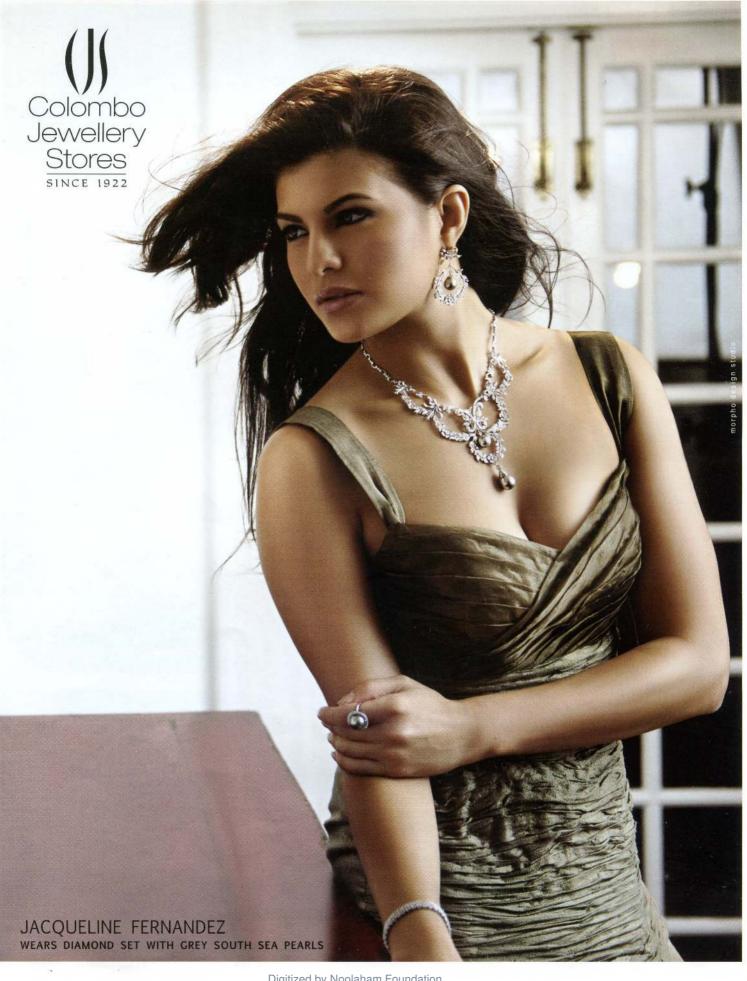
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## Welcome onboard



Young and old, visitors and residents, await Sri Lanka's most celebrated cultural pageant - the Esala Perahera that lights up the streets of Kandy, in August. The magic of this pageant lives on, never fails to create wonder, each year, as over a hundred caparisoned elephants majestically parade before thousands of people who line up along the road, to enjoy this spectacular parade of ancient cultural and religious significance.

Elephants, wild and tame, have always been revered mammals in Sri Lanka. In the height of the dry zone drought, wild elephants gather in large herds near the waterholes in the Minneriya Wildlife Park, popularly called 'the gathering' acclaimed this month by Lonely Planet, as one of the world's "10 Greatest Wildlife Spectacles". August and September is the best time to experience 'the gathering'.

Sri Lanka is the only country in the world where one could see the largest sea mammal - the whale in the morning and the largest land mammal - the elephant in the cooler afternoon.

As professional surfers from Asia to the Pacific, arrive in Sri Lanka at the end of August, SriLankan Airlines is excited to host the Australian Surfing Professionals (ASP) Pro Surf Contest titled SriLankan Airlines Pro, in Arugam Bay - rated as one of the most sought after surfing destinations in the world. The contest is set to attract top surfing stars from Australia, New Zealand, Spain, Hawaii, South Africa, Portugal, Costa Rica, Ireland, Italy, Puerto Rico, Brazil, Japan, UK, Indonesia, and Tahiti, this year.

Sri Lanka is experiencing major changes in most areas, centred around a major facelift to the capital city, Colombo. 47 acres of prime city space is being developed as a business hub and a tourism zone. The development of Jaffna, which is situated approximately 450 kilometres north of Colombo and which spreads over the northern peninsula, has been identified by the Government as high priority in its master plans. Currently, more travellers are visiting Jaffna than any other part of the Island, like never before in the island's history.

As the national carrier, SriLankan is moving forward with all national plans, to make its mark on the progress of Sri Lanka, The Tourism Authority confirms, as of now, a total of 122 hotel projects is expected to increase the number of rooms by another 7,378 on completion. The main Bandaranaike International Airport in Katunayake is to have a second terminal, which will increase total capacity to 13 million passengers.

All of this development and expansion go hand in hand with consciously incorporating sustainable, eco-friendly practices that would have little environmental impact.

Read on for glimpses of what Sri Lanka as a nation has to offer as this edition of Serendib features some stories about its bio-diversity, flora, fauna and the spirit of the people.

Thank you for flying SriLankan.

#### Nishantha Wickremasinghe Chairman SriLankan Airlines

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Opinions expressed in this complimentary copy of the Serendib magazine are those of the writers, and may not necessarily be the view of SriLankan Airlines or its employees. Readers are advised to seek specialist advice before acting on information published in the magazine, which is provided for general use and may not be appropriate when taking commercial, legal, financial or other decisions. Serendib is the inflight magazine of SriLankan Airlines and complimentary copies are available onboard. Serendib is published for SriLankan Airlines Limited, Airline Centre, Bandaranaike International Airport, Katunayake, Sri Lanka. All rights reserved. Copyright © 2011.

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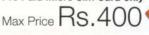
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#### DISCOVER

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The best beach along Sri Lanka's west coast begins at Bentota. It is a broad stretch of sun-blessed golden sand that extends southwards as far as the eye can see from the wide mouth of the Bentota River.



#### පින්තාරු

22 - ගත මත මවන සිතුවම් කලාවක් ලෙස ඔබ සිතනවාට වඩා එය පැරණිය. අවශානාවක් ලෙස එය ඊටත් වඩා පැරණිය. දුරාතීතයේ සිට විවිධ සමාජ වටිතාකම් සමඟ නොතැසී පැමිණි එවන් වූ සුන්දර කලාවක් පිළිබඳ දිගහැරෙන වග තුග.

#### சுற்றுலா

#### 26 - சுந்தர இலங்கையைச் கற்றிப் பார்க்க

விடுமுறையில் இலங்கைக்குச் செல்பவர்களும் உள்ளூர் மக்களும் பார்த்து, தங்கி, அனுபவித்து மகிழ்வதற்குக் கண்கவர் இடங்கள் பல இங்குள்ளன. விரும்பிய அனைத்தையும் இந்த சொர்க்காபுரியில் கண்டு களிப்பதற்கு நீங்கள் அதிக விலை கொடுக்க வேண்டியதில்லை என்பது உண்மையில் ஒரு வரப்பிரசாதமே.



#### ACE

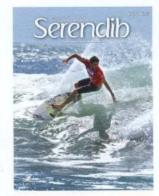
#### 32 - GOLF: TEE OFF IN SRI LANKA

There is one epidemic that has shown remarkable resilience and has spread across the globe at an alarming rate. Sri Lanka's obsession with golf began more than 130 years ago on Galle Face Green.



#### **AUGUST 2011**

#### VOLUME 30 - NUMBER 6



#### Cover:

A surfer rides through a huge wave in Arugam Bay during the 2010 SriLankan Pro Surf Competition.

Photography: Thusitha Wijedoru



#### TRADITION

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With its vibrant colours and graceful designs of Sri Lankan life and mythology, the art of Batik is a fascinating traditional art which is making a comeback.



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Within the impenetrable 'walls' of the last remaining untouched rainforest in Sri Lanka it was easy to forget a world beyond.





#### TASTE OF SRI LANKA

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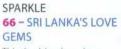
Sri Lanka boasts of a rich and varied array of dishes to suit the taste of many a visitor to the country. If one wants to try typical Sri Lankan food, the choice is vast.



#### TIME WARP

### **60 –** A KINGDOM WITHIN A KINGDOM: MADUWANWELA WALAWWA

In the early hours of the morning, the man they called the Black Prince would awaken his entire household to begin the daily running of over 80,000 acres of his land, which was also his love and life.



This tiny island produces an amazing 71 varieties of gemstones and down the ages royalty and celebrities have sought gems from Sri Lanka as glamorous adornments or as a guarantee of luck in love and daily life.



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Like much of the Gulf region, Doha is undergoing rapid change and it will be at the centre of the world come 2022 as it hosts the FIFA World Cup.

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The tempo drops as each note from the flute is drawn out longer and stress and anxiety of the mind are replaced with a quiet calm. At a pause in the music, all of existence appears to be the feeling of healing relaxation... onboard SriLankan Airlines.

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Walter Scheib III, Executive Chef at the White House for 11 years, was recently in Sri Lanka to serve up a taste of his experience.

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# BEAGE THAN AS EACH

The best beach on Sri Lanka's west coast begins at Bentota. It is a broad stretch of sun-blessed golden sand that extends southwards as far as the eye can see from the wide mouth of the Bentota River. The Bentota National Holiday Resort was created in the 1970s and since then Bentota has become a favourite, year-round holiday destination for Sri Lankans and visitors.

Words: Royston Ellis

Photography: Prabhath Chathuranga and Indika de Silva Digitized by Noolaham Foundation. noolaham.org | aavanaham.org



here are charming, cheap guesthouses, mass-market package hotels, and designer-chic boutique villas for the rich and fashionable. Bentota, however, is more than just a town for tourists, even though most of its shops are stocked with tourist knickknacks. Just a few minutes inland from the hotels walling the beach are attractions galore to fascinate the visitor.

In spite of – or because of – tourism, rural life survives in the byways and backwaters of Bentota, waiting to be discovered by anyone keen enough to explore independently. This can be done by walking, borrowing a bicycle for a gentle pedal along leafy lanes, or hiring a *tuk-tuk* (three-wheeler taxi) to take a village tour.

The centre of Bentota is a kind of Toy Town Square, an unrecognised

monument to Sri Lanka's most famous architect who designed it, the late Geoffrey Bawa. There is a bank on one side, a post office on the other, a police station opposite, and the Bentota railway station on the fourth side. Remarkable is Bawa's bridge over the railway line that, oddly enough, deposits pedestrians using it into the middle of the road serving the beachside hotels.

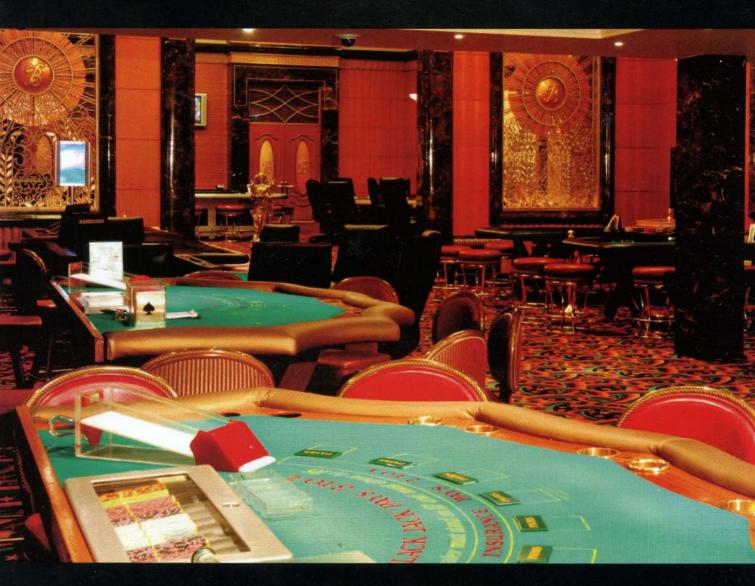
Geoffrey Bawa and his brother, Bevis, were the brains behind two of Sri Lanka's greatest private gardens: Lunuganga and Brief. Both are within a short drive of the town square. They are examples of a lush largesse of verdant vegetation; a fusion of classical western garden design (lots of statues and umbrageous foliage) and watery, eastern vistas. Each is worth an afternoon's visit.

Catamarans drawn up on the beach

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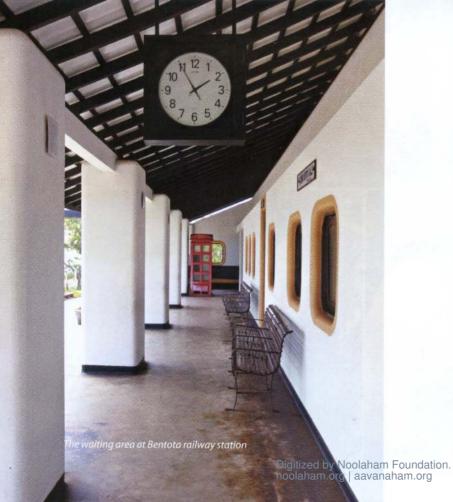
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#### RURAL LIFE SURVIVES IN THE BYWAYS AND BACKWATERS OF BENTOTA, WAITING TO BE DISCOVERED BY ANYONE KEEN ENOUGH TO EXPLORE INDEPENDENTLY.







Less formidable but equally appealing, and not costing anything to view, are compounds down side roads where village people engage in rural pursuits and crafts handed down over generations. In the riverside garden of a house hidden down a lane just five minutes drive from the tourist resorts is a genuine cottage industry devoted to coir production.

Coir refers to the fibres harvested from the protective casing around a coconut's shell. One of the women of the family that has produced coir for three generations, happily shows visitors how the fibre is torn off a coconut shell. It is soaked in fenced-off ponds in the river for three months, dried, sifted, and then spun into yarn using a gadget that looks like a converted bicycle wheel.

There are several small coir mills in the area, some mechanised and



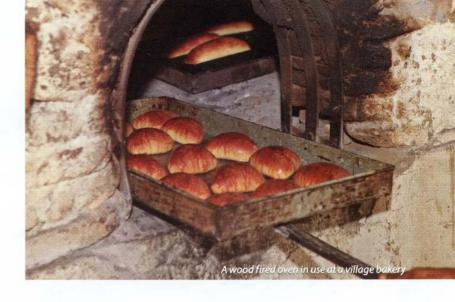
employing as many as 20 people. Cute coir products such as monkeys carved from coconut husks with blonde coir wigs, and mats and brushes, can be bought at some of them.

Look up at the right time of the year and you will see agile men bounding along ropes linking the tops of coconut trees to tap toddy. That's the sap of the coconut flower that is collected in barrels and sold in toddy taverns as an effervescent beverage, or distilled into pure coconut arrack.

Spice gardens created for visitors adjoin the main highway, the A2 between Colombo and Galle. Inland, there are paddy fields, as well as rubber estates and even tea gardens to view. Visitors can see a demonstration of cinnamon peeling as well as peer into the occasional old walawwa (country mansion).

At thatched wayside kiosks, goldenhued king coconuts (thambili) are on sale. The vendor chops off the top so its contents can be drunk as a refreshing, wholesome beverage provided by nature, not a manufacturer. For a different taste of country life, pop into a village bakery where bread is baked in a wood fired oven and sold piping hot to waiting villagers.

Gaudily-painted masks, modelled on those used in low-country devil-dancing exorcism rituals, are on display as unusual



souvenirs. There are antique shops, too; dusty emporiums selling brass lamps, old bottles and colonial furniture.

The Bentota river offers a wonderful way to spend a day. The most challenging is to explore it by catamaran, a narrow boat like an outrigger canoe, paddled energetically by a young boatman. He will guide his fragile craft alongside the riverbank where water monitors lurk, and past rocks where cormorants spread their wings to dry in the sun. The catamaran glides peacefully through glades of mangroves, while monkeys and birds chatter in trees shading the bank.

Boats with outboard motors can be hired for a leisurely cruise to gaze in wonder at the riverine scenery and visit village hamlets. By special arrangement rice and curry lunch, prepared the traditional way in clay pots over a wooden fire in a rural setting, could be arranged by the boatman. Boats can also be hired for those who are interested in a dive for succulent, freshwater crayfish.

Another way to experience the river is to go by tuk-tuk to where a vehicle pontoon is propelled across the river by a boatman hauling on a rope that links one river bank to the other. The pontoon, laden with tuk-tuks and passengers, inches slowly across the water; a blissful experience causing everyone to slow to a rural pace.

It's a side of Bentota that visitors seldom see.



#### SRI LANKA INSURANCE

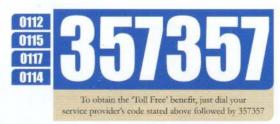
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# නත මත මවන

වර්තමානයේ සිට අතීතයට දෙඇස හරවා බලන්න. අද ඔබ අත්විඳින, අත්දකින සියලු දේවල ආරම්භය ඒ අතීතය තුළ දකිනු ඇත. ඇතැම්විට එතරම්ම පැහැදිළි නොවූවද, සිඳී බිඳී ගිය ශේෂයන් ලෙස හෝ ඔබට ඒවා දෘශාමාන වනු ඇත. කවදා, කොතැන, කෙලෙස, ආරම්භ විණිදැයි නිශ්චිතව අනාවරණය කරගැනීම අසීරු වුවද, ගත පින්තාරු කිරීමේ කලාවද ශතවර්ෂාධික කාලයකටත් ඔබ්බෙහි සිට ලෝකයේ පුචලිතව පැවති ඉපැරණි කලාවකි.

සටහන: සමන්නි ගජනායක



විශ්වාස කරන්න. එය පින්නාරුවක්

ගත මන පින්තාරුවක් කරමින්



නිර්මාණය කර අවසන් කරන ලද පින්නාරුවක සුන්දරත්වය

#### ගත පින්තාරු කිරීම අවශාතාවක් වූ හැටි

දඩයම් යුගයේ ජීවත් වූ මිනිස්සු වන සතුන් දඩයම් කිරීමේදී තමාට වන උවදුරු මග හරවාගෙන එම කාර්යය වඩාත් පහසු කරගැනීමට වනාන්තරයේ වර්ණ සමඟ ගැලපීමටත්, කෘමීන්ගෙන් සහ දැඩි හිරු රශ්මියෙන් ශරීරය ආරක්ෂා කරගැනීමටත් ශරීරයේ ස්වාභාවික වර්ණ තවරා ගැනීම සිදු කළහ. නිශ්චිත හැඩයක් පිළිබඳ දැඩි ලෙස සැලකිලිමත් නොවූවද ශරීරය පින්තාරු කිරීම තුළින් ඔවුන් බලාපොරොත්තු වූයේ ජීවිතාරක්ෂාවයි. ඒ සඳහා විවිධ ශාක කොටස්, පස්, අඟුරු ආදියෙන් සකසා ගනු ලබන ස්වාභාවික වර්ණයන්ගෙන් ශරීරය වර්ණ ගන්වා ගැනීම සිදු කළහ. එමෙන්ම විවිධ ගෝතික

කණ්ඩායම්ද ඇතැම් අවස්ථාවලදී වර්ෂාව ලබා ගැනීම, ලෙඩ රෝග වලින් බේරීම ආදී දැ සඳහා සිදු කරනු ලැබු පූජා විධි සඳහා ස්වාභාවිකව සකස් කරගත් වර්ණයන්ගෙන් තම ශරීරය වර්ණ ගත්වාගෙන එකී පූජා විධි සිදු කළ බවට ඉතිහාසය නිහඬව සාක්ෂි සපයනු ඇත. ඉතා වේගයෙන් ශීු ලාංකීය ඉතිහාසයේ මෑත කාලයට පැමිණියහොත් කුඩා දරුවෙකුගේ දෙබැම මැද අඳිනු ලබන කලු පෑ මොට්ටුවද ශරීර වර්ණ ගැන්වීමට දිය හැකි එක්තරා නිදසුනක් ලෙස හැඳින්වීමේ වරදක් නැත. එමෙන්ම සෙබළුන් වනාන්තරවල සිට සටන් වැදීමේදී සැඟවීමේ උපකුමයක් ලෙස සිය මුහුණු ඇතුළු ශරීර කොටස් වනාන්තරයේ වර්ණ වලට ගැලපෙන ලෙස වර්ණ ගන්වා ගැනීම සිදු කිරීම අද පවා දක්නට

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ලැබෙයි. පසුව කුමිකව මෙය විලාසිතාවක්ද විය. ඉන්දීය විවාහ මංගල උත්සවවල මනාලියගේ දැතේ සහ දෙපාවල රටාවකට 'මෙහෙන්දි' ආලේප කිරීමත්, විවිධ නර්තන සම්පුදායන්වලදී භාව පුකාශනයට උචිත වන ලෙස මුහුණ ඇතුළු ශරීරයේ විවිධ කොටස් වර්ණ ගැන්වීමත් ඒ සඳහා නිදසුන් වනු ඇත.

#### සොඳුරු විලාසිතාවක ඇරඹුම

එක්දහස් නවසිය අනුව දශකයේ මුල් භාගයේදී විලාසිතාවක් ලෙස ලෝකයේ ඇතැම් රටවල ගත පින්තාරු කිරීමේ කලාව වසාප්ත වන්නට පටන් ගැනිණි. මැතක සිට ශී ලංකාවේද තරුණ කොටස් අතර මෙය ජනපිය වී පවතී. නොයෙක්

නිරූපණ ශිල්පි, ශිල්පිනීන් යොදාගෙන විලාසිතා ඇක්මවල, සඟරාවල මල් පිට සැරසීමට, වෙළෙඳ දැන්වීම් සඳහා, නිෂ්පාදන එළිදැක්වීම්වලදී, කීඩා තරග නැරඹීමට යන කීඩා ලෝලීන් අතර සහ කුඩා දරුවන්ගේ උපන්දින සාද වැනි අවස්ථාවලදී ගත පින්නාරු කිරීමේ කලාව යොදා ගැනීමේ පුවණතාවක් දක්නට ලැබෙයි. විලාසිතාවක් ලෙස මෙය විවිධාකාරයෙන් සිදු කෙරෙයි. ඇතැම් පිරිස් මුළු ශරීරයම විවිධ හැඩතල මතු වන අයුරින් වර්ණ ගන්වන අතර තවකෙක් ශරීරයෙන් අඩක්, අතක්, මුහුණේ කොටසක් පින්තාරු කරනු ලබයි.

ඇතැම් රටවල ගත පින්තාරු කිරීම අද කෙතරම් ජනපුිය කලාවක්ද කිවහොත් මේ සම්බන්ධයෙන් ජාතෳන්තර තරග පවා සංවිධානය වී ඇත. පසුගියදා ඔස්ටුියාවේ පැවැත් වූ ලෝක ගත පින්තාරු කිරීමේ උත්කර්ෂවත් උළෙල එයට වඩාත් හොඳ නිදර්ශනයකි.

#### නිදහස් කලාවක අසිරිය

අද ලංකාවේ ගත පින්තාරු කිරීම විලාසිතාවක් ලෙස තේමාවකට අනුව සකස් වූ පිය සාද, විවාහ උත්සව ආදියට සහභාගී වීමේදී ඇතැම් පිරිස් විසින් යොදා ගනු ලබයි. ශරී්රයේ ආවරණය නොවූ පුදේශවල යම් සිතුවමක් අවස්ථාවන්ට උචිත පරිදි වර්ණ යොදා පින්තාරු කිරීම එහිදී දක්නට ලැබෙයි. ගත පින්තාරු කිරීමේ කලාවෙහි විශේෂත්වය වනුයේ ඒ තුළ සීමාවන් දක්නට නොමැති වීමයි. කෙතෙකුට අවශා නම් අච්චු යොදා ගැනීමෙන්ද, නැතහොත් පින්සලයක් භාවිතා කොට නිදහස් අතින්ද පින්තාරුව කරගැනීමට පිළිවන. මේ කුමන කුමය යොදා ගත්තද මුලිකව වර්ණ ගැලපීම පිළිබඳ කිසියම් අවබෝධයක් ඔහුට හෝ ඇයට පැවතිය යුතුය. යම් හැඩයක් පින්තාරුව තුළින් මතු කරගැනීමේ හැකියාව ඔබට නොමැති නම් ඒ සඳහා ඔබ කැමති හැඩයකින් අච්චුවක් නිර්මාණය කරගැනීමට හෝ වෙළෙඳ පොළෙන් මිල දී ගැනීමට පිළිවන.

එමෙන්ම මෙවැනි පින්තාරුවක් කරගැනීමෙන් පසු එය පුවේශම් කරගැනීමටද ඔබ සැලකිලිමත් විය යුතුය. නැතහොත් එය ශරීරයේ හෝ ඔබේ ඇඳුමේ අනවශා ලෙස තැවරී අවලස්සනක් ගෙන දීමට පිළිවන. ගත පින්තාරු කිරීම සඳහාම සැකසු තීන්ත විශේෂ වෙළෙඳ පෙළෙහි මිල දී ගැනීමට ඇත. ඔබට අවශා නම් ගත පින්තාරු කරගැනීමේදී පින්තාරුව වඩාත් අලංකාර කරගැනීමට සීක්වින්ස්, පබළු, දිළිසෙන

පච්ච කලාව සහ ගත පින්තාරු කිරීමේ කලාව අතර ඇති පුධාන වෙනස නම් ගත මත කෙරෙන පින්තාරුවක් තාවකාලික වීම සහ පච්ච කලාව ස්ථීර වීමයි. ඕනෑම වයස් පරතරයක කෙනෙකුට මෙම කලාව අත්විදීමට නිදහස ඇත.



අතක් මත කෙරෙන සොඳුරු පින්නාරුවක්



ගත පින්තාරු කිරීම පිණිස යොදා ගන්නා නීන්ත වර්ග



කුඩු වර්ග සහ රූපලාවණය කටයුතු සඳහා භාවිත කරන දුවා ද සුදුසු පරිදි යොදා ගැනීමට පිළිවන.

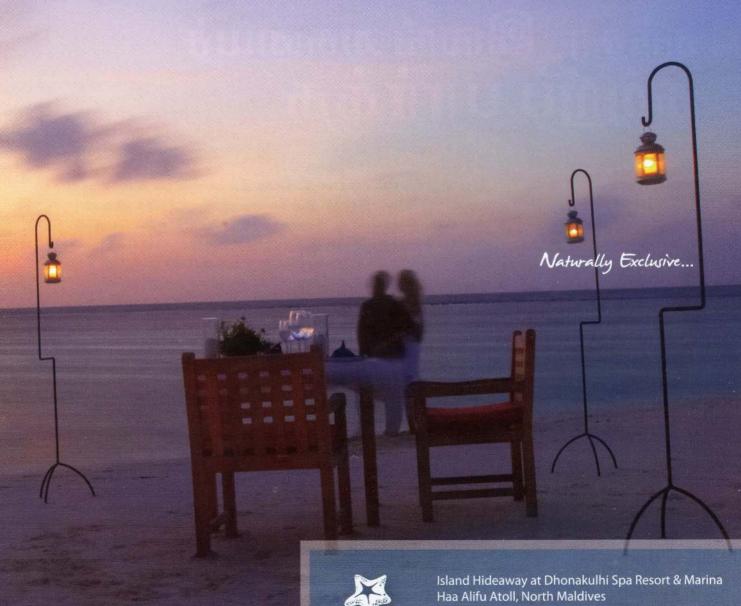
එමෙන්ම, ශරීරය මත පින්තාරු කිරීමට බලාපොරොත්තු වන සිතුවමෙහි පුමාණය ඒ සඳහා ගත වන කාලය තීරණය කරනු ඇත. මුළු සිරුරම පින්තාරු කිරීමට බලාපොරොත්තු වන්නේ නම්, අත්දැකීම් ඇති රූපලාවණා ශිල්පියෙකුට ඒ සඳහා පැය දෙක තුනක් වත් ගත වනු ඇති. එමෙන්ම ශරී්රයට හිතකර නොවන තීන්ත වර්ගද මේ සඳහා ඇතැම් පිරිස් යොදා ගන්නා නිසා අවශා නම් ඔබට අත්දැකීම් බහුල රූපලාවණා ශිල්පියෙකුගේ උපදෙස් ඒ සඳහා ලබා ගැනීමට පිළිවන.

ඇඳගත් පින්තාරුව පැය පහක්, හයක් වැනි කාලයක් ශරීරය මත තබා ගැනීමට හැකියි. ඒ වාගේම ඔබ ගරීරයේ පින්තාරුවක් ඇඳ ගත්තේ නම්, දුහුවිල්ලට සහ අව් රශ්මියට නිරාවරණය නොකිරීමෙන් වැඩි වේලාවක් යන තුරු එහි සුන්දරත්වය ආරක්ෂා කරගැනීමට පිළිවන, මෙය ශරීරයෙන් ඉවත් කිරීමට අවශා වූ විට ඒ සඳහාම සකස් කළ දුවා වෙළෙඳ පොළෙන් මිල දී ගත හැකි වුවද ඒ වෙනුවට ඔබ කැමති නම් සාමානය සබන් සහ ජලයද යොදා එය සෝදා හැරීමට පිළිවන. අද තරුණ තරුණියන් අතර ඉතාමත් ජනපිය පච්ච කලාව සහ ගත පින්තාරු කිරීමේ කලාව අතර ඇති පුධාන වෙනස ද එයයි. එනම් ගත මත කෙරෙන පින්තාරුවක් තාවකාලික වීම සහ පච්ච කලාව ස්ථීර වීමයි. ඕනෑම වයස් පරතරයක කෙනෙකුට මෙම කලාව අත්විදීමට නිදහස ඇති අතර නිරෝගී, පැහැදිළි සමක් තිබීම නිර්මාණයේ සූන්දරත්වය මතු වීමට වඩාත් සුදුසු වෙයි.

වීලාසිතාවක ස්වභාවය වන්නේ එය සමාජය තුළ ආරම්භ වී, වසාප්ත වී, අවසානයේ භාවිතයෙන් ඉවත්ව යාම හෙයින් වර්තමානයේ විලාසිතාවක් ලෙස ජනපුියව පවතින මේ කලාවේ සොඳුරු අත්දැකීම ඔබටද අත්විඳිය හැකියි. එව්ට ඒ සමාජය තුළ පැවති විලාසිතාවන් සමඟ සජීවීකරණය වූ පුද්ගලයකු බවට ඔබත් පත් වනු නොඅනුමානය.

මෙම ලිපිය සැකසීම සඳහා තොරතුරු ලබා දෙනු ලැබුවේ දිවයිනේ පුසිද්ධ රූපලාවණා ශිල්පීන් වන රමසි රහමන් සහ ලෝ චිං වොං යන මහත්වරු විසිනි. 🖇







Island Hideaway at Dhonakulhi Spa Resort & Marir Haa Alifu Atoll, North Maldives Telephone: +960 650 1515 | Fax: +960 650 1616 Email: reservations@island-hideaway.com www.island-hideaway.com

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இந்து சமுத்திரத்தின் முத்தான இலங்கைத் தீவு பல்லின, பல் கலாசார மக்கள் வாழும் நாடு. பசுமை நிறைந்த இயற்கை அழகும், பெறுமதிமிக்க இயற்கை வளங்களும் நிறையப் பெற்ற இத்தாமிரபரணி நாட்புறமும் எழில் கொஞ்சும் வெண் கடற்கரைகள், தேயிலைத் தோட்டங்கள் நிறைந்த குறிஞ்சிப் பரல்கள், வளம் கொழிக்கும் வயற்பரப்புகள், பாரிய நீர்த் தேக்கங்கள், உயிரியல் பல்வகைத் தன்மை உடைய வனங்கள், சரணாலயங்கள் எனப் பல்வேறு அம்சங்களைத் தன்னகத்தே கொண்டுள்ளது. விடுமுறையில் செல்பவர்களும் உள்ளூர் மக்களும் பார்த்து, தங்கி, அனுபவித்து மகிழ்வதற்குக் கண்கவர்



**ு** நந்தோம்பலுக்குப் பேர் போனவர்கள் எம் மக்கள். இகமான காலநிலை, கனிவான உபசரிப்பு, இலகுவாக வேண்டிய தகவல்களைப் பெற்றுக் கொள்ளக்கூடியவாறான ஆங்கில மொழித் தொடர்பாடல் முதலிய அனுகூலங்கள் இலங்கைக்கு வரும் எந்த விருந்தினரையும் கவரக்கூடியது. இது மட்டுமன்றி இந்த சொர்க்காபுரியில் விரும்பிய அனைத்தையும் பார்த்து ரசித்து அனுபவித்து மகிழ்வதற்கு நீங்கள் அதிக விலை கொடுக்க வேண்டியதில்லை என்பது உண்மையில் ஒரு வரப்பிரசாதமே.

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#### அநுராகபுரம், பொலந்றுவை

இவ்விரு நகரங்களும் புராகன இலங்கையின் மன்னராட்சிக் காலக்கில் இராசகானிகாளாக விளங்கியவை. இலங்கையின் கலாசாரா, மத, பண்பாட்டு மையங்களாக இவை விளங்குகின்றன. குறிப்பாக அநுராதபுரத்தில் அமைந்துள்ள றுவான்வெலிசாய தாதுகோபம் மற்றும் சிறீ மகா போதி என்றழைக்கப்படும் இலங்கைக்க கொண்டு வரப்பட்ட முகல் போகி மரம் ஆகிய இரு சின்னங்களும் இலங்கையிலுள்ள பௌத்தர்கள் மட்டுமன்றி பிற நாடுகளில் வாழம் பௌத்தர்களுக்கும் மிக முக்கியமான மத வழிபாட்டுத் தலங்களாகும். இவற்றுடன் அயிரங்கால் மண்டபம், அபயகிர தாதுகோபம், சமாதி புக்கர் சிலை முதலான பல பௌத்த கலாசார சின்னங்களை அநராபுரத்தில் தரிசிக்க முடியும். அநராதபுரம் அரசியல் ரீதியாகவும் செல்வாக்குப் பெற்ற பிரதேசம். இவ்விராசதானியைப் பல வருடம் அண்ட மன்னனான எல்லாளனின் சிலையையும் இங்கு காண முடியும்.

பொலந்றுவையை ஆண்ட பராக்கிரம்பாகு மன்னன் பொலந்றுவையையும் அதனைச் கூழ்ந்த பகுதிகளையும் செல்வச் செழிப்பு நிறைந்த பிரதேசமாக விருத்தி செய்தான். வயலும் வயல் சார்ந்த இப்பிரதேசத்தில் இலங்கையின் மிகப்பெரிய நீர்த்தேக்கமான பராக்கிரம் சமுத்திரம் காணப்படுகின்றது. இதன்டன் பொத்குல் விகாரை, தூபராம் தாதுகோபம் உள்ளிட்ட பல பௌத்த விகாரைகளையும் பௌத்த மத சின்னங்களையும் இங்கு காணலாம். தொல்பொருள் ஆராய்ச்சிகள் பெருமளவில் இடம்பெறும் பொலந்றுவையில் பல நூறு வகுடங்களின் முன் சோழர் ஆட்சிக்

காலத்தில் கட்டப்பட்ட சிவன்கோயிலின் எச்சங்களும் கண்டெடுக்கப்பட்டுள்ளன. எமது பண்டைய மன்னர்கள் எவ்விதம் எமது தாய்நாட்டை முன்னேற்றிச் சென்றார்கள் என்பதை அறிய கண்டிப்பாகச் சென்று பார்க்க வேண்டிய இடங்கள் இவை.

#### AARUIN

இலங்கையின் மாக்களை மாவட்டக்கில் அமைந்துள்ள சிதிரயா, கற்பாரையில் அமைக்கப்பட்ட ஒரு கோட்டையாகும். இது 7,000 வருடங்களுக்கு முன்பாகக் காசியப்ப மன்னனினால் கட்டப்பட்டகு. நாற்புறமும் பச்சைப் பசேலென்ற வயல் வெளிகளும், நீர்த் தேக்கங்களும் காணப்படும் இப்பாறையின் உச்சியில் சிங்கத்தின் முகத்தைப் போன்ற வாயிலைக் கொண்டதாக இக்கோட்டை கட்டப்பட்டுள்ளது. இதன் சுவர்களில் தீட்டப்பட்டுள்ள தாமரை மலர்களை ஏந்திய பெண்களின் ஒவியங்கள் உலகப் புகழ்பெற்றவை. வியக்க வைக்கம் கட்டடக் கலை நுட்பம், அதன் அமைவிடம், குகை ஒவியங்களின் கலைக் கிறன் ஆகியவற்றைக் கருத்தில் கொண்டு யுனெஸ்கோ உலக மரபுரீமைக் கலங்களில் ஒன்றாக சிகிரியாவும் அறிவிக்கப்பட்டுள்ளது. பாறையின் உச்சிக்குச் சென்றதும் உங்கள் கண்கள் என்றமே பார்த்திராத ரம்மியங்களைக் காணப் போவது நிச்சயம்.

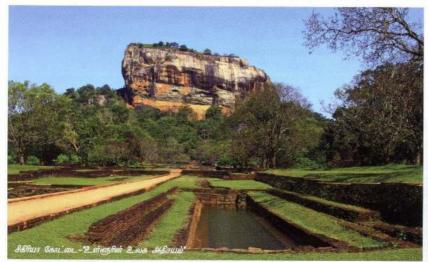
#### கல்பீட்டி

கல்பீட்டி என்றதும் எமது நினைவுக்கு வருவது ஒரு அழகான மீன்பீடிக் கிராமம். அங்கு காணக் கிடைக்கும் இன்னொரு அதிசயம் அழ்கடல் பகுதியில் வா.மும்

டொல்பின்களும் திமிங்கிலங்களும் டிசம்பர் முதல் ஏப்ரல் வரையான காலப்பகுதியில் இக்கடல்வழியூடாகப் புலம்பெயர்ந்து செல்லும் காட்சி. இதனைக் கமது கமராக்களிலும் கண்களிலும் நிரைக்குக் கொள்வதற்காகப் பெருமளவான உல்லாசப் பிரயாணிகளும் உள்ளூர் வாசிகளும் இப்பகுதிகளுக்குப் படகுகளில் செல்வது இன்று அகிகமாகி வருகின்றது. கிட்டக்கட்ட 1,000 கிறிங்கிலங்கள் கூட்டமாகச் செல்லும் வியப்பைக் காணவேண்டுமானால் புக்களக்குக்கு அண்மையில் அமைந்துள்ள கல்பிட்டிக் கடற்கரைக்கு நீங்கள் ஒரு குட்டி விஜயம் செய்ய வேண்டும். விடுமுறையை ஆச்சரியமான அனுபவங்களுடன் கழிக்க விரும்புபவர்களுக்கு சிறந்த தெரிவு இந்தக் கல்பீட்டிக் கடற்கரை. இது மட்டுமன்றி பல்வேறு கலாசாரக்கவர்களின் கைவண்ணத்தில் தயாரான ரசம் கொட்டும் கடலுணவுகளையும் நீங்கள் இங்கு தாராளமாக சுவைத்து மகிழலாம்.

#### அப்புக்களை

இலங்கையின் மத்திய மலைநாட்டின் பதுளை மாவட்டத்தில் அமைந்துள்ள சில்லென்ற குளிர் சுவாத்தியம் நிலவும் அப்புத்தளையை கொழும்பிலிருந்து கிட்டத்தட்ட 5~6 மணி நேரத்தில் அடைந்துவிட முடியும். எழில் மிக்க பசுமையான தேயிலைத் தோட்டங்கள், அமைதியான ஆர்ப்பாட்டமில்லாத சூழல், நீர்வீழ்ச்சிகளின் சலசலப்பு என்று அனைத்து அம்சங்களும் உங்களை வேறு உலகத்துக்கு இட்டுச் செல்லக்கூடியன. பரபரப்பான நகர்ப்புற சூழலில் வாழ்பவர்கள் உடவுக்கும் உள்ளத்துக்கும் ஒய்வைக் கொடுக்கு





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புக்குணர்ச்சி பெறுவகற்கு வாய்ப்பான கற்றுலா மையும் இது. மலையோகலுக்கப் பிரசித்தமான இந்த மலைப் பிரதேசங்களின் உச்சிக்குச் செல்லும்போது அழகிய முகில் கூட்டங்களுக்கிடையே ஹோட்டன் சமவெளி, ஹக்கல தேசியப் புங்கா, நுவரெலிய மலைகள் முதல் இலங்கையின் கென் மாகாணத்தில் அம்பாந்கோட்டை வெளிச்ச வீட்டைக்கூட பார்க்கக்கூடிய வகையில் வான விளிம்பு விஸ்கரிக்குச் செல்லும் அழகு உங்களை நிச்சயம் பரவசத்தில் ஆழ்த்தக்கூடியது.

#### 2 டவளவை

இலங்கை வாழ் மக்களில் 90 வீதமானோர் சென்றிருக்கக்கூடிய அனைவரும் அறிந்நிருக்கக்கூடிய இடமே கதிர்காமம். இன, மத, மொழி வேறுபாடு இன்றி இலங்கையர்கள் கதிர்காமத் திருத்தலத்திற்குச் செல்வதை வாழ்நாள் கடமையாகக் கருதுகிறார்கள். உடவளவை தேசியப் பூங்கா கதிர்காமத்திற்குச் செல்லும் வழியில் கொழும்பிலிருந்து 200 கி.மீ தொலைவில் காணப்படுகின்றது. உலர் வலயப் பிரதேசத்தில் அமைந்துள்ள இப்பூங்காவில் நீர் வாழ் உயிரினங்கள் உள்ளடங்கலாக மான், சிறுத்தை, சிறுத்தைப் புலி, நரி, முயல், குரங்கினங்கள் போன்ற விலங்குகளையும் மயில், காட்டுக் கோழி, மைனா, கொக்கு, நாரை போன்ற சகல விதமான பறவையினங்களையும்

காணமுடியும். கூறிப்பாக இப்பிரகேசம் யானைகளுக்குப் பிரபல்யம் வாய்ந்தது. யானைகள் கூட்டம் கூட்டமாகச் செல்வதை சாதாரணமாகக் கண்டு ரசிக்க முடியும். இவற்றுடன் இங்கு காணப்படும் அரிய பல மரங்களும் இப்பகுதிக்கு மேலதிக குளிர்ச்சியான அழகைக் கொடுக்கின்றன. உடவளவை நீர்த் தேக்கமும் இப்பூங்கா அமைந்துள்ள பிரதேசத்திலேயே உள்ளது. முற்று மு.முகான இயற்கை வனப்பைக் கண்டு ரசிப்பதற்கு உடவளவைத் தேசியப் பூங்கா பொருத்தமான சுற்றுலாத் தலம்.

#### காலி

இலங்கையின் தென் மாகாணத்தின் தலைநகரமாக விளங்கும் கடலுக்கு அண்மித்த ஒரு நகரம் காலி. ஐரோப்பியர் ஆட்சிக்காலத்தில் துறைமுகமாக விளங்கிய இக்கரையோரப் பிரதேசத்தில் ஒல்லாந்தர் ஆட்சியின் சின்னமான புகழ்பெற்ற ஒல்லாந்துக் கோட்டையைக் காணலாம். அழகான அமைதியான நீண்ட கரையோரப் பிரதேசத்தில் ஒக்டோபர் முதல் ஏப்ரல் வரையான காலப் பகுதிகளில் உல்லாசப் பயணிகளின் பிரசன்னம் அகிகமாக இருக்கும். பிரசித்தமான உனவட்டுன கடற்கரை காலி நகரிலிருந்து சற்றே 6கி.மீ தொலைவில் உள்ளது.

நவீன உல்லாச விடுகிகள் பலவர்ரைக் கொண்ட விக்கடுவை கடற்கரையும் காலிக்க அண்மையில் தான் உள்ளது. லேஸ் பின்னும் கைத்தொழிலுக்குப் புகழ்பெற்ற காலியில் கைப் பணிப் பொருட்களின் விற்பனை நிலையங்களைத் தாராளமாகக் காண прилцю.

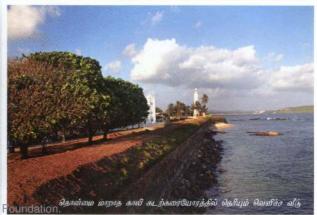
கண்ணக்கு மட்டுமன்றி உங்கள் நாவுக்கும் விருந்தளிக்கக்கூடிய வித விதமான கடலுணவுகளைத் தாராளமாக கவைத்து மகிழலாம். குளிர்ச்சியான குழலில் கடற்கரைக் காற்றை சுவாசித்தவாறு சவைமிகு உணவுகளை ருசிக்கும்போது உங்கள் வயிறும் மனதும் நிறைவடைவதை உணர முடியும்.

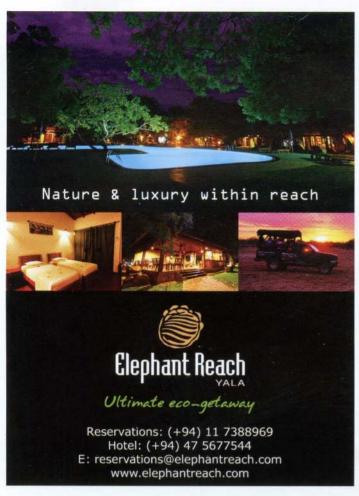
#### அறுகம்கடா

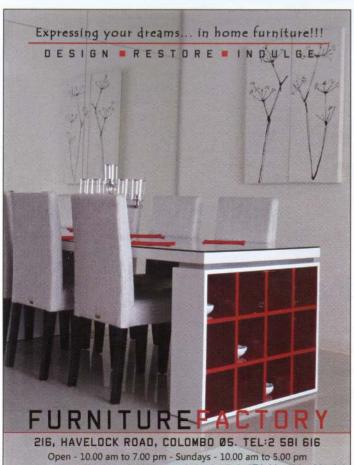
இலங்கையின் கென் கிழக்குக் கரையோரமாக பொத்துவிலுக்கு அண்மையில் உள்ள கரையோரப் பகுதியான அறுகம்குடா, உள்ளூர் மக்களின் வாழ்வாதாரத் தேவையைப் புர்த்தி செய்யும் கடற்கரையாக விளங்கினாலும் சுற்றுலாப் பிரயாணிகள் மத்தியில் நீர்ச் சறுக்கல் விளையாட்டுக்குப் பிரபல்யம் பெற்றது. இக் கடலில் உருவாகும் உயரமான அலைகள் நீர்ச் சறுக்கல் விளையாட்டுக்கு மிகப் பொருத்தமானவை. சர்வதேச நீர்ச்சறுக்கல் விளையாட்டுப் போட்டிகள் கூட இங்கு இடம்பெற்று வருகின்றமை குறிப்பிடத்தக்கது. அத்துடன் அறுகம்குடாக் கடற்கரையை அண்மித்த உலர் வலய வனப் பகுதியில் அழகான பறவையினங்களையும் வனவிலங்குகளையும் பார்த்து மகிழ முடியும். அறுகம்குடாவின் அமைதியான மாறுபட்ட அழகை இலங்கையின் வேறு எந்தப் பகுதியிலும் காணமுடியாது. தற்பொழுது அறுகம்குடாவுக்கு சிறிலங்கன் எயர்லைன்ஸினால் எயர் டக்ஸி சேவை நடாத்தப்படுவதால் சுற்றுலாப் பயணிகள் இலகுவாகவும் வசகியாகவும் கழகு விடுமுறையைக் கழிக்கக்கூடியதாக உள்ளது.

இலங்கையர்கள் பாரம்பரியத்தையும் கலாசாரத்தையும் பேணுவதில் உறுதியாக இருப்பவர்கள். ஆனாலும் சர்வதேச நாடுகளுக்கு ஈடான வகையில் தமது வாழ்வியலிலும் தொழிலும் நாகரிக மாற்றங்களை உள்வாங்கியவாறு மன்னேறி வருகின்றனர். இதனாலேதான் உலகின் எப்பகுதியைச் சார்ந்தவர்களும் இலங்கைக்கு சுற்றுலா செல்வதை அதிகம் விரும்புகின்றார்கள். 🛇

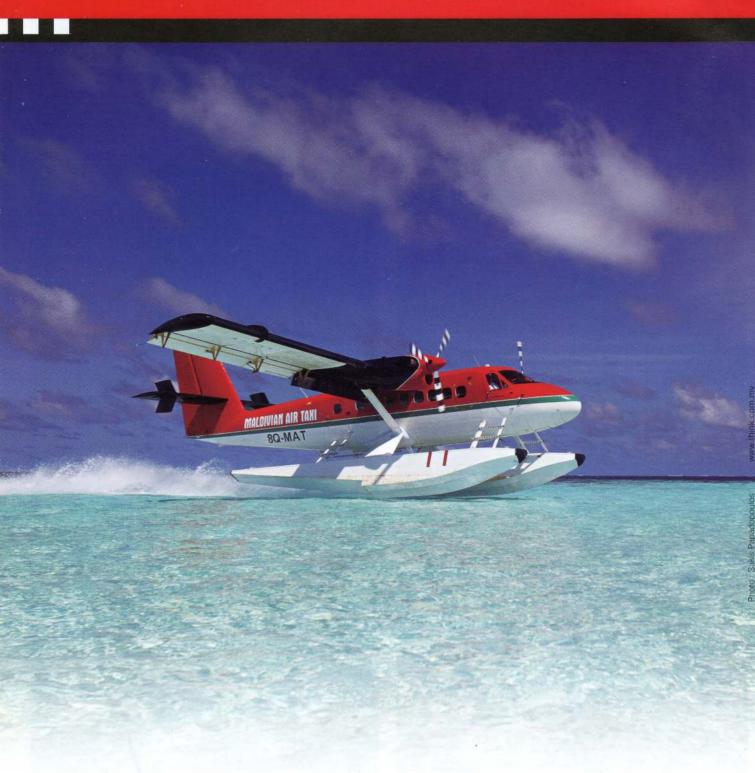










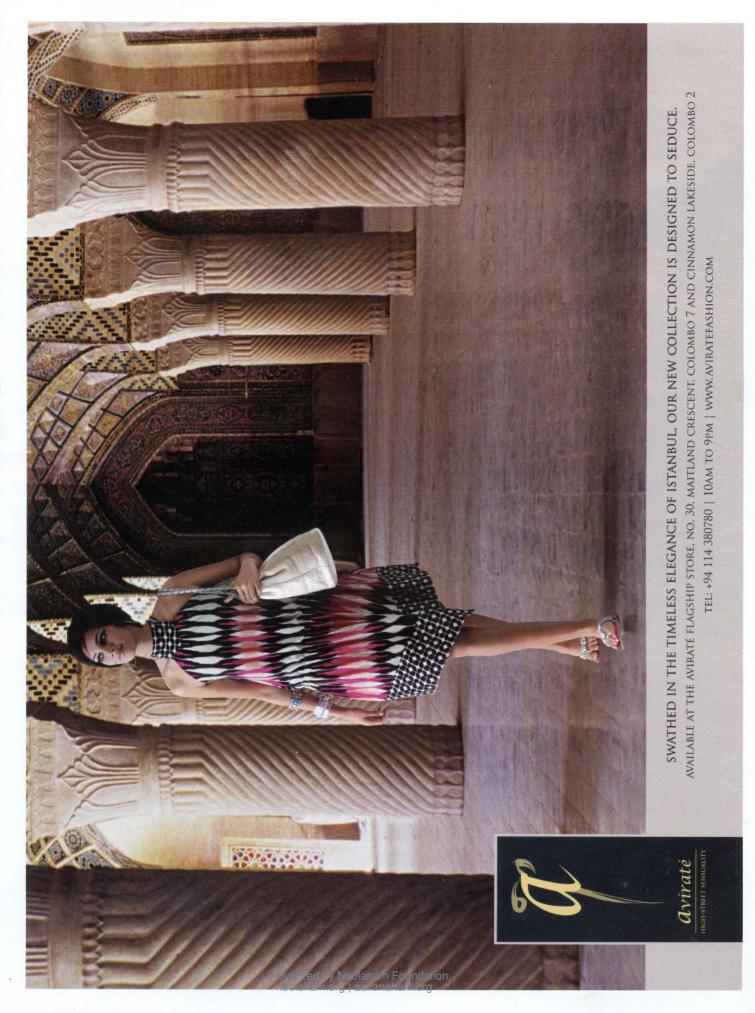


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Words and Photography: Shehan Ramanayake

at an alarming rate - viz., golf.

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Sri Lanka's obsession with golf began more than 130 years ago on Galle Face Green, Colombo's landmark esplanade, on a makeshift 'course' that was shared with rugby, horse riding and many other sports. The ensuing Colombo Golf Club was established in 1879 and soon moved to its current location in Borella, right next to the city's cemetery. It was renamed the Royal Colombo Golf Club (RCGC) shortly thereafter – the first club outside Britain to receive a royal charter.

The RCGC has been the cornerstone of the rise of golf in Sri Lanka. A challenging 18-hole, par-71 course, it is a peaceful, green oasis at the heart of a city that is redefining itself as a new hub for commerce in Asia. The club attracts a potpourri of golfers ranging from locals to tourists and expatriates from many parts of the world. Weekends especially, buzz with activity; the postround gathering at the "19th hole" offers a vibrant mélange of good food, drink and endless banter.

Shooting par at Colombo is something of a challenge - the course is designed to tempt players to be aggressive with their shot selection, but numerous hazards are strategically placed to penalise a shot that is even the slightest bit errant. The 13th hole is a testy 190-yard par-3, where players have to clear a long water hazard to reach an elevated green guarded by deep bunkers. While the sixth is a short par-4 (its green is reachable with a solid tee shot), you need to have your wits about you, for the green is defended by numerous sand traps. The seventh is a picturesque par-5 which can be reached in two. However, a long body of water to the right, flanked by further 'out of bounds' hazards and greenside bunkers, make you work for your birdie.

Perched a lofty 1,800 metres above sea level, the Nuwara Eliya Golf Club (NEGC) is the island's second oldest; it too, has been around for over a century. Founded during the British colonial period, the club used to be patronised mainly by the hill-country's tea planters. The club also attracts enthusiastic visitors from all parts of the island, Nuwara Eliya being a popular

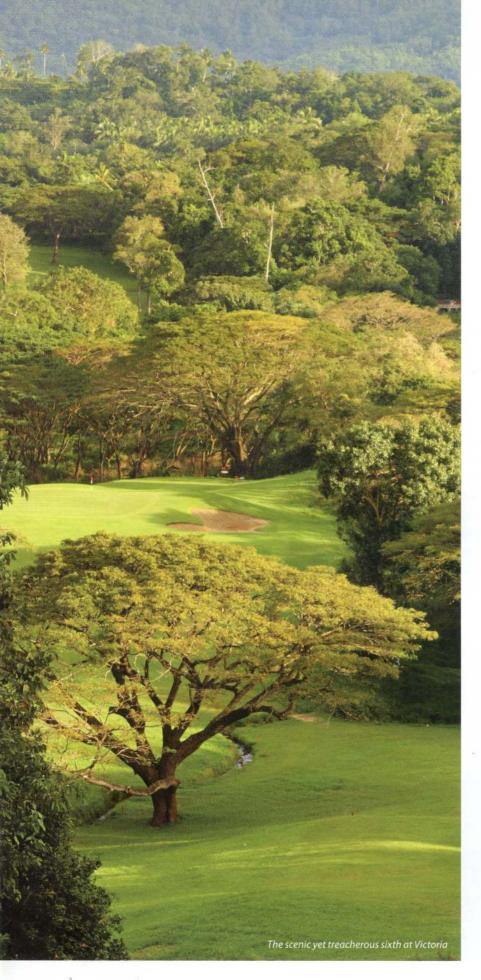


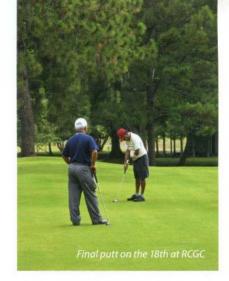
destination amongst holidaymakers thanks to its idyllic charm and cool weather.

Over time, the NEGC has become one of the more scenic, if challenging, courses in Asia. Adding to its densely wooded surroundings are the many quaint buildings with a distinctly English charm about them, scattered on the neighbouring hills. Lush fairways with giant Californian cypresses towering beside them sprawl over the undulating terrain. A clingy gorse rough, to which many golf balls have fallen victim, fringes most fairways and greens. The first hole is as classic an opening hole as

you can find. The elevated tee box leads out from in front of the clubhouse, and players look out onto the long, straight par-4, lined with tall trees and flanked by the second and 18th holes. The ninth is a short par-3 of around a hundred yards where players must hit across a deep ravine onto a tiny green guarded by sand traps; measuring accurate yardage is the key to this hole. The NEGC's signature holes, however, are the 13th, 14th and 15th, which have been aptly nicknamed "Switzerland" due to their steep sloping fairways: these are three of the toughest holes for any golfer to score on.



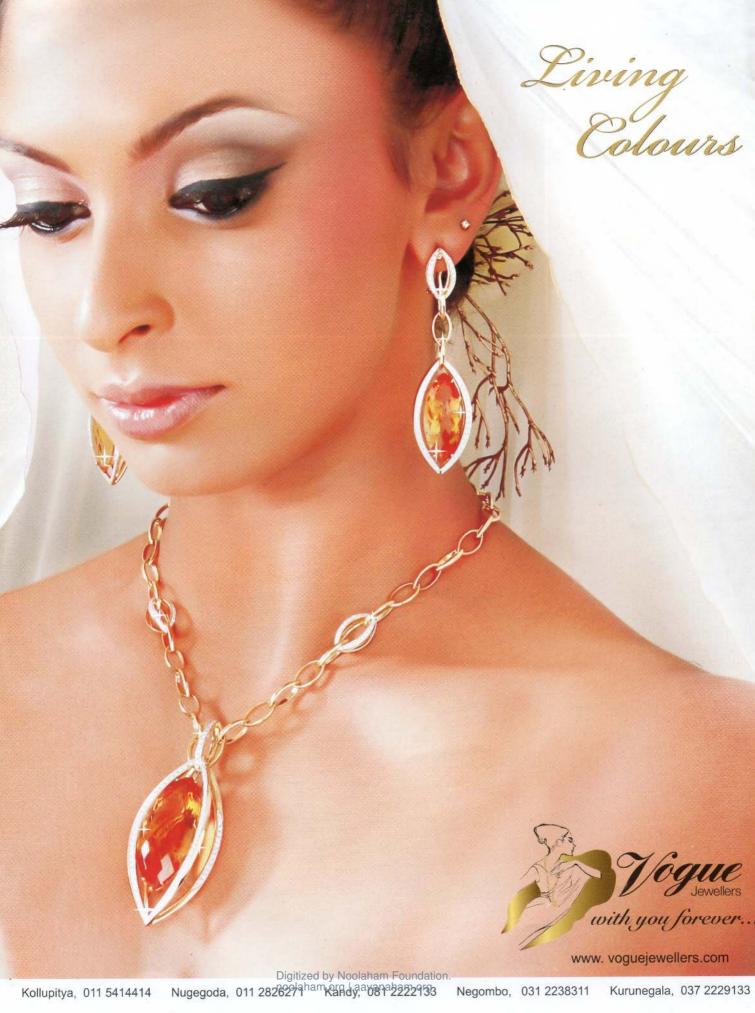




The Victoria Golf and Country Resort is the most recent addition to Sri Lanka's golfing itinerary. It is located adjacent to the Victoria Reservoir, on the outskirts of Kandy. The course is a mosaic of water, mountains, undulating fairways dotted with coconut palms and a stunning variety of birdlife. However, behind the veil of tranquil and striking scenery that promises to lull a golfer into a sense of tantric calm, lies a pitiless course design that could rattle the confidence of the most seasoned golfer.

Victoria's hilly terrain often brings the wind into play. It can, with feigned innocence, push even a slightly wayward shot into the gnarly and unforgiving scrub. The fourth hole is a reachable par-4 of less than 300 yards, but as it requires players to hit over a valley from an elevated tee box, club selection can be a nightmare. On most holes, lies are often sloping, fairways are never straight and the greens lightning quick, especially under tournament conditions. Course management is key and conservative golf is often the order of the day, but the course's astute design also rewards aggressive shot making.

Golf may fly under the radar to Sri Lanka's arguably more celebrated recreational attractions, whether frolicking on her beaches or enjoying her bounteous wildlife. But for the discerning traveller looking for a memorable golfing experience, the island's three courses beat par any day. S









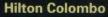
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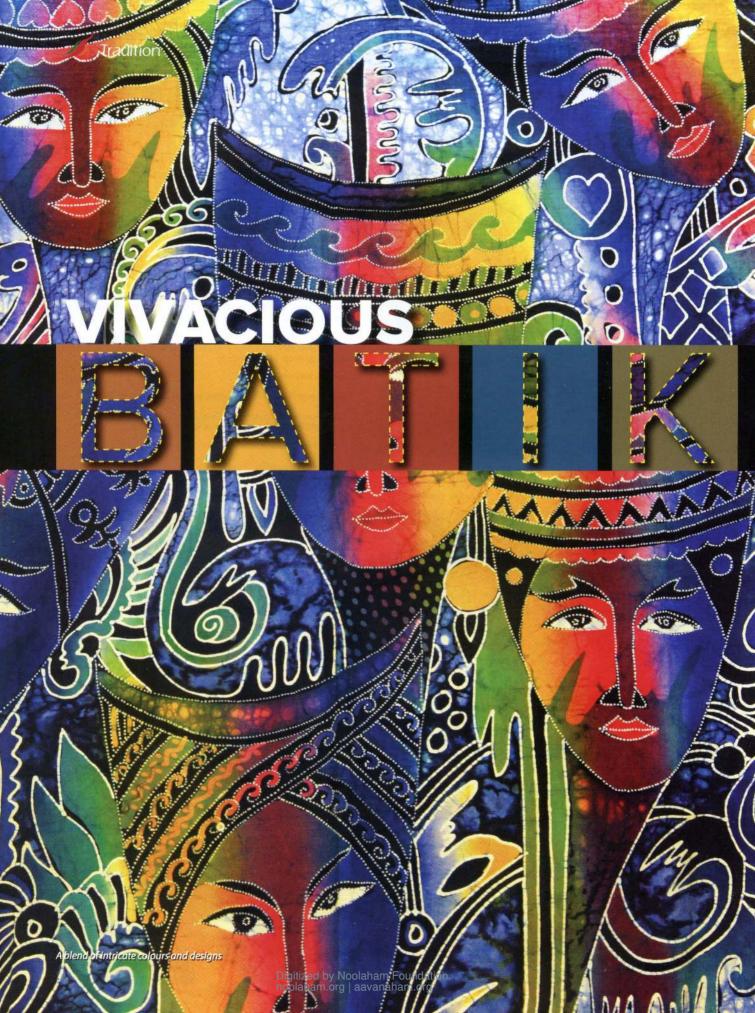
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With its vibrant colours and graceful designs of Sri Lankan life and mythology, the art of Batik is a fascinating traditional art which is making a comeback!

Words: Manori Wijesekere Photography: Mahesh Prasantha

Batik is a Javanese word which means "writing with wax".
Although its origins have been traced back to India in records dating over 2000 years ago, Batik came into its own as more than just another handicraft only after it was introduced to Indonesia by traders who travelled between the countries. China, Myanmar, Japan, Philippines, Malaysia and Thailand also developed major Batik industries in their own countries, with their own signature colours and designs.

Batik, simply put, is a method of decorating cloth by covering a part of it with a coat of wax and then dyeing the cloth. The waxed areas keep their original colour and when the wax is removed, the contrast between the dyed and undyed areas creates the pattern.

The Dutch colonisers introduced Batik to Sri Lanka, as Indonesia was also a Dutch territory at the time, and the process and style of Batik-making practised in Sri Lanka today has remained unchanged through the centuries, often being passed down from generation to generation.

The creation of Batik was initially an elitist craft, with nobles of the Kandyan court practising it as a hobby. It gained sufficient popularity to allow artisans to take up the craft and soon the regional banners, wall tapestries and even the *Somana* dress of the Kandyan nobility were designed using the Batik process.



The design is first traced on to the material



Yellow dye is applied. Areas that need to be yellow are then covered with wax



The area that needs to be white are covered with wax



The material is dyed in red. Again wax is applied to areas that need to be kept in red



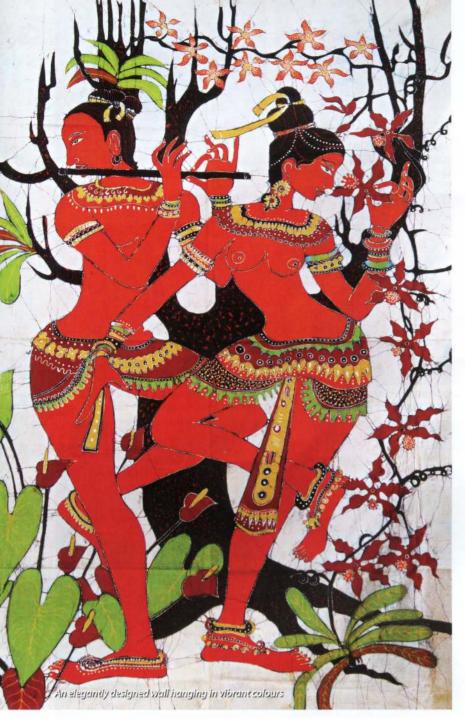
A masterpiece of vibrant colours and design is finally created

The British Colonial rulers introduced British-made cotton and linen to Sri Lanka, and soon the local process of making fabric – from handwoven textiles to Batik creations – declined and all but disappeared from society's memory. A small remnant continued to create Batik as a cottage industry, and they handed down the process and designs from generation to generation for over a century.

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A revival in Batik – its creation as well as an appreciation of the art – came as the spirit of nationalism swept through the country soon after gaining Independence from the British. But it was the tourism boom in the 1970s and early 1980s which gave a much needed impetus to help the industry blossom into a valued handicraft.

Sri Lankan Batik is made using pure cotton or silk fabric, and each step of the



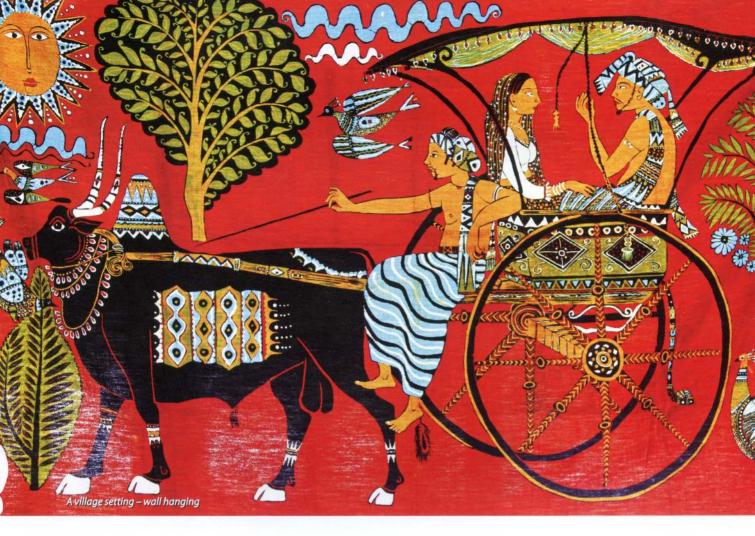








process is still done by hand. The design is traced on to the fabric, and thereafter the colouring process begins - the areas of the design which need to retain the colour that is on the fabric is covered in hot wax, and then the fabric is dyed (it's a three bath process: the first is a chemical one to help the fabric absorb the colour, the second is a salt bath to ensure the colour is retained and finally the coloured dye). This process is repeated for each colour, and usually they start with the lightest colour (white) and progress to the darkest (black). Once the dyeing process is complete, the fabric is put in boiling water and the wax easily removed. The unique "veins" of colour found in Batik is created when the dye seeps into the fabric during the dyeing process - this can happen naturally or is crumpled by hand to allow the veins to become part of the design.



The uniqueness of Batik as an art form is in this wax-application process - unlike the block printing method, hand made batik produces a unique design each time, even if the same design is being repeated. The wax is applied using different tools depending on the intricacy of the wax work required – from the fine-nib copper tint to a broader nib, or small brushes, and even a home-made coarse brush of coir rope for the sections which need splatters of wax "spots".

The designs in Sri Lankan Batik are representative of this island nation, its close link to nature and to mythology. The natural beauty found on land and in the ocean are popular design inspirations, while scenes of daily life - whether its stilt fishermen, a rural village scene or elephants bathing in a river are all captured in intricate detail. More traditional

designs, from religious ceremonies such as the annual Esala Perahera in Kandy or motifs from temples and palaces, are also popular. These designs are captured in everything from wall hangings and banners to cushion covers and bedspreads. Using two or three colours or up to dozens of colours, these Batik creations continue to be a popular purchase among locals as well as visitors.

The use of Batik in clothing was somewhat restricted until recently to Kandyan style saris for women (usually in a three piece set which was easy to wear) and loose shirts and sarongs for men. These designs are usually in two colours - a bright colour combined with black - and are stylised designs based on flowers, elephants or abstract geometric patterns.

But in recent years, a younger generation of designers have been

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introducing Batik into contemporary clothing, creating a revival in the appreciation of Batik amongst young Sri Lankans. Using contemporary combinations of colour, modern designs and the best in cotton, silk or voile fabric, these designer creations are part of a move by the country's creative community to reinterpret traditional culture and make it accessible to a more contemporary Sri Lankan public.

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Photographs: Batik Fair By Kottegoda, Inamaluwa | Information: Sanathana Batik, Moratuwa and Batik Fair By Kottegoda, Inamaluwa



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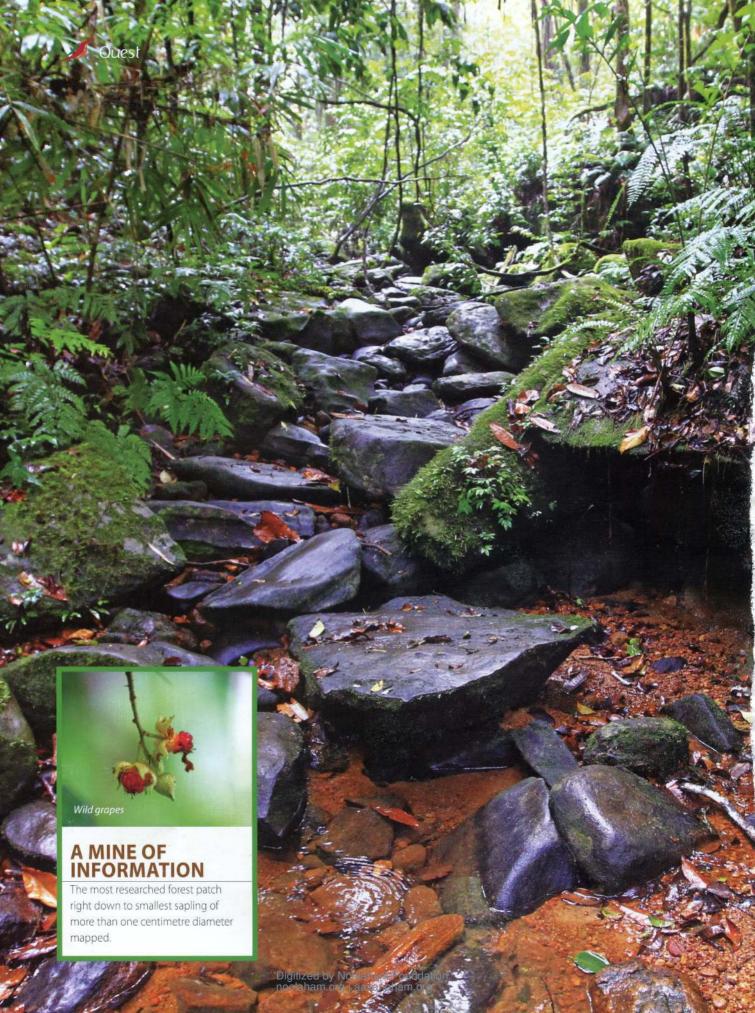
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### THROUGH THE SINHARAJA

### A TRAIL TO THE MOULAWELLA PEAK

Dizzyingly high canopies, tiers of drenched greenery, breathless climbs, and an enthralling seclusion - it is the heart of the last remaining untouched rainforest in Sri Lanka. Within the impenetrable 'walls' of the Sinharaja or Lion King rainforest it was easy to forget a world beyond.

Words: Prasadini Nanayakkara | Photography: Menaka Aravinda and Mahesh Bandara

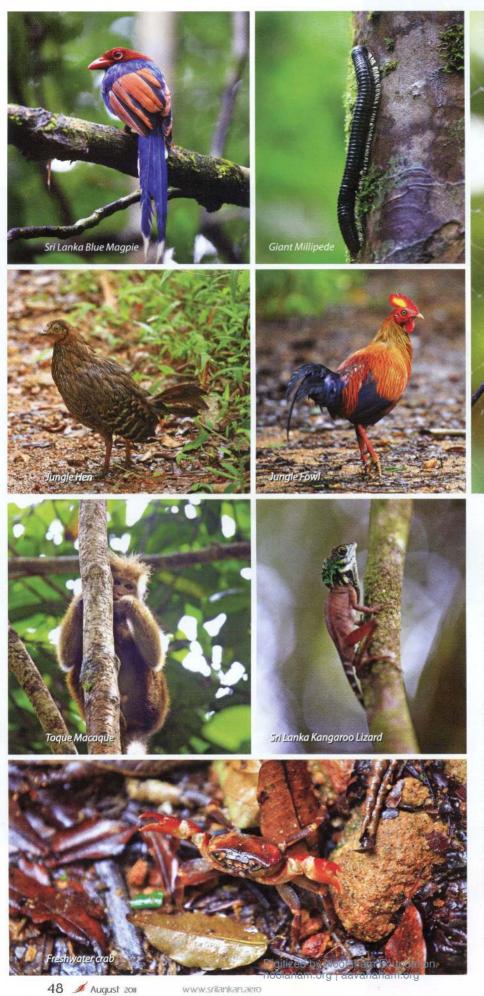
ooking at the model of Sinharaja trails through the glass display we were but naïve and hopeful adventurers. The eight kilometre Moulawella trail appeared to be sparing in its venture into this vast tropical jungle. After all the lowland Sinharaja rainforest spreads over an area of over 11,000 hectares covering three districts - Galle, Matara and Ratnapura.

We began our journey from the Kudawe Conservation Centre, where permits and a guide could be acquired. We eased through the first few kilometres towards the trailhead only distracted by the shuffling of branches by a troop of Toque

Macague, some who glanced shyly as we straggled along. Still at the beginnings of our trail one of our troops brazenly declared the lack of leeches. "We are entering a pristine rainforest, take care of what you say," cautioned our guide ominously. Soon followed a flourish of tall ground orchids and the enveloping sensation of the forest. Shadows loomed as light filtered weakly across thick foliage and forest creatures sounded their comfort in its darkness. The stark difference in the air, with its cooling lightness is such that it is almost as if we had endured a laboured breathing all this while.

almandi Dola

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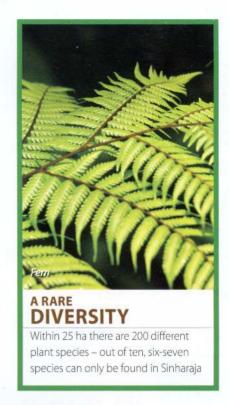
The path ahead wound like a tunnel, webbed with creepers, tree roots and rocks detailing a typical forest path. And to complete this picture a mist crept in to add to a fanciful murkiness. Soon we fell into a rhythmic pace, our backpacks rattling with bottles of water and refreshments. Although at the start of the trail we succumbed to a few blessings of rain, deeper in the forest it was hard to discern if it was the rain hitting the high canopy or a stream bubbling in the distance. It was the end of the dry season (although it often rains in the rainforest throughout the year), and with increased moisture alas came the over zealous leeches which seemed strangely drawn to our brazen friend. Standing still resulted in the hapless pastime of 'de-leeching'.

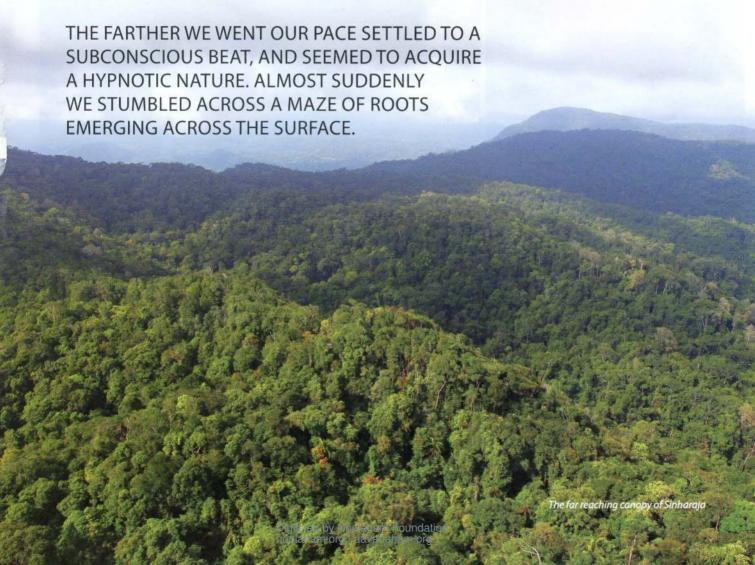
Now and then we encountered the more welcome inhabitants of Sinharaja, such as the pinum katussa (Sri Lanka

Kangaroo Lizard), a vibrant variety of endemic butterflies and birds. Our main trail was met with two wattle and daub huts the latter of which was positioned for birdwatching where many birds are said to settle in the surroundings. We however sat down to catch our breath, take a few sips of water and munch on refreshments to replenish our energy levels. It was here that we would turn off the main trail towards Moulawella rock – a three kilometre narrow winding and stony footpath inclined uphill – we were to reach an elevation of 760m.

This path proved a challenge. Branches and leaves grazed closely against us as the trail wound unpredictably and our eyes were often cast down watchful of each step. The farther we went our pace settled to a subconscious beat, and seemed to acquire a hypnotic nature. Almost suddenly we stumbled across a maze of roots emerging across the surface. Looking up, the trees seemed impossibly tall. In this markedly different 'tall-tree' region Dipterocarpus grew predominantly, and the surface earth, rich with nutrients rather than the soil below, explained the appearance of roots everywhere.

With the high endemism of the forest we were eager to spot its famed inhabitants. In one instance along our way we caught sight of elusive tail feathers fanned among the branches and as we crept up beneath, there it was perched fashionably. The Sri Lankan Blue Magpie, with its vivid blue and brown plumage turned its head if possible 360 degrees as its













### **HERITAGE**

Its many valued features led to the forest being declared an World Heritage Site.

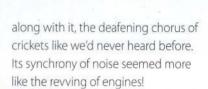






to get a clear view. The other sighting of note was a family of jungle fowl that strayed cautiously along our path. The forest however is not home to large mammals and aside from sambur, wild boar, and other small mammals the leopard is the most rare sighting here, even the forest's many species of reptiles, shy away from human presence. With time the forest grew darker and

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The roots of the trees create steps for the

Heading towards the end of our trail, muscles taut from the constant climbing, it was with relief we came upon a cool stream a little short of our destination. The waters were blissfully chill and crabs scuttled about perturbed by our sudden intrusion. However, from 'Halmandi Dola' as it was named we still had two kilometres more to go. Just when we felt the path had no end a clearing bathed in sunlight emerged. Out of the woods we all tumbled out on to the Moulawella peak. This summit rose majestically above the forest canopy – an ideal viewing post. From way up here we could see the various layers of foliage said to consist of five in total. Relishing our new found resting spot we eased down on the very spot the reclusive leopard is known to frequent. We could almost picture him upon it, restful and gazing over the jungle below. So, off with the shoes to press our sore toes among the warm coarse rock, and drain the last drops of water. Raiding the last of our backpacks we sat thankfully sinking our teeth into sweet and tangy mandarines with no thoughts of heading back. ®

### NEED FOR PRESERVATION

64 percent are endemic trees, home to 23 percent of Sri Lanka's endemic animals including 85 percent of endemic birds and over 50 percent of endemic mammals, reptiles and butterflies. The forest feeds two major rivers – Gin and Kalu and serves as a significant watershed.





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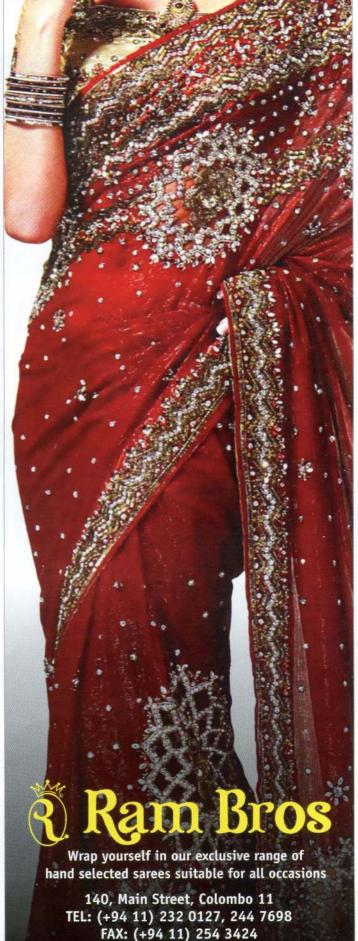
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Taste of Sri Lanka



# RICH FROM THE PARADISE ISLE





Sri Lanka boasts of a rich and varied array of dishes to suit the taste of many a visitor to the country. If one wants to try typical Sri Lankan food, the choice is vast.

Words: D. C. Ranatunga | Photography: Menaka Aravinda

ice Pullers' - bath maruvo, in the native language Sinhala is a simple way to describe Sri Lankans. Either they consume rice for breakfast, lunch and dinner - in other words, morning, noon and night - or prepare another dish with rice as the base. Rice is obtained from paddy, a popular crop grown throughout Sri Lanka. The seeds of the paddy plant are first milled using a huller to remove the outer husks of the grain. The product is then ready for cooking. Rice can be boiled or steamed. Raw rice is ground into flour to make a variety of dishes such as appa, indi appa, kiri bath, pittu and roti.

Dr. Publis de Silva – known by all as 'Publis' – describes what he calls

Sri Lankan culinary culture and the many flavours that make Sri Lankan food unique. "Ours is a repository of medicinal properties. There are 42 such properties in the ingredients we use for the preparation of our food," he claims.

Appa – referred to as 'hoppers' – is one of the most popular dishes which are laid out both for breakfast and dinner. The recipe is quite simple. 250g of rice flour, half a teaspoon of bicarbonate soda, half a teaspoon of salt, one teaspoon of sugar and half a cup of thick coconut milk are the ingredients needed for an average preparation. These, other than coconut milk, are mixed well with water to form a thick paste like bread dough.

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The dough is kept for a couple of hours to rise and the coconut milk is added prior to cooking. Two tablespoons of the batter are poured into a greased semi-circular wokshaped pan which is tilted around to get a bowl-shaped finish. The pan is covered with a lid and cooked until it gives a golden hue and the rim is crunchy and the centre is soft.

Each hopper is around eight centimetres in diameter and is surrounded by a crispy rim of about three centimetres. The egg-hopper is a popular version where an egg is broken on to the centre of the hopper and baked.

Hoppers are eaten with *lunu miris* – a simple mix of chopped onions, chilli powder, Maldive fish and salt, and *seeni* (sugar) sambol where sliced onions are fried with chilli powder, Maldive fish, sugar and salt. Being spicy dishes, these tend to be rather hot but taste well.

Ambul thiyal – a baked fish preparation cooked in a clay pot





piece of jaggery

with tuna fish, goraka (a sour fruit in the tamarind family), black pepper, garlic, ginger and cinnamon - are also served with hoppers. Though there is no gravy, the dish is most appetising.

Indiappa or string hoppers are prepared in a different way. Rice flour (250g) is first roasted in a pan, sifted and left to cool. Adding a quarter teaspoon of salt, the flour is mixed using boiled water, which is taken off the fire and kept out for about two minutes, until a smooth dough is created. The dough is pressed through a mould to produce vermicelli-like 'strings' which are collected on round basket-woven thattu (mats). These are placed one on top of the other in the string hopper steamer, covered and steamed.

Pol (coconut) sambol, is an ideal add-on dish for indiappa along with ambul thiyal fish.

Pittu another popular breakfast dish, is now served for dinner as well. Rice (150g) and kurakkan (a local grain - 100g) flour is mixed with 150g of grated coconut and half a teaspoon of salt, sprinkling water to form pieces like breadcrumbs. The mix is filled into a bamboo mould (aluminium moulds are also used now) and steamed for about 15 minutes. The finished product comes out in the form of a long roll, which is cut into pieces and served. Pol kiri

(coconut milk) is a 'must' to accompany the pittu.

Roti with

Kiri bath (milk rice) is another popular breakfast dish where milk is added to the water in which the rice is boiled. The somewhat gluey rice is laid out flat about an inch thick on a plate and after levelling with a banana leaf, is cut into diamond shaped pieces. A piece of jaggery - a raw sugar made from the sap of a palm called kitul - is an ideal companion to kiri bath in addition to lunu miris and seeni sambol.

Roti - a circular unleavened bread made from flour mixed with coconut is a favourite among Sri Lankans.

It is simple to prepare with the dough being made by mixing sieved flour, grated coconut and salt with cold water. After mixing to a suitable consistency, the dough is divided into equal balls. Each is flattened to obtain an even, round 'roti', placed on a heated pan and baked. When a gold

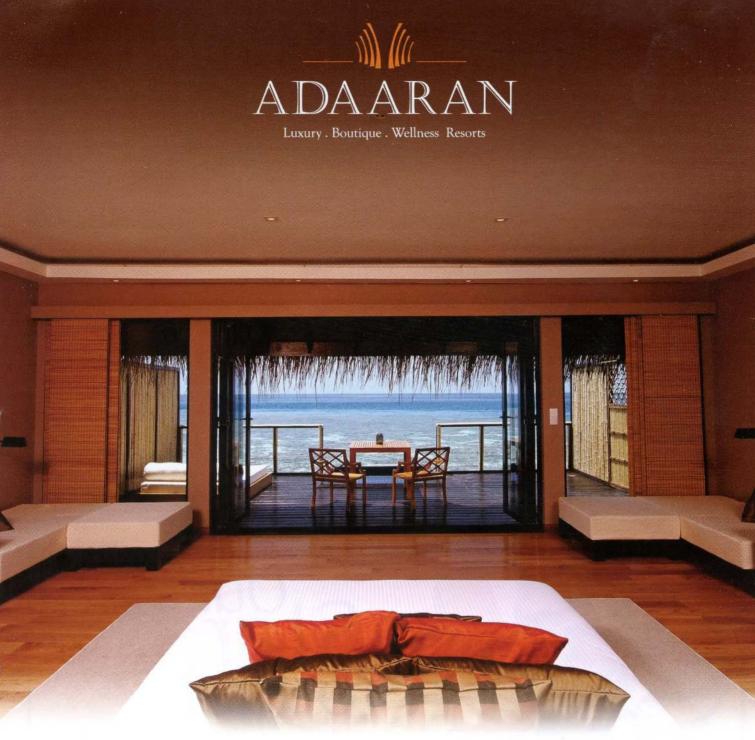
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brownish colour appears, it is turned over and kept till the same brownish tint emerges. The roti is then ready to be eaten with lunu miris and curry.

To kick off the breakfast is a broth. kola kenda which literally means 'green (leafy) cunjee' made with either one or several varieties of herbal leaves. The leaves along with the stems and roots are cut, washed and blended several times with scraped coconut, and a little water. The juice thus extracted is added to a little cooked rice and stirred till it boils. Salt is added and the drink is ready to be enjoyed with a piece of jaggery.

Sri Lanka, famous for its spices from early times, naturally uses them in the local menus. Though the country has earned a name for hot curries, the chefs are now quite competent to make adjustments to suit the palate of their wide clientele. ©

Photographs: Mount Lavinia Hotel



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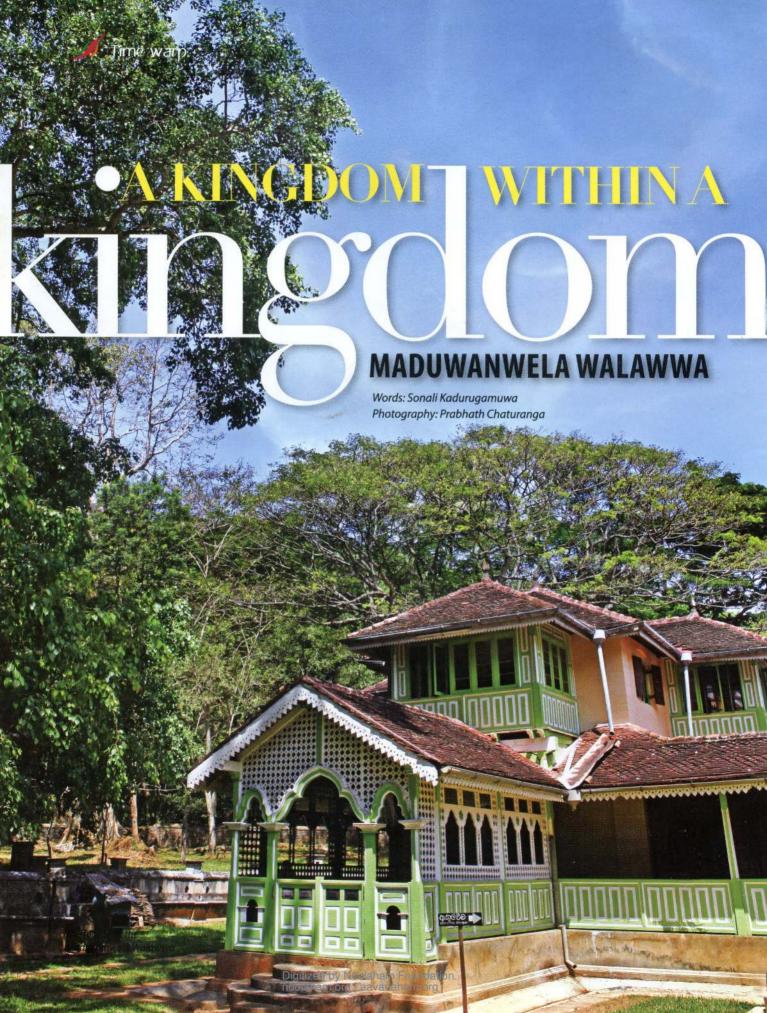
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The voice that bellowed throughout the vicinity, or so it is said, was now only the noisy drafts of wind circling the large tree filled spaces surrounding the Maduwanwela Walawwa. In the early hours of the morning, the man they called the Black Prince would awaken his entire household to begin the daily running of over 80,000 acres of his land, which was also his love and life.





beautiful snow white deer lived in the nearby forests of Maduwanwela. It was the only one of its kind and King Wimaladarmasooriya II (1687-1706 AD) of the Kandyan Kingdom was bestowed a gift of true rarity when the white deer was captured and presented to him by Maha Disawa's ancestor Maduwanwela Maha Mohottala. The King was so delighted with this gift that he entrusted a great acreage of land for Mohottala's loyalty, or at least

this was one of the stories of how the Walawwa came to being. Another tale tells of a Dutch outlaw who roamed the forests and was a burden to the villagers. The King had sworn that he would handsomely reward the efforts of anyone who could bring him the head of the outlaw. In which case, Maha Disawa's ancestors did the deed and thus were commended with the Walawwa and its now, vast territory.

He came on horse, they say, he left school at a tender age to return to his

ancestral abode, the Maduwanwela Walawwa, where nearly four generations of his family had lived. He was raised by his grandmother and had grown to be a determined and brave soul and a patriot of his beliefs. Maha Disawa was his title, which followed his name; Wickamasinghe Wijesundara Eaknayake Abayakoon Mudiyanse Ralahamillage Sir Jemes Willeyam Maduwanwela, also known as the Black Prince by Bristish colonists, as he was one of the only dark skinned

<sup>1</sup> The gate entrance to the Walawwa 2 A wooden corridor leading to the upper floor

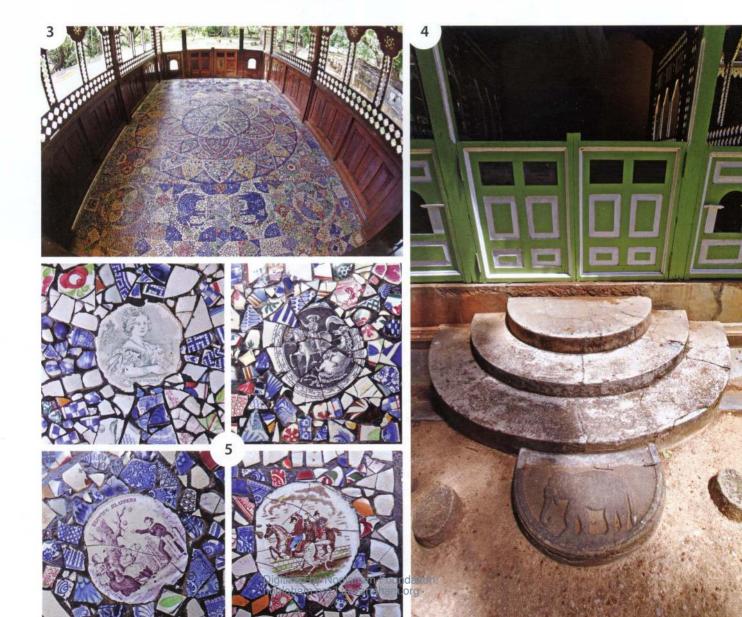
landlords who cradled his land as if it were his kingdom while passionately preserving Buddhist religious and Sri Lankan cultural values within it.

Adjoining the entrance, a large Bo tree standing tremendously wide at its trunk and reaching a summit which I could only guess, was encircled by a short stocky stone wall decorated with sculpted figures and ceramic plates as were the other walls of the same kind enclosing the Walawwa premises. Most of what the Walawwa used to be had collapsed with nearly 400 years of age and was in the process of restoration by the Archeological Department. The stone gate frame of the entrance to

the Walawwa's immediate locality had been carved and although the shapes were a bit fuzzy, I could make out vague outlines of birds and flowers, both of which were shaped so as to symbolise good governance and prosperity.

The wind never ceased, and even as I stepped inside the Walawwa, the highly ventilated courtyards, now only seven of the then 21, were being showered with leaves, dust and the occasional flower. I wasn't aware of the direction, in actual sense I felt a bit lost, until I wound up in the *pirith* or prayer room at one end of the entrance with its floor set in vibrant mosaics of crushed ceramic. From here I followed

my own directional instincts and opening some closed doors found a few dark rooms that were for storage purposes, 121 rooms were housed here once, some of which were used for storing large volumes of various grains, preserved meats and other foods that came from the Walawwa's hard working farming communities from 18 villages and it is believed that these stocks could, at any time of drought or food shortage, sustain the entire Walawwa and its villages for one whole year. 42 of such rooms including a few bedrooms, a bathroom and rooms set apart for special occasions are the only remnants of what was.









3 Mosaic floor of crushed ceramic in the prayer room

- 4 Steps in the shape of the Buddhist Sandakada Pahana (moonstone) leading into the Walawwa
- 5 Various pictures depicting colonialism embedded into the mosaic floors
- 6 The sometimes confusing air lit passages within the Walawwa
- 7 One of the intricately carved wooden frames
- 8 A portrait of the Maha Disawa

The Maha Disawa, his wife and daughter had had separate rooms of their own and the doorways in general were small in frame; both short in height and narrow in width, which may have meant that they were petite in body structure. However, other reasons portray the door frame to be short in height to demand respect from those who entered, with the bowing of head gesture.

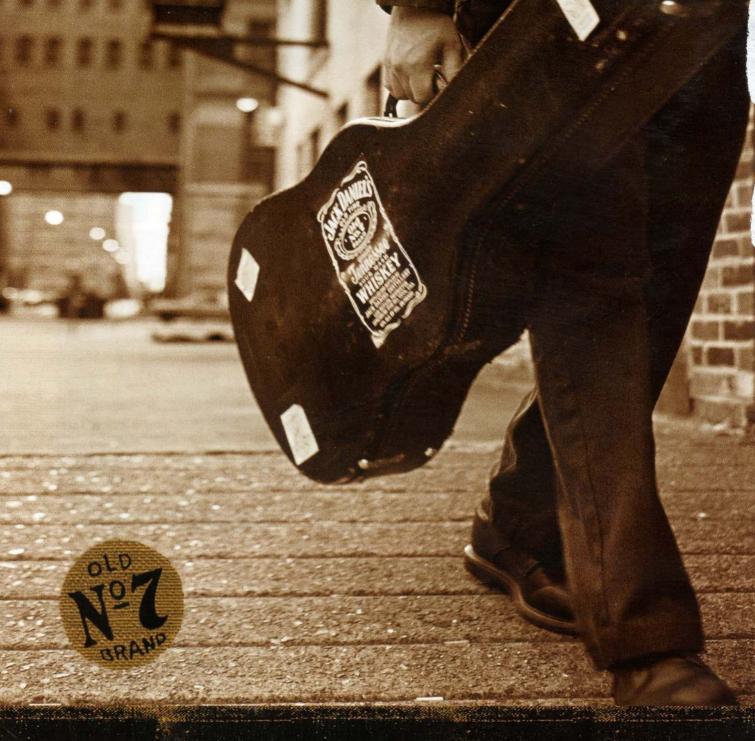
One particular room in the house, the meeting hall, was known for how unusually cool it was inside, although the same couldn't be said for the weather outdoors; the reason being its ingeniously aerated wooden ventilation system which kept the high temperature out and the cool in. The Walawwa even had its own courthouse where the Maha Disawa was sometimes seen administering his judicial powers.

The Maha Diswasa was believed to have had great respect for Mahatma Gandhi and had the upper storey of his mansion built in his honour. From where I stood, I could imagine that this may have been quite apparent, observing from the plainness of design, much like Gandhi's home in India, which was quite the opposite of the more structured environment on the ground floor. The last modification to

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the Walawwa, during the time of the Maha Disawa (1844-1930), was done in 1905 and the Walawwa is still known for its model portrayal of Kandyan architecture.

At my last stop within the mansion something seemed to almost make this room pride itself; and there it was - on the wall, a life sized, ornate a portrait of the Maha Disawa himself. It is said that this giant ornamental picture frame and its stand is made of the rarest of hard woods; ebony, satin, rosewood. Only a man who may have skillfully run a kingdom within a kingdom could have had such privilege. ®



MR. JACK DANIEL WAS NO SAINT.

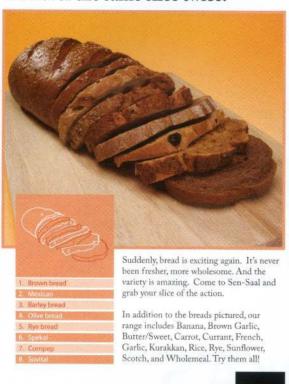
BUT HE DID START SOMETHING OF A RELIGION.



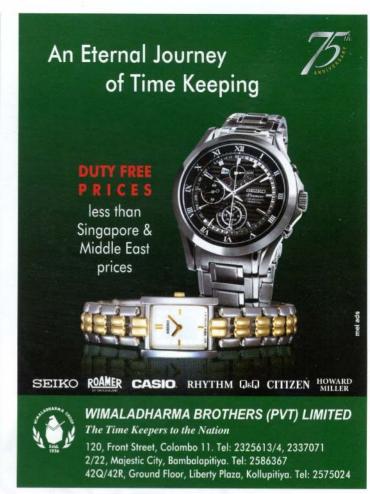
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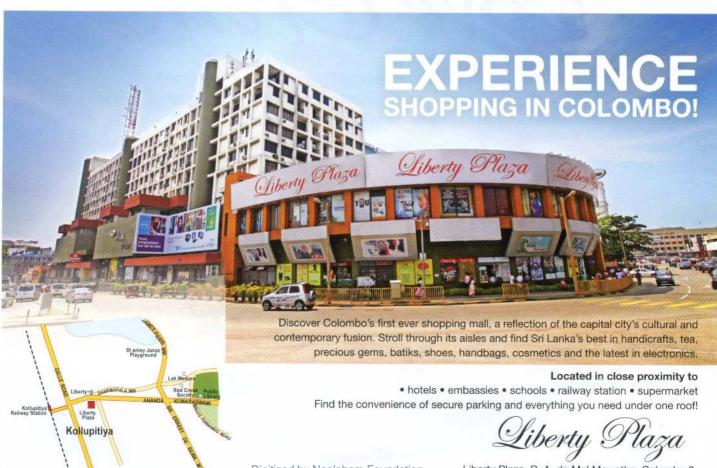
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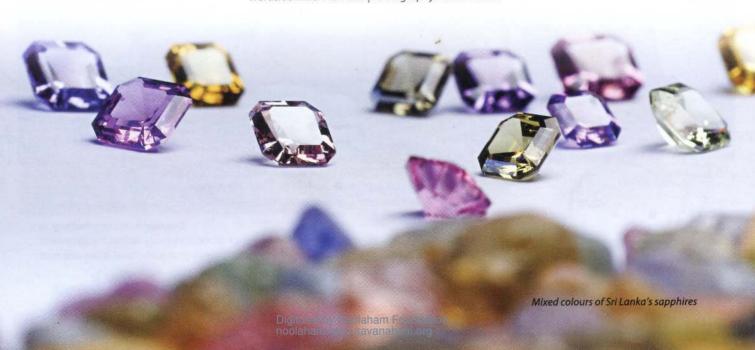
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## SRI LANKA'S Love Gems

This tiny island produces an amazing 71 varieties of gemstones and down the ages royalty and celebrities have sought gems from Sri Lanka as glamorous adornment or as a guarantee of luck in love and daily life.

Words: Jennifer Henricus | Photography: Yanik Tissera





hen Britain's Prince William slipped an 18-carat oval blue sapphire ring on to the finger of his beloved, Kate Middleton in October last year he was not just gifting her the famous engagement ring of his late mother, Princess Diana, or simply announcing to the world his great love and commitment to Kate.

He was in fact continuing an age old tradition of lovers throughout history: a tradition probably started by King Solomon of biblical fame who wooed his beloved, the Queen of Sheba with sapphires, way back in the 10th Century BC.

The big coincidence is that the 21st Century Prince and the 10th Century BC King used gems from the same source - the gem gravels of Sri Lanka - to win them love. Even more amazing is that though these discerning gifts of love were presented more than 3000 years apart, the gems could in fact be sisters, conceived in the earth at the same time, many millions of years ago.

Experts at the International Coloured Gemstone Association in New York confirm that the oldest sapphire finds are in Sri Lanka, formerly Ceylon: "here people have been digging for gemstones since ancient times," they say.

Both Prince William and King Solomon were subscribing to the ancient language of gemstones that herald sapphires as a harbinger of luck in love. Sapphires also signify sincerity and faithfulness, hence their great appeal among lovers.

Although Sri Lanka is not the world's only source of sapphires it is the fine colours and qualities unique to these

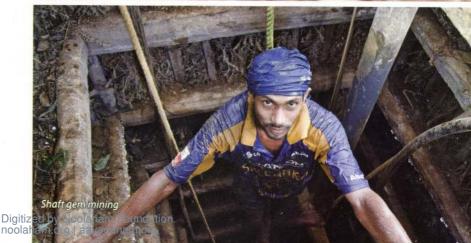
sapphires that put them at the top of the demand pyramid. Some Ceylon sapphires command premium prices because of their unique natural beauty that does not require further enhancement with heating, as is the case for sapphires from many other sources.

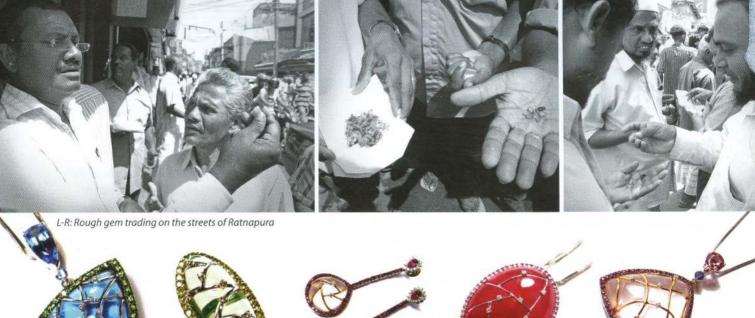
Blue is not the only sapphire colour being picked out of the gem gravels here – a spectrum of colours, described in the trade as fancy sapphires are regulars in the miners' baskets. Colours range from pink to yellow, green to gold, as well as orange, purple, violet, black and white.

One of the rarest and most sought after colours, almost exclusive to the gem gravels of Sri Lanka, is the exquisite orange-pink or *padparadscha* sapphire named after the soft blush of a lotus flower being kissed by the morning sun.

Some sapphires display asterism and these stars are popular too.







The various jewellery adorned with Sri Lankan gems. L-R white gold pendant with blue topaz, aquamarine, tsavorite and diamonds; white gold ring with green amethyst, tsavorite and diamond; yellow gold earrings with rose quartz, ruby and diamonds; white gold pendant with agate, pink sapphire and diamonds; yellow gold pendant with rose quartz, ruby, pink tourmaline and diamonds (Photograph courtesy: Sifani)

#### A DAZZLING SPECTRUM

Sapphires are not the only gems found here. There are some 71 varieties: the blushing red of ruby, the mysterious colour change of alexandrite and the winking charm of chrysoberyl cat's eye are among the great Sri Lankan beauties. Tourmaline, topaz, spinel, peridot, amethyst, citrine, moonstones and a range of garnets add to the spectrum. For gem collectors names such as serendibite, taaffeite or sinhalite are big drools.

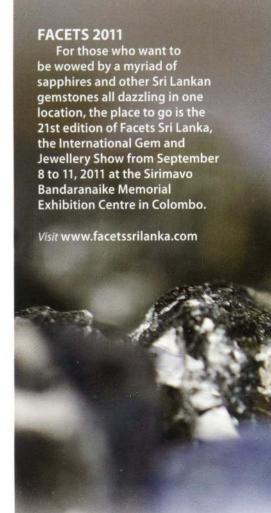
Although many of these gemstones are sought after for glamorous adornment, they are also popular for their astrological benefits and as guarantees of luck and well being throughout life and love. For example most of the gemstones prescribed as lucky birthstones in the western calendar or as zodiac or astral gems are found in Sri Lanka.

The land of gems is now adding a new value factor to its famous gemstones - sustainability. Since

gemstone deposits here are alluvial - rough washed down from primary sources and deposited in the flood plains of rivers and streams - mining is contained as a low impact activity and mechanised mining is not allowed.

For those who would like a first-hand impression of where these gems come from, a journey into Ratnapura, the city of gems is recommended. Contrary to expectations, Ratnapura is no glitzy Las Vegas-style city: it's a quiet, glamourless town, a kind of counterpoint to the rare beauties that are dug out of its muddy earth. The two-hour journey passes through luminescent green rice fields and lush wooded areas. Nestling in the green fields are small mine shafts, where diggers follow the horizontal pattern of the gem-bearing gravel, or illam. They wash the earth in large cane baskets. And there, sitting at the bottom of the basket are water-worn transparent crystals, the amazing sisters and cousins of Kate's and the Queen of Sheba's dazzling beauties. S

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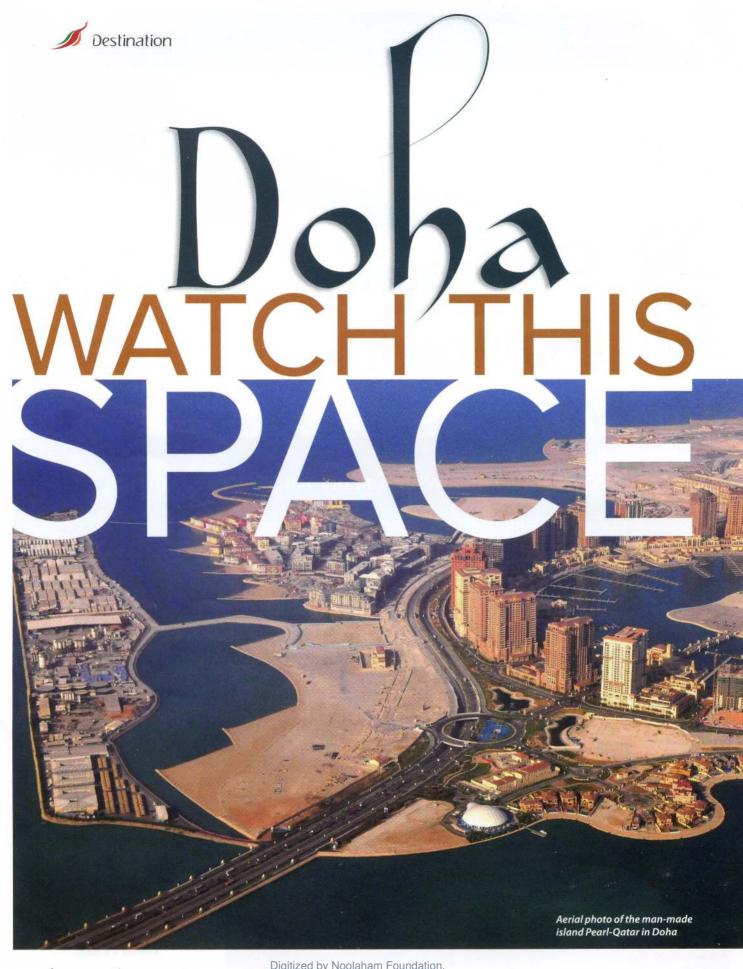
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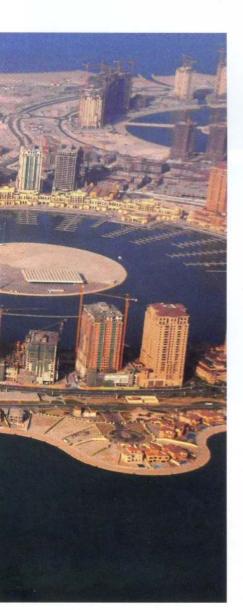
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LIKE MUCH OF THE
GULF REGION,
DOHA IS UNDERGOING
RAPID CHANGE AND
IT WILL BE AT THE
CENTRE OF THE
WORLD COME 2022
AS IT HOSTS THE
FIFA WORLD CUP.
SCOTT SNOWDEN
TAKES A WALK IN
THE OATAR CAPITAL.



The opening ceremony on the first day of the AFC Asian Cup in January 2011 at the Khalifa International Stadium



oha's rapid development into a commercial and entertainment hub is undoubtedly changing its old reputation as one of the world's less interesting capital cities.

Enormous malls, purpose-built tourist attractions, comprehensive residential developments and the mass expansion of the capital's residential and commercial property sectors, funded mostly by oil and gas money, means Doha looks, and smells, like a gargantuan construction site. However, once this is complete, it may very well become the biggest tourist and business attraction in the region.

Due to the nation's ostentatious wealth, Doha is one of the only capitals in the world to have remained relatively unscarred by the world economic crisis. Today, analysts predict Doha may even surpass Dubai as the region's commercial and financial hub.

In 1825, the city of Doha was founded under the name Al-Bida. The name "Doha" came from the Arabic ad-dawha, "the big tree." The reference is to a prominent tree that stood at the site where the original fishing village arose, on the eastern coast of the Qatar peninsula. The name very likely also has some connection to the Arabic word for

bay or gulf, *dohat*, referring to the bay area surrounding the corniche.

In 1882, Al Rayyan built the
Al Wajbah fortress, in southwestern
Doha. The following year, Sheikh Qassim
led a Qatari army to victory against the
Ottomans. The city was made capital
of the British protectorate of Qatar in
1916 and remained so when the nation
gained Independence in 1971.

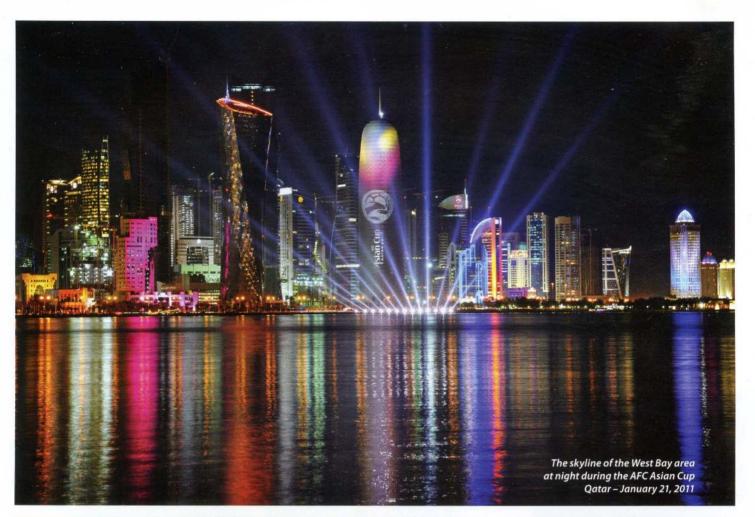
In December 2010 it was announced that Qatar will be hosting the FIFA World Cup in 2022. Qatar competed against the likes of England and was eventually successful in winning the bid to host the 2022 Soccer World Cup. This will be the first world cup hosted by an Arab nation.

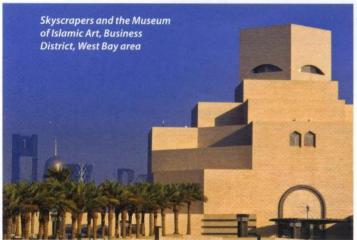
Top teams from across the globe will compete for the coveted Jules Rimet Trophy, including Brazil, Germany, Italy and Spain, and with them they will bring millions of faithful football followers. As a



Logo of the Soccer World Cup 2022

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result of Qatar's harsh summers and the relatively small population of the country, the bid contained several unique elements that were unprecedented in World Cup history. The winning bid proposed that all stadiums constructed to host the World Cup would be built as air conditioned indoor venues, in order to ensure that the event could be held in

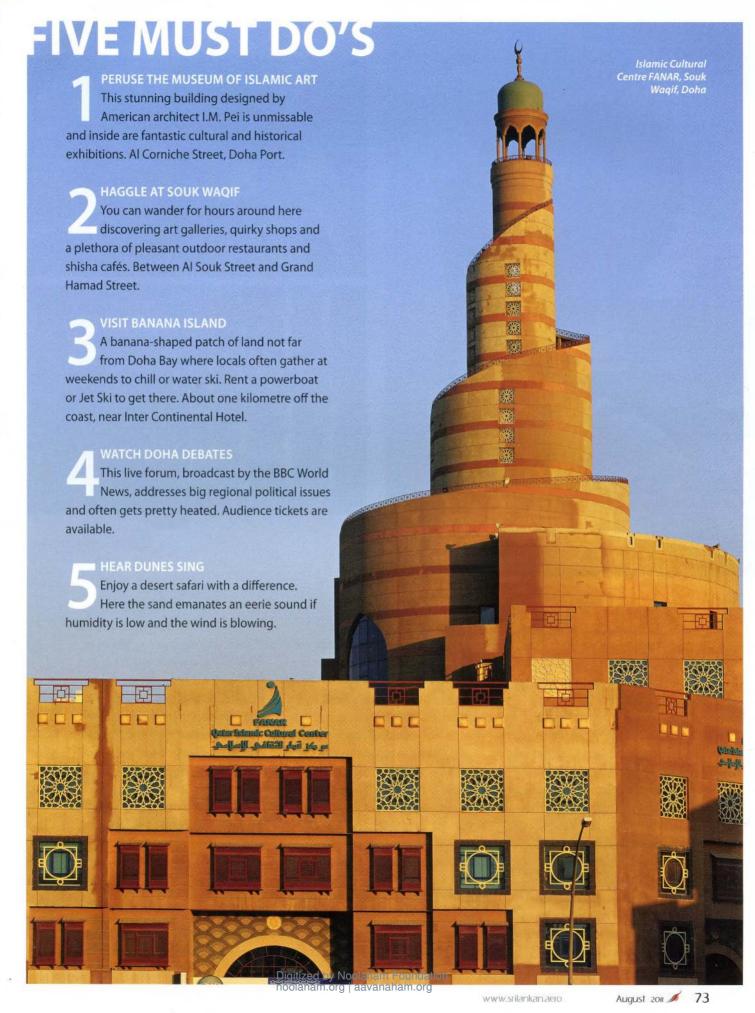
summer. Many of these will be built on reclaimed 'islands' in the Arabian Gulf.

From the visitor's point of view, the city centre is not in the centre of Doha at all - nor is it really a centre for that matter. To encapsulate the essence of Doha, simply thread your way through the palm trees that adorn the stunning corniche.

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The eight kilometre trip around the bay affords some spectacular views of this city as it rises from the desert sands, plus it offers plenty of rest-stops and photo opportunities along the way.

Begin at Ras Abu Abboud Street flyover, where a small park with ornamental wind towers introduces the 'heritage' zone of the corniche. The first









roundabout here is also the turn off for the National Museum. Next is the 'sea' section of the corniche, passing Doha's busy port marked by the monumental anchors on the shore.

The Museum of Islamic Art rises like a sentinel out of the sea from its own purpose-built island. Designed by renowned architect I.M. Pei, it's shaped like a postmodern fortress with minimal windows and a 'virtual' moat. With an avenue of palm trees extending along the approach road from the corniche, it makes a bold statement about a capital that has matured into one of the most culturally engaged cities in the region, while on the left a ministry building shaped like a ship's bridge continues the nautical theme.

The Dhow Harbour is opposite, the entrance of which is marked by the famous monument for pearl fishers, a popular spot for photos. The discovery of oil in the region in the early 1930s ended pearl harvesting as an industry and today pearl diving is practiced only as a hobby.

Next up is the 'garden' zone of the corniche, where water cascades down the steps of the Diwan Building and winter petunias decorate the approach to the Ministry of the Interior. Rumeilah Park is just up on the left, offering a large expanse of shaded grass to take a break and relax. The honeycombed post office marks the start of the 'cityscape' at the northwestern end. Then from here onwards is a cluster of spectacular buildings including the

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Ministry of Justice, complete with a pair of scales over the doorway. Dinner at the Al-Shaheen restaurant on top of the Sheraton Doha pyramid will offer stunning views of the route you've just enjoyed from the comfort of your seat.

Doha may be small in size, but it's sizable in substance. From a cultural perspective it offers one of the best insights in the Gulf region, not to mention a host of high-end hotels and an impressive shopping experience incorporating both traditional souqs and modern-day, mammoth-sized shopping malls.

SriLankan Airlines flies five times a week between Colombo and Doha on Monday, Tuesday, Thursday, Friday and Saturday. In a Class of its own...

# The King of Arracks



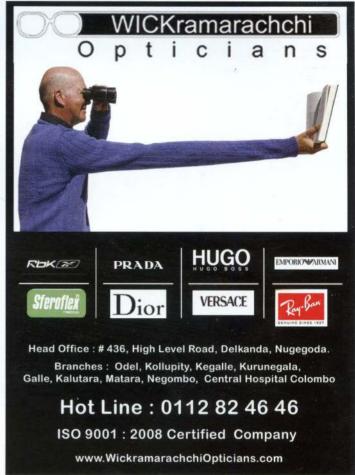


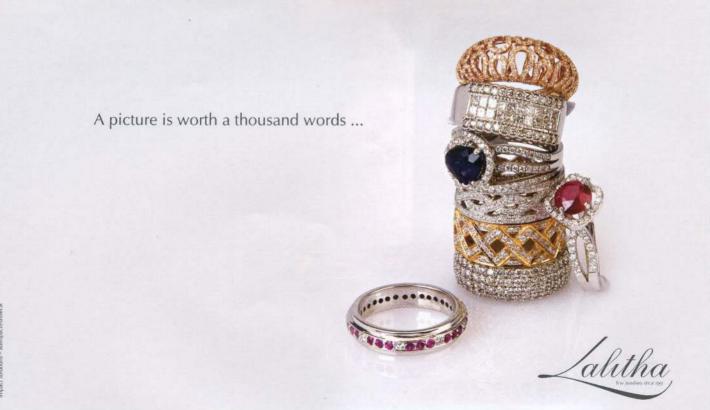
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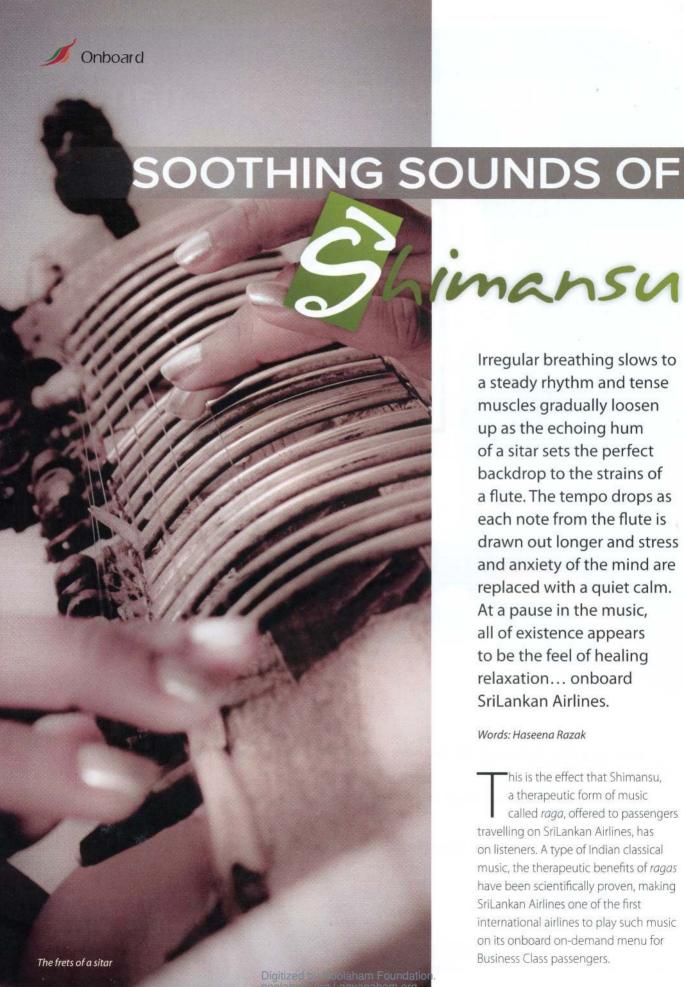
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Dialog



# imansu

Irregular breathing slows to a steady rhythm and tense muscles gradually loosen up as the echoing hum of a sitar sets the perfect backdrop to the strains of a flute. The tempo drops as each note from the flute is drawn out longer and stress and anxiety of the mind are replaced with a quiet calm. At a pause in the music, all of existence appears to be the feel of healing relaxation... onboard SriLankan Airlines.

Words: Haseena Razak

his is the effect that Shimansu, a therapeutic form of music called raga, offered to passengers travelling on SriLankan Airlines, has on listeners. A type of Indian classical music, the therapeutic benefits of ragas have been scientifically proven, making SriLankan Airlines one of the first international airlines to play such music on its onboard on-demand menu for Business Class passengers.

# TRANQUILLITY IN THE AIR

For most people, air travel can often cause anxiety and stress due to various reasons. The soothing strains of the *raga* are effective in providing relief from fears related to flying such as aerophobia and claustrophobia. In fact, music therapy is used in clinical settings to treat people suffering from aerophobia.

For business people with hectic schedules, perhaps time spent on an aircraft is the only type of relaxation they have access to. *Ragas*, if listened to with a clear mind and minimum disturbance, can offer busy corporate people the opportunity to rest, rejuvenate for their next meeting, and perhaps even enrich their creative skills and source of inspiration, which can be the difference between making or breaking an important business deal.

For Shimansu to have its full effect, it is recommended that eyeshades be worn while listening to the *ragas*. This enhances the sense of hearing and will help listeners to enter a relaxing, dreamlike state. Listeners may also be lulled into a restful sleep by the music, providing special benefits for those passengers suffering from sleeplessness during air travel.

# INCEPTION OF SHIMANSU

Shimansu was introduced onboard SriLankan Airlines after a team of Cabin Crew, conversant on the subject of music therapy, merged this knowledge with their insights into the discomforts of passengers and their own experiences of constant air travel. Conversations with travellers revealed that music therapy would be an ideal form of inflight relaxation. The ragas were then introduced aboard the Airline with the support of inflight personnel in passenger entertainment.



The ragas that passengers can listen to onboard were composed and arranged by Dr. Sisira Karunathilake, lecturer at the University of Visual and Performing Arts in Colombo. Having achieved his doctorate in India for the successful research he carried out to verify the healing effect of ragas on patients with psychological and physical ailments, Dr. Karunathilake has compiled this set of ragas to benefit a general audience.

One of the most critical factors required for music therapy to yield its positive effects is the skill of the artistes behind the instruments. The sitar is played by Dr. Karunathilake, and Kumara Liyanawatte, lecturer at the University of Visual and Performing Arts in Colombo, plays the flute.

# MUSIC THERAPY IN ANTIQUITY

Music therapy dates back more than four thousand years in ancient civilisations such as India and Egypt. Its power to heal, soothe a hassled mind, improve behaviour and therefore interpersonal relationships as well as enhance positive emotions, motivation and creativity was recognised by these ancient cultures. They understood

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the wellbeing of the mind that music therapy promotes, which inevitably leads to physical healing too, as a majority of physical ailments stem from psychological factors.

In ancient India, music therapy was deeply rooted in the Ayurvedic tradition. Music was one of the features – in addition to herbal medicine, meditation and yoga – that constituted the practice of Ayurveda. In essence, being treated with music therapy is similar to engaging in meditation, as the mind is lulled into a restful calm that brings down the blood pressure and slows the pulse rate.

# EXPERIENCE THE COMFORT OF AIR TRAVEL

With Shimansu, stress, anxiety and fear during air travel can be reduced. Put on your headset, close your eyes, lean back and listen to the gentle sounds of *raga*.

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# Which iPod are you?



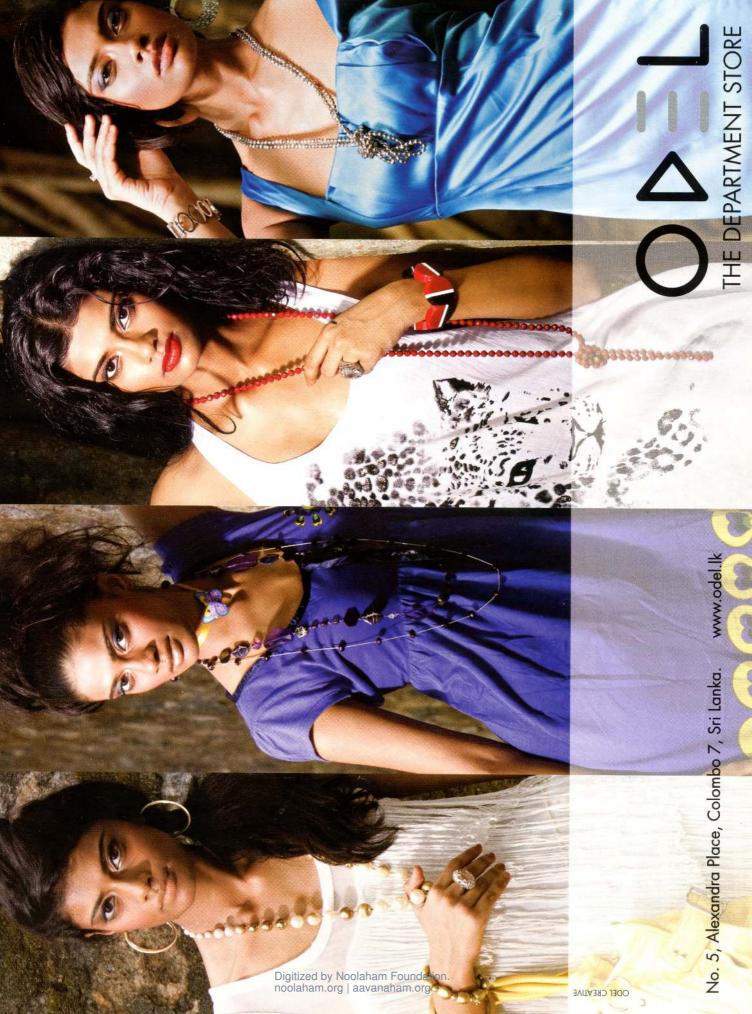


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alter Scheib III, Executive Chef at the White House for 11 years, was recently in Sri Lanka to serve up a taste of his experience.

In 1994, Scheib was personally handpicked for the job by First Lady Hillary Clinton out of 4,000 applicants and was handed a daunting task: introduce contemporary American cuisine to the White House and thereby to the world. He achieved this with a unique panache, bringing in all the flavours, colours and ingredients from around the USA to the White House table.

Together with his team, Scheib cooked for tens of thousands of people during his time at the White House. From simple family dinners for the First Family, to elaborate multi-course state dinners and galas, he served up American cuisine with pride and flair. "America is rich in amazing produce, meats, and fish," Scheib says. "Using just a few excellent ingredients, anyone can make a perfect meal with very little formal training."

Scheib served two First Families – the Clintons and the George W. Bush family. "The cuisine at the White House didn't delineate across political

# THE **AMERICAN CHEF** IN SRI LANKA

Words: Manori Wijesekera

lines, there was no republic cuisine or democratic cuisine" recalls Scheib, tongue in cheek. "It was very much along general lines. Both First Ladies had eclectic palates, they were very much into ethnic food, very adventurous diners, and also very interested in the nutrition component of the food. So cooking for them was a great challenge".

He continues, "the two Presidents, on the other hand, I think would've been just as happy if we opened up a barbecue shack or a hamburger joint in the basement! They dined on the concept that if something were good and you want to make it great, just melt some cheese on it and then it's perfect!"

Now a sought-after speaker, Scheib shares his knowledge of the development of American cuisine at the White House, as well as his White House remembrances, with audiences across the world. He has also co-authored "White House Chef: Eleven Years, Two Presidents, One Kitchen", a book filled with memories, recipes and anecdotes found nowhere else.

During his time at the White House, Scheib had the privilege of cooking for some very special guests, among them Nelson Mandela, Emperor Aikihito, Jacques Chirac, Boris Yeltsin, Vaclav Havel, Lady Diana Spencer and Tony Blair – all of whom he impressed with his creative menus and use of ingredients and cooking styles, as well as his attention to detail and to their own specific likes and dislikes.

But his most valued memories are the meals he created, each day, for the First Family. "The White House is not a hotel or resort," says Scheib. "It's first and foremost a private home. While the state dinners, the galas and all the official functions are very important, if you don't take care of

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the First Family, every day, then your work is not a success."

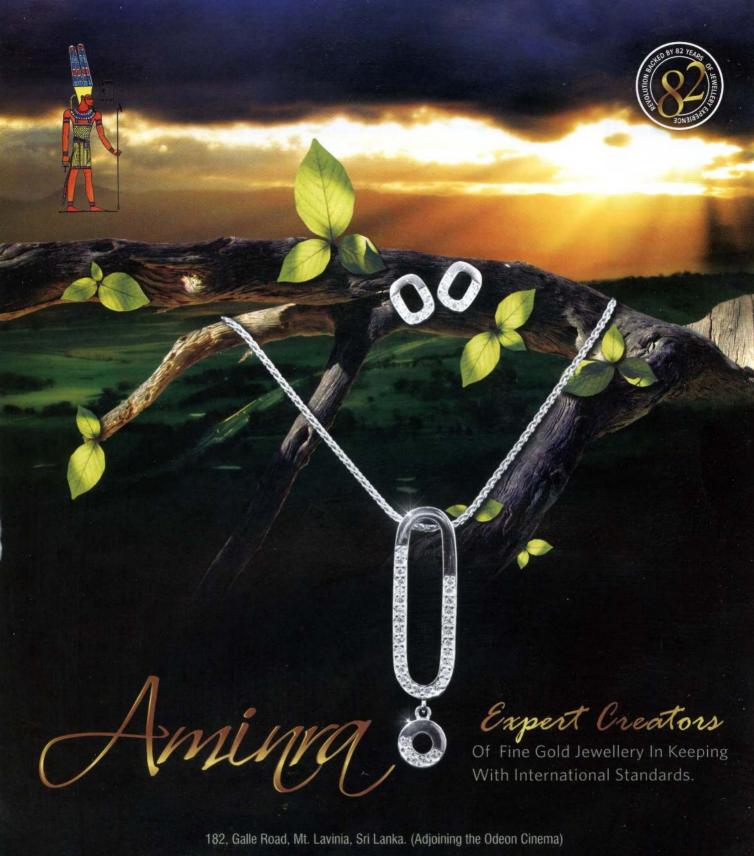
"People ask me 'what's the most important meal I made at the White House', and they're very surprised when I say it was the First Lady's breakfast every morning!" laughs Scheib. "Because this is what the First Family will judge you on – can you cook for me every single day and still make it interesting without being bizarre or too different?"

Scheib's interest in cooking started early, joining his mother in their kitchen to whip up fancy meals that explored cuisine from all over the world. He graduated from the Culinary Institute of America in 1979 and worked his way up the culinary hierarchy, placing his mark at some of the most prestigious hotels and resorts in America including the Boca Raton Resort and Club and the Greenbrier Resort.

"Nothing you can do prepares you to work in the White House," says Scheib, "that is a very unique position. You have to be able to wear all different hats – be able to produce a state dinner, which is the highest level cuisine for 900 people; produce a picnic for 6,000, a cocktail reception for 3,000 and at the same time turn around and make oatmeal for a 14 year old girl, just the way she likes it. And you need to have all of them done at the same level of excellence and perfection".

Looking back at those amazing 11 years, Scheib concludes that "I was allowed to do something that very few people get to do. I was allowed to make a little bit of history, I was allowed to know two great families".

Walter Scheib, hosted by Mount Lavinia Hotel was flown down to Sri Lanka, courtesy of SriLankan Airlines.



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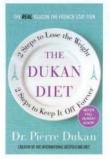






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# THE DUKAN DIET: 2 Steps to Lose the Weight, 2 Steps to Keep It Off Forever Dr. Pierre Dukan

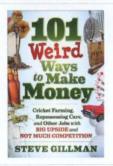
The Dukan Diet features a one of a kind four-step programme, combining two steps to lose your unwanted weight and two steps to keep it off for good. Created by Dr. Pierre Dukan, a French medical practitioner the book offers clear simple guidelines, menu planners and delicious recipes for long-term success. The Dukan Diet is divided into four phases: Attack, Cruise, Consolidation and Stabilisation and presents a high-protein, low fat, low cholesterol approach to weight loss. The book will help you uncover some of the secrets to French people's enviable slenderness.



# **VENTURE DEALS:** Be Smarter Than Your Lawyer and Venture Capitalist

Jason Mendelson and Brad Fled

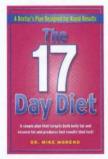
Venture Deals: Be Smarter Than Your Lawyer and Venture Capitalist, offers advice on venture capital deals and if you plan to work as an investor, an advisor or as an entrepreneur this book is the ideal guide. This book discusses all facets of the venture capital fundraising process. Along the way, the authors touch on everything from how valuations are set to what externalities venture capitalists face that factor into entrepreneurs' businesses.



# 101 WEIRD WAYS TO MAKE MONEY: Cricket Farming, Repossessing Cars, and Other Jobs With Big Upside and Not Much Competition

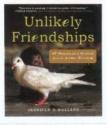
Steve Gillman

The book reveals unusual yet profitable ways to earn a living based on interviews with unconventional entrepreneurs, the author's own wide-ranging experience with weird jobs, and extensive research. Most of these out-of-the-box jobs don't require extensive training, and are also scalable as businesses, allowing you to build on your initial success. The book is for the free spirits who hate conventional employment and are ready to try out smart and creative ways to gain profit. The featured businesses include cricket and maggot farming, environmentally friendly burials and many more.



# THE 17-DAY DIET WORKBOOK: Your Guide to Healthy Weight Loss with Rapid Results Dr. Mike Moreno

If you are looking for an-easy-to-follow dieting plan, The 17-Day Diet Workbook is the perfect choice. This interactive guide provides a day-by-day breakdown of how to get through 17 days in each of the four central cycles. Each section supplies food charts, shopping lists, 17-minute workouts, tips from Dr. Mike, and a notes section to keep track of personal progress. It also features details about challenges you might experience in the different cycles and suggestions for how to stay on track no matter what.



# UNLIKELY FRIENDSHIPS: 47 Remarkable Stories from the Animal Kingdom Jennifer Holland

Jennifer Holland, a senior writer for National Geographic magazine unravels heartwarming tales of animals who, with nothing else in common, bond in the most unexpected ways. The book Unlikely Friendships reveal 47 remarkable stories from the Animal Kingdom including almost inexplicable stories of predators befriending prev such as the story of an Indian leopard who slips into a village every night to sleep with a calf. These stories, collected from around the world are documented in a selection of full-colour candid photographs.



# FORKS OVER KNIVES: The Plant-Based Way to Health Gene Stone, Dr. T Colin Campbell and Dr. Caldwell Esselstyn Jr.

Forks over Knives attempts to introduce a plant-based way to maintain good health. The book is an accessible quide that provides the information you need to adopt and maintain a plant-based diet. The book presents recipes covering breakfast (Blackberry Lemon Muffins), snacks and appetisers (Pea Guacamole), soups (Smoky Black Bean), salads (Mediterranean Quinoa), mains (Plant-Powered Polenta Pizza), sides (Sweet Potato Fries), and desserts (Raspberry Pear Crisp) which will help readers well along on the road to better health.

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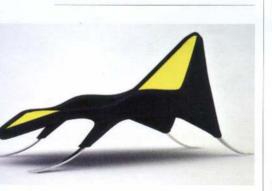






# **NIGHTWAVE SLEEP** ASSISTANT

Having trouble falling asleep at night? The Nightwave Sleep Assistant is a perfect cure for your troubled, tired mind. Recommended by doctors and completely drug-free, this device serves as a natural aid that helps to calm your mind and enables you to fall asleep. The Sleep Assistant generates external cues to help soothe your mind and train your body's relaxation responses. The blue light projecting from the device is perfectly designed and does not disturb or affect others. It is a natural. unique cure for insomnia and guarantees a relaxed mind and better sleep.



# AMPHIBIAN INSPIRATION

Designed and named after the amphibian, this unique and innovative chaise lounge ensures comfort and relaxation. The Auratus chaise lounge designed by Wilson Niño resembles a poison dart frog, and it is covered in vibrant colours to bring out its appeal and modernity. The ultra-plush cushion of the Amphibian Inspiration is ideal to unwind and relax after a tiring day at work.

# HANDS FREE HAIR REJUVENATOR

A unique design, the Hands Free Hair Rejuvenator is a head-worn device that effectively rejuvenates hair and leaves it looking refreshed and healthy. The device uses the same photo-bio stimulation therapy employed by professionals in the medical field. The Reiuvenator is accompanied with a tethered handset that provides five 20 to 25-minute treatment programmes for both men and women. Ensuring a relaxing treatment the device has inbuilt speakers that can project music from a connected iPod. The treatment uses low-level laser therapy that provides light stimulation for cells in hair follicles. encouraging them to repair themselves.



# PHANTOM KEYLESS **HOME ENTRY**



The Phantom Keyless Home Entry software is a convenient and hassle-free method of unlocking doors. This new lock system enables users to unlock their door using a smartphone application. The software uses Bluetooth technology and customers are required to set the lock, thereby enabling mobile phones to recognise it. The Keyless Home Entry software detects the presence of your phone and unlocks the door. This highly useful application saves time, and reduces the struggle of searching for keys while carrying bags of groceries.

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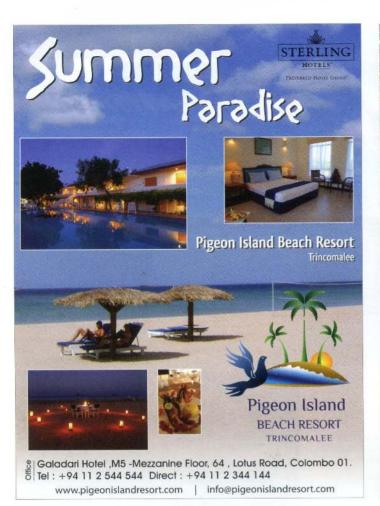
# **GENIUS WIRELESS PEN MOUSE**

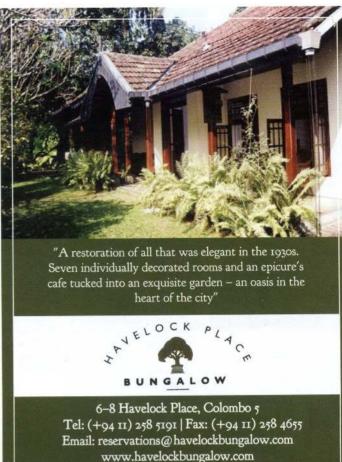
An innovative pen-shaped design, the Wireless Pen Mouse by Genius gives users a different experience on cursor control. It provides better use and comfort than a regular mouse. It is fast and responsive and ideal for multiple monitor displays. The left mouse button is replicated by pressing down on the nib while a button on the shaft represents the right mouse button. Its 1200 DPI optical sensor ensures smooth movement control and thereby gives an efficient performance. The Wireless Pen Mouse features a 2.4GHz technology that eliminates interference and saves power.

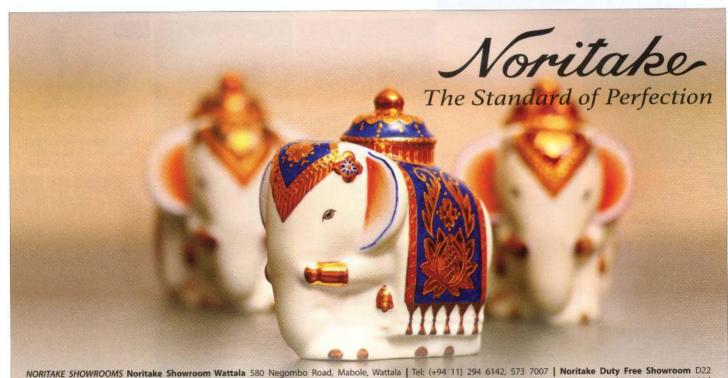


#### PROJECTION CLOCK

Designed to ensure great visibility, the Projection Clock displays the time in a clear, convenient style. Open your eyes and find the time displayed on your wall or ceiling in visible, dark green numbers. This portable device is fitted with an adjustable stem thereby providing integrated focus control. Aim the adjustable step to your wall or ceiling and the time is projected in dark numbers. This enables you to read the time without any difficulty. The digital Projection Clock is five inches in height and operates on batteries. Its compact and sleek design makes it an easy-to-use, transportable device.







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# **ANNUAL CALENDAR 2011**

# **AUGUST**



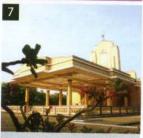
BEST SEASON FOR SURFING, DIVING AND SNORKELLING ON SRI LANKA'S EAST COAST (Continues until October)



**ESALA PERAHERA** The Dalada Festival in Kandy is the highlight of the Sri Lankan cultural calendar



MAYURAPATHY FESTIVAL The streets of Colombo come alive with a procession of chariots carried throughout the city



TALAWILA ST. ANNE'S FEAST



A cultural procession livening the outskirts of the city of Colombo, with colourful music, ethnic dances and magnificent elephants in parade



MADU MATHA FEAST Thousands journey to Mannar Madu Church to receive the blessings of Our Lady of Madu

LANKA CHALLENGE

travelled North of Sri Lanka

MUNNESWARAM TEMPLE **FESTIVAL IN CHILAW** 

(Continues until September 11)



THER (CHARIOT) FESTIVAL OF THE NALLUR KANDASWAMY TEMPLE A mammoth crowd of devotees flocks to the annual Nallur Kovil Festival in Jaffna



Traversing the wild East and less



**SRILANKAN AIRLINES** PRO SURF 2011 - Arugam Bay (Continues until September 4)

SAMAN DEVALAYA PERAHERA A colourful cultural parade decorating the city of Ratnapura



RAMADAN

16

#### **VEL FESTIVAL**

Decorated chariots, vibrant music and devotees in penance are an exotic sight on the streets around Colombo during the Vel Festival





FACETS 2011 21st Sri Lanka International Gem & Jewellery Show



"Our sum to skine on you"

SOUTH ASIAN BEACH GAMES Hambantota hosts the first ever South Asian Beach Games

# MASTERS GAMES SRI LANKA

Master players from 40 countries are invited to compete in four different sports (Continues till November 27)

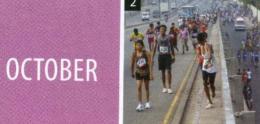


COLOMBO INTERNATIONAL BOOK FAIR



NAVARATHRI FESTIVAL

Navarathri as the name suggests is a festival spanning nine nights in worship of the varied forms of the Goddess Durga (Continues until October 6)



7 - 14

#### TAPROBANA 4X4 **CHALLENGE 2011**

Championship competition for the local and international 4X4 enthusiasts (Monaragala)





**DEEPAVALI** The Hindu festival of lights

# **GAME FISHING**

The best time of the year for fishing on the west and south-west coasts (October to March)

# **NOVEMBER**



HAJJ FESTIVAL



Highlighting Sri Lanka's apparel industry, traditional crafts and the creative talent of local designers



WORLD SPICE FOOD FESTIVAL

Sri Lanka becomes a birdwatcher's paradise between November and March with migrant birds landing



**CARLTON RUGBY 7S** 

#### BEST SEASON FOR WHITE WATER RAFTING

Experience fast and exhilarating headwaters and rapids at Kitulgala (November to April)



**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 to December)



ANAWILUNDAWA BIRD SEASON BEGINS



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



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



CHRISTMAS



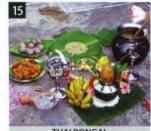
NEW YEAR'S EVE

# 2012 **JANUARY**

7-9

# DURUTHU PERAHERA

The grandeur of the Duruthu Perehara of Kelaniya attracts thousands of spectators



THAI PONGAL The Hindu harvest festival



**GALLE LITERARY FESTIVAL** Local and international literary intellectuals and enthusiasts take part in countless artistic activities

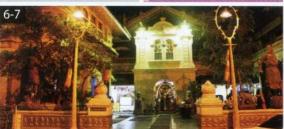
# **FEBRUARY**



INDEPENDENCE DAY



Birthday celebration of Prophet Muhammad





MAHA SHIVA RATHRI FESTIVAL Celebrated by Hindu temples across ed by Navianair Plandation. noolanam.org | aavanaham.org

MARCH

# **NUWARA ELIYA SEASON**

The beginning of the tourist season in Nuwara Eliya with visitors flocking to the hill capital to enjoy the vibrant flowers and cool weather



# FOOT\RUB

NDULGE IN A FEW MOMENTS OF  $\$  TOTAL RELAXA

Scholl

Give yourself a Reflex-Point Foot Massage that focuses solely on those weary feet

Revive yourself with an invigorating back, neck, shoulder, head and arm massage

Re-balance your body's energies, improve focus and concentration with an Indian Head Massage

Ensure better foot hygiene with an Express Pedicure

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ODEL Colombo 7, Tel: +94 (11)2671166 Unawatuna Beach Resort Unawatuna, Galle, Sri Lanka Tel: +94 (91)4384545 Maldives
Oakwood Buruzu Magu,
Male', Tel: +960 3340600

# TRUNK

never too busy to look beautiful

# Amrapali







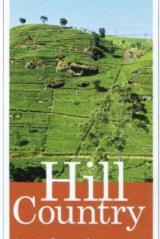
TRUNK, The Shopping Piazza, The Galle Face Hotel, Colombo 3. Tel: +94 112 437372 email: trunk@sltnet.lk
TRUNK, Odel, 10 Alexandra Flace, Colombo 7. Tel: +94 114 722200

# AGlimpseof SriLanka

- ADAM'S PEAK is the mountain with the sacred footprint at its summit. 2,243m high, the season to climb is from December to March. The wilderness protected area is a UNESCO World Heritage Site.
- AUKANA is the site of the Island's elegant Buddha statue carved out of a single rock standing at a height of 12m. The statue was built around 459 477 AD.
- ANURADHAPURA is one of the country's key religious and cultural heritage sites, dating as far back as the 3rd Century BC. It is where the first sapling of the Bo tree was brought to.
- SIGIRIYA built by King Kashyapa is the ancient rock citadel and a World Heritage Site. The garden city and the fortress were built in 477-495 AD with beautiful Sigiriya frescoes, baths and pools.
- MANNAR is part mainland and part island. The famous Shrine of Our Lady of Madhu and the Thiruketheesvaram Kovil are situated in the mainland. August is the season for the Madhu pilgrimage.
- JAFFNA is the splendour of the far north with colourful celebrations, customs and festivals. Jaffna consists of Valigamam, Thenmarachchi, Vadamarachchi and the Jaffna islands.

- 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.
- POTTUVIL lies along the Eastern coast. Muhudu Maha Viharaya, which means the temple near the sea and Magul Maha Viharaya are of archaeological importance.
- KANDY is the capital city on the hills with panoramic mountain views. The sacred Tooth Relic of Lord Buddha lies in the Sri Dalada Maligawa. The Esala Perahera is held here every year.
- 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.
- POLONNARUWA is one of Sri Lanka's most flourishing ancient capitals, boasting historic splendour with ruins of palaces, parks and water tanks that are still functional. King Parakramabahu's rule was the golden era.

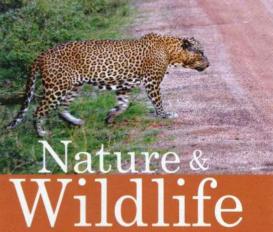
Stretches of sandy beaches, misty mountains, tea gardens in the rolling hills, herds of elephants and historical sites... Experience the wonders of this tropical gem.



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

- BANDARAWELA in the hill country is known for its beautiful scenery, flowers and cool climate.
- NUWARA ELIYA is known as 'Little England' and is home to some of the finest tea plantations in the world. Hakgala Botanical Garden is filled with a rich variety of orchids and roses. Adjacently located is the Hakgala Nature Reserve. The Nuwara Eliya season starts in April.
- KNUCKLES RANGE, with its striking landscape is a UNESCO World Heritage Site.
- 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 are 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

  gitti



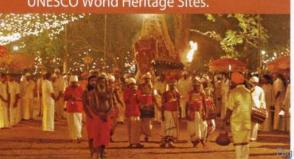
The many national parks all over the Island are home to elephants, leopards, deer and bears as well as many species of birds, reptiles, flora and fauna that are endemic to the Island.

- 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 such as spot leopards, samburs and endemic birds. For the adventurous, it is also a place to go trekking, hiking or even camping.
- Kaudulla National Park features leopards, sloth bears and diverse bird populations. 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.

# Culture

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



- 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
- Batticaloa is a coastal paradise of lagoons and beaches like Kalkudah and Passekudah.
- Bentota is a popular wide arc of sandy beach with numerous sun-kissed havens along the southwest coast down to Mirissa
- Chilaw is famous for the Munneswaram Temple, St. Mary's Cathedral and the best varieties of prawns, crabs and coconuts.
- Beruwela has gorgeous beaches, the turtle farm and the Kechchimalai Mosque. You can take boat trips down Beruwala's wildlife strewn river.
- Dondra is the southernmost 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.

- Hambantota has crisp, white salt flats spread out over its scenic lagoons.
- Kalpitiya is famed as one of the whale and dolphin watching hot spots.
- Kirinda is famous for its beautiful shoreline and the Buddhist temple and shrine overlooking the ocean.
- Mirissa is famous for its cinnamon cultivations, rolling surf and and its whale-watching seasons.
- Mount Lavinia is the nation's 'city beach', lined with restful beach restaurants.
- Negombo is a lively beach town peppered with luxury hotels.
- Puttalam is well known for its lagoons and sea fishing expeditions.
- Trincomalee boasts of Nilaveli and Red Rock beach. Among the main attractions are Koneswaram Hindu Kovil, Fort Frederick and Pigeon Island.
- Unawatuna is a golden beach protected by coral reefs and 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.

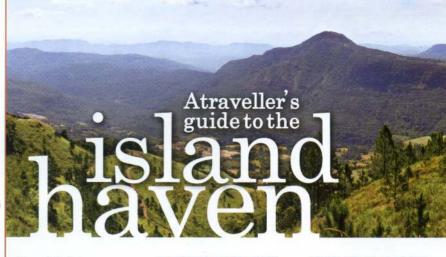
Exploring the Coast

Split your time between Hikkaduwa and

Here you will be spoilt for choice.

surfing and laidback beach vibe.

Arugam Bay for the best year-round



#### **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 October - January. The tropical climate persists in most parts of the country. The hill country is cooler and more temperate.

**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 and most places are closed on Poya.

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

HIGHEST PEAK: Pidurutalagala (Mt. Pedro) at 2,524m; Adam's Peak: (Sri Pada), ranks 4th Digitized by Maglaham Foundation. **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 = Rs 1.

## 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

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.

# MEDICAL FACILITIES:

The standard of the medical services is excellent. Qualified 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:

#### LIOVILO

119/118

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. Usually metered and managed by a company, 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 (SELF DRIVE):

You can rent a 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 insight into the Island and flexibility to your journey. 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.

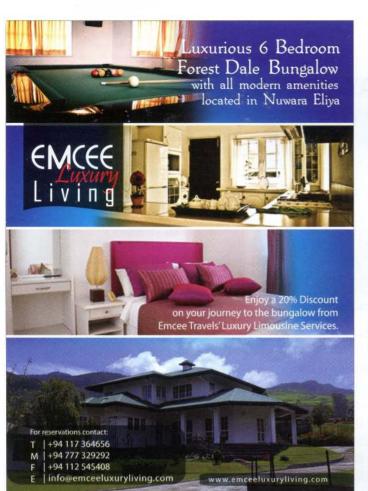
# PETTAH CENTRAL BUS

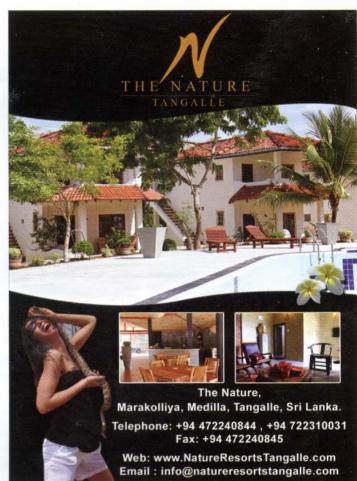
011 232 9604

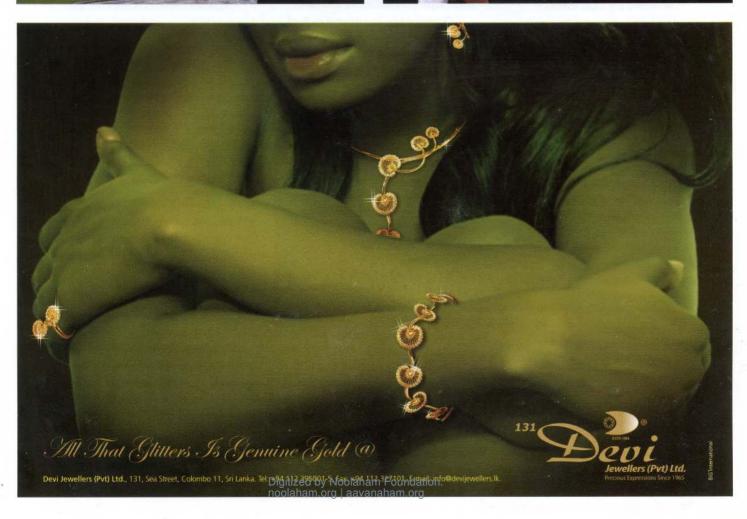
#### Stay up-to-date

For tourist information: Visit www.visitsrilanka.lk or call 1912









# TOP SURFERS TO RIDE A-BAY WAVES



Sri Lanka's eastern coastal resort Arugam Bay plays host for the second consecutive year, to the 'SriLankan Pro Surf 2011' - one of the world's top-rated surfing events, as part of SriLankan Airlines' multi-pronged strategy to position the Island as one of the world's most sought after travel and sporting destinations.

With two principal events -Men's World Longboard Tour and the Women's 6 Star World Tour, the 'SriLankan Airlines Pro 2011' tournament will attract top stars of the surfing

world to Arugam Bay from August 30 to September 4, 2011 with over a 100 competitors from around the world.

The women's event is a Six Star World Qualifier and will be held in Sri Lanka for the first time with nearly 60 participants from Australia, New Zealand, Spain, Hawaii, South Africa, Portugal, Costa Rica, Ireland, Italy, Puerta Rico, Brazil, Japan, UK, Indonesia and Tahiti.

Organised by the Australian Surf Professional (ASP), the 'SriLankan Airlines Pro 2011' is an important event for professional surfers. It has

the highest rating of 'Six Stars' on the Association of Surfing Professionals (ASP) World Tour by which competitors qualify to contest for the World title.

'SriLankan Airlines Pro 2011' will showcase the picturesque eastern resort of Arugam Bay (A-Bay), one of the most beautiful beaches in the world, positioning it as a destination for beach lovers, and not just for surfers. It will also showcase Sri Lanka's potential as a leisure island.

SriLankan Airlines' Chairman, Nishantha Wickremasinghe said, "Sri Lanka is firmly back on the world travel map and has proved its ability to host mega events such as this. Having been associated with the sport of surfing for nearly a decade, SriLankan Airlines is happy to bring this top level competition to our shores once again."

SriLankan Airlines is the Principal Sponsor of the event for the second consecutive year with the Sri Lanka Tourism Promotions Bureau (SLTPB) as a co-sponsor.

# AIR TAXI DAILY TO KANDY



Travel time between Colombo and Kandy has been reduced to just 30 minutes with the launch of SriLankan Air Taxi's daily scheduled service to the hill capital.

Flights leave Colombo at 9 am and touch down at Polgolla at 9.30 am in contrast to a three-hour road trip. The return flight leaves Kandy at 10 am and touches down in Colombo at 10.30 am. It costs Rs. 4,900 for a one-way fare and Rs. 9,800 for a return fare.

Flights from Colombo currently operate from the Kelani River, but will soon have an additional city point to provide passengers with an even greater level of convenience.

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SriLankan Air Taxi operates two, De Havilland Twin Otter aircraft with each having a seating capacity for 15 passengers. They operate to nearly a dozen waterdromes around the country using lakes, rivers and lagoons in Colombo, Kandy (Polgolla and Victoria), Bentota, Hambantota, Ampara, Koggala, Nuwara Eliya, Castlereagh and Tangalle. More locations are to be added soon.

The floatplanes are also available for charters, scenic flights from several locations around the island, and daily scheduled services to Kandy, Bentota, Koggala, Dikwella and Nuwara Eliya.

For details contact the call centre on 1979 or visit www.srilankan.aero/airtaxi



# **Customer Comment Form**

# Dear Customer,

Thank you for selecting SriLankan Airlines. We continuously strive to improve our service to you. We appreciate your comments and suggestions, which help us to improve our service.

Thank you for taking the time to forward your comments.

If you require a reply to this, please tick the box below and fill in your contact details / email address and we will contact you as soon as possible.

Once again we are delighted to have you onboard and we wish you a very pleasant flight.

Manager Cu	stomer A	ffairs		
customer@srilan	kan.aero	www.srilankan.a	ero	
Name (Mr/Mrs/M	ls/Rev):			
				bile:
				ail:
Flight No: UL			Da	te of departure:
Seat No.:			Pa	sport No.:
				velling to:
If you are a mem	ber please st	tate your FlySmiLes	No.: UL	***************************************
Tier Status				
☐ Gold	☐ Silver	☐ Blue	☐ Baggage Plus	☐ Baggage Premier

# Your Experience

		Excellent	Good	Average	Poor
1	FlySmiLes privileges / benefits				
2	Customer Care				
3	The redemption process				

		Excellent	Good	Average	Poor
1	User friendliness				renz Grabaja sa
2	Information of our products and services				
3	Convenience of e-bookings				
4	Convenience of online check-in				

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		Excellent	Good	Average	Poor
	The service, attitude, friendliness of our staff and willingness to help				
2	The appearance and grooming of the check-in staff				
	The check-in process				
	The boarding process				
8	Lounge comfort				

		Excellent	Good	Average	Poor
1	The appearance and grooming of the crew				
2	The warmth and friendliness of the crew				
3	The attentiveness and response to requests				
	The cleanliness of the interior of the aircraft				
	The cleanliness of the washrooms				

Please hand this over to the purser of your flight or send it to the address below:

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AFFIX STAMP HERE

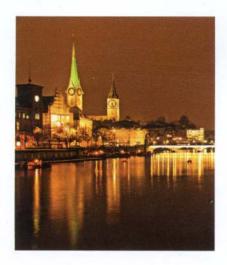
# Manager Customer Affairs

SriLankan Airlines Airline Centre Bandaranaike International Airport Katunayake Sri Lanka

FOLD HERE

Comments / Suggestions	
Please ☑ if you wish to receive a reply	

# **ZURICH FLIGHTS TO RE-COMMENCE**



SriLankan Airlines will restart services to the city of Zurich on December 23, 2011, becoming the 53rd destination in SriLankan's global route network which would then span 34 countries.

The Airline has in the past ten months launched services to Shanghai, Guangzhou and Kochi, with a new Moscow service scheduled in September 2011.

Zurich was served by Sri Lanka's National Carrier for a quarter of a century from 1980, but the service was suspended in 2005 during a global slump in air travel.

The Zurich service will be operated on wide-bodied Airbus A330 and A340 aircraft with luxurious interiors. Flat Bed Seating. and state-of-the-art Audio Video On Demand (AVOD) entertainment systems.

The new service will initially be twice-weekly on Monday and Friday and is to be operated via Malé in the Maldives, another highly popular tourist destination where SriLankan Airlines has traditionally been the largest air service provider.

# 'GREEN LIGHT' FOR ECO INITIATIVE

SriLankan Airlines became one of the first airlines to satisfy a key environmental requirement of the European Union (EU) with regard to monitoring of aircraft emissions, as part of a general initiative to better protect the environment.

SriLankan carried out comprehensive emissions data collection from its entire fleet of aircraft throughout 2010, and the EU recently approved the benchmarking of this data signifying acceptance of SriLankan Airlines' Aircraft Emissions Monitoring System developed by the Airline itself.

Following an audit by SGS of the UK, the Environment Agency of the UK (the agency authorised by the EU) recommended the data collected by SriLankan's system throughout

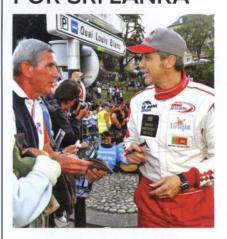
the year 2010 as being 100 percent compliant with EU regulations in terms of accuracy.

The EU's tough new regulations for the airline industry have made monitoring of aircraft emissions mandatory. Non-compliance could even lead to individual airlines being banned from operating in European skies. Therefore the acceptance of the Airlines' system ensures the uninterrupted continuation of all its services to Europe and also qualifies SriLankan for the maximum possible amount of financial credit.

The Airline has in the past several years adopted a wide range of fuel conservation measures, as well as energy saving, recycling and other initiatives, which have drawn the attention of conservationists.

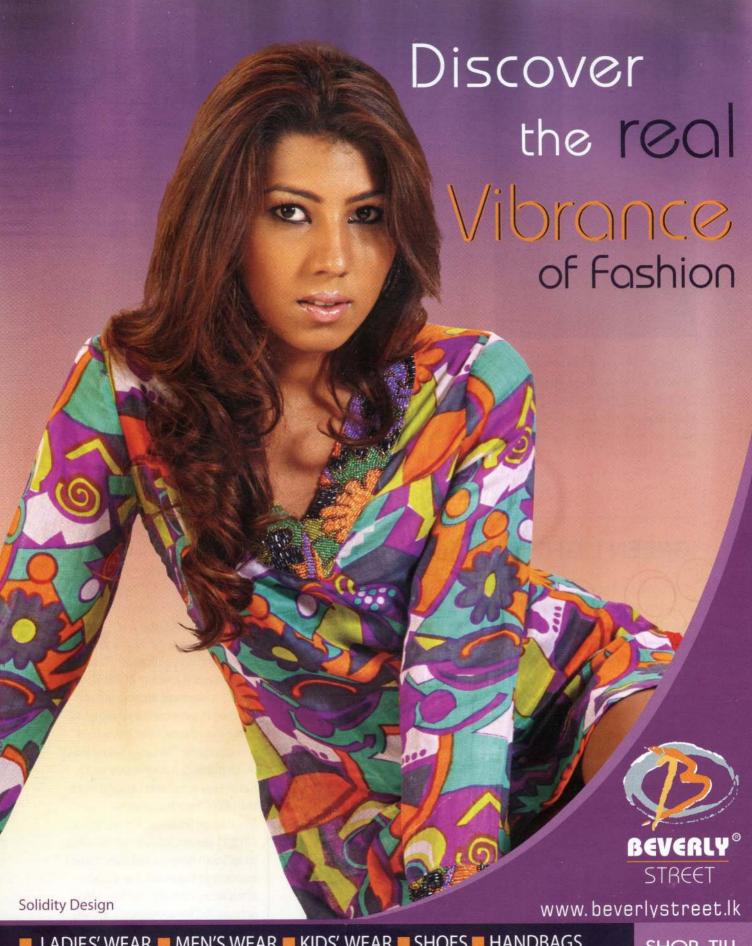
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# LE MANS - 'RACING FOR SRI LANKA'



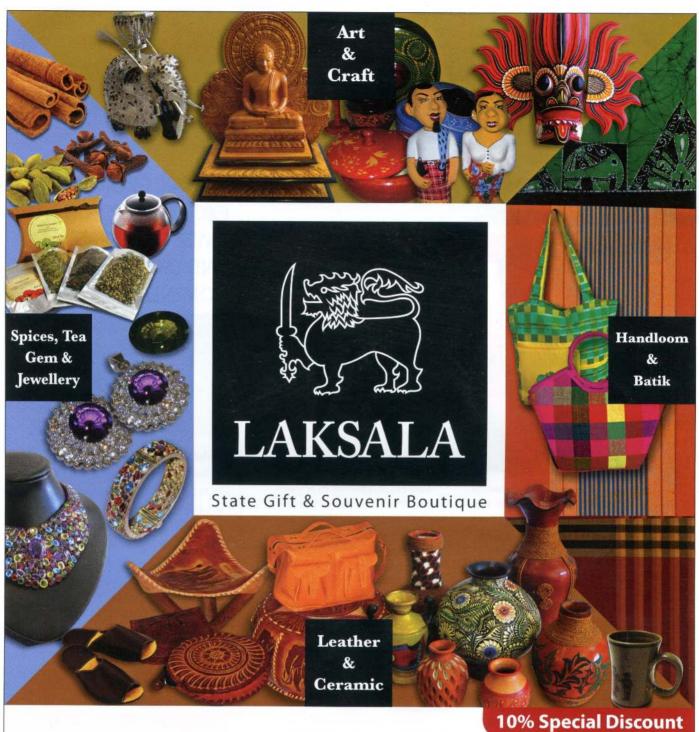
In front of a record 249,500 spectators, amongst 56 cars, the JMB Racing team's Ferrari 430 GT2 bearing the slogan 'Racing for Sri Lanka' took off under sunny skies, in the 24-hour Le Mans race in France.

The team was sponsored by Investor Services Asia (ISA) and Travel Development (TD). The team comprised Manuel Rodrigues, member of the JMB team in 2009; Jean-Marc Menahem and Nicolas Marroc, both racing on the legendary circuit for the first time. When interviewed as to why the race is to promote a country rather than a company, Jean Marc said "It was a joint decision between himself and his co-sponsors TD and ISA, that at this juncture of the Island's history, it was more appropriate and effective to promote the whole Island. rather than the narrower interests of two companies." Sri Lanka has received much publicity from this race which has already resulted in bringing more than 5.000 French tourists to Sri Lanka on SriLankan Airlines for the 2010/11 season. Interest has spread as far as South America and USA in direct response to this event. The slogan at the races, coined by TD was "Step onboard SriLankan Airlines anywhere in the world, and you are already in the Island."



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FAX: +94 11- 2446582

## Laksala Thunmulla

215, Bauddhaloka Mawatha, Thunmulla, Colombo 07.

TEL: +94 11-2580579

# Laksala B.I.A Katunayaka

53-D, Departure Lounge TEL: +94 11- 2260167

#### Laksala Battaramulla

"Janakala Kendraya", Battaramulla

TEL: +94 11-5633563

# Laksala Kandy

05, Sangaraja Mawatha, Kandy TEL: +94 81-2222087

# Laksala Moragalle

82, Galle Road, Moragalle TEL: +94 034 - 2277138

# Laksala Galle

Galle Road, Galle TEL: +94 91- 2222783

#### Laksala Katubedda

Galle Road, Katubedda TEL: +94 91- 2605600

# www.laksala.lk

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# FLYSMILES

# About FlySmiLes



FlySmiLes, 'The Frequent Flyer Programme that Rewards & Delights', provides a wide range of exciting benefits 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 tier miles or 40 sectors on a rolling tier.\*
- Silver for those who earn over 25,000 tier miles or fly a minimum of 20 sectors on a rolling tier.\*
- Blue for those who earn below 25,000 tier miles.

Silver Members receive a 25% bonus for every mile flown and Gold Members, a whopping 50%.

Miles can be redeemed on air travel services offered by SriLankan, Malaysia Airlines, Etihad Airways and Deccan Aviation (Lanka) and certain spa treatments at Siddhalepa outlets. Members are entitled to free air tickets, upgrades to Business Class,\*\* pre-assigned seating and priority wait listing. Gold and Silver Members receive even more benefits including priority check-in and enhanced baggage allowances.

\*The rolling tier is based on the previous 12 months from the date of card/tier expiry

\*\*Not extended in the Baggage Bonus scheme

# **Co-branded Credit Cards**

- · American Express Platinum
- Standard Chartered Gold & Classic

# International Airlines

- Malaysia Airlines
- Etihad Airways

# **Domestic Airline**

Deccan Aviation (Lanka)

# Telecommunications

- Travelling Connect
- Dialog

# Car Rental

Hertz

# **Hotel Chain**

Taj Hotels Resorts and Palaces

# Spa

Siddhalepa

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# AIR TAXI PROMOTION EXCLUSIVELY FOR AMEX MEMBERS AND THEIR NOMINEES



# The Air Taxi creating waves in the sky

The SriLankan Air Taxi has thrilled travellers with its scenic tours and speedy journeys to many a destination within Sri Lanka.

FlysmiLes members holding SriLankan
Airlines Platinum American Express cards
will be smiling with delight once again as
the journey has been made more affordable
with only 4000 miles. Choose from any of the
following destinations and add spark to your
holiday with the Air Taxi.

# Mileage Chart

Period of Travel : August 1 to September 30, 2011

Sector (One Way)	Redemption (Miles)	Sector (One Way)	Redemption (Miles)
Colombo Bentota	4,000	Bentota Colombo	4,000
Colombo Koggala	4,000	Koggala Colombo	4,000
Colombo Dickwella	4,000	Dickwella Colombo	4,000
Colombo Kandy	4,000	Kandy Colombo	4,000
Colombo Nuwara Eliya	4,000	Nuwara Eliya Colombo	4,000

Terms and conditions apply for all promotions indicated above. Please visit our website www.flysmiles.com for more details

# **WIN 500 BONUS FLYSMILES**

An exclusive offer for SriLankan Airlines FlySmiLes Members from Mobitel, partner of Travelling Connect.



Win 500 bonus FlvSmiLes Miles from SriLankan Airlines by being among the first 50 to register with Mobitel Roaming Rewards at www.roamingrewards.com. Conditions apply.

#### Here's what you need to do:

Step I-Be one of the first 50 Members to register for Mobitel Roaming Rewards at www.roamingrewards.com on or before August 15, 2011. Registration is absolutely free.

Step 2: Secure your 500 free Bonus miles by roaming on your Mobitel number during the period of June 15 - September 15, 2011. In addition to earning 500 BONUS Miles, you will also be automatically earning Miles every time you roam abroad with your Mobitel number. You will earn:

One Mile for each complete minute you are calling | One Mile for every two SMSs sent | Three miles per MB while using your email or internet on your Mobitel phone







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The HNB Visa Platinum card is a key that opens doors to another world. Partnering with FlySmiLes firmly establishes this promise taking you to another level.

Effective 1st July 2011 Visa Platinum card holders will be able to convert the Royalty points earned on the card to FlySmiLes Miles.

In addition to the exclusive privileges extended on the credit card, free tickets and upgrades on SriLankan and access to the Serendib Lounge will now be possible by redeeming the miles earned.



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For more information visit www.americanexpress.lk. Conditions apply.











Hertz, now provides FlySmiLes Members Bonus miles and a 10% discount off its affordable rates for self-drive rentals in Sri Lanka, USA, UK and Australia for rentals undertaken during July 1 2011 to August 31, 2011.

# **OUR PARTNERS**

Earn Miles from FlySmiLes and enjoy special privileges and benefits with our world-class partners













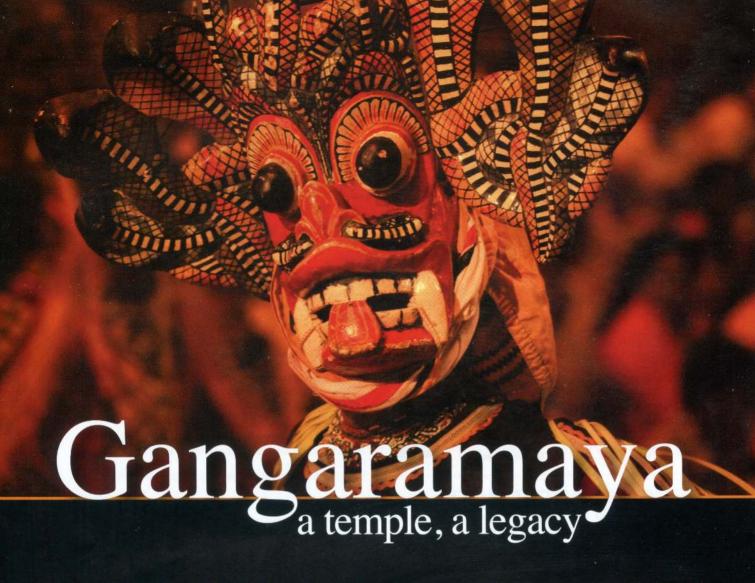






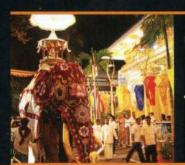






NAWAM MAHA PERAHERA GANGARAMAYA CULTURAL SHOW TREASURY OF DHAMMA

GANGARAMAYA MUSEUM



The annual prestigious cultural pageant of the Gangaramaya Temple, which displays dance troupes and other traditional performances will be held on February 6 and 7, 2012



A colourful display of traditional dance is brought to you every Tuesday from 7.00 pm - 8.00 pm



An extensive collection of books on Buddhism, CDs of pirith and chants, religious statues and souvenirs are available at the Treasury of Dhamma. Opening hours: 8.30 am - 6.00 pm daily



The Gangaramaya Museum showcases a range of ageless treasures from ancient Sri Lanka as well as around the globe, including old coins, vehicles and other relics in a classic display of art, tradition and culture.

# **GANGARAMAYA**

61, Sri Jinaratana Road, Colombo 2, Sri Lanka. Tel: (9411)-232-7084,243-5169 Fax: (9411)-243-9508

Email: gt@gangaramaya.com | www.gangaramaya.com

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Entrance fee: \$ 1 per person (For the maintenance and upkeep of the Temple)

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# Precautionary steps:

# Visit a doctor prior to your journey

Make sure you have received the necessary vaccinations or medications depending on your destination. It is 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. Eat lightly before and during the flight.

# Arrive early

Rushing can cause stress and fatigue. Arriving ahead of time gives you time to reach the gate without hassle.

# Travel lightly

Minimise your luggage to avoid unnecessary stress and take only the essentials with you onboard.

# Travel tips:

# Ear pressure

During take-off and landing, mild discomfort in your ears can be remedied by sucking on a sweet and swallowing. Provide babies and children with a pacifier to alleviate distress.

# Moisturise

Use a moisturiser as the reduced humidity of the cabin air can dry out your skin.

#### Feel at home

Loosen tight clothing and adjust your seat to a reclining position. Use lumbar support available on most seats to make yourself comfortable.

# Wear glasses instead of contact lenses

Wear glasses to avoid irritation of the eyes due to the dry air within the cabin.

# Rehydrate

Drink water or juices every hour during the flight. Avoid an excess of coffee and tea as they aggravate dehydration.

# **Blood circulation**

Do some light exercises on your lower legs and calf muscles and turn often to encourage blood circulation.

# Baggage tracing

If your baggage does not arrive at your destination, complete a Passenger Irregularity Report at the Baggage Services Counter on arrival. You can check the status of your baggage through the WorldTracer system online.

## **Our Services**

#### Accommodation

The Serenediva Transit Hotel, located in the Departure area inside the airport, offers rooms, equipped with essential amenities for transit passengers.

# Ayurveda Therapy (massage)

Passengers who are entitled to the Serendib Lounge pass can enjoy facilities at the Serendib Lounge and the Siddhalepa Ayurveda Spa.

# Safety first

We recommend that you leave your seat belt fastened at all times. Familiarise yourself with emergency procedures and safety features illustrated in the safety card placed in the seat pocket in front of you.

## Stay in touch

Both A330 and A340 airbuses provide telephones. Detailed instructions can be found in Onboard.

#### 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 Airbuses A330 and A340. The television, movies and games listings can be found in Onboard. Business Class passengers will also have a personal video player and 35 titles to choose from in Ondemand. Magazines can be found in the seat pocket in front of you.

# Drop a line

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

# Spruce up

Washrooms are situated in all aircraft. You can obtain the many toiletries from the cabin crew, however due to security requirements of certain countries shaving equipment will not be available on some flights.

# For the Little Ones

## Baby Food

Baby food is available on request and games are on hand to keep children occupied.

#### Bassinettes

Bassinettes are available for infants weighing less than 16 kgs and are too young to sit up on their own. For safety reasons, the bassinettes will be fixed after takeoff and removed before landing. Infants should not be left in the bassinettes when the seat belt sign is on and instead be with an adult, secured with a kangaroo belt.

# **Baby Car Seats**

Passengers are allowed to carry Baby Car Seats on board to be secured to the aircraft seat assigned to the infant and provided a responsible adult (over 18 years) is occupying the adjacent seat. Please refer to Check-In staff, for permitted specifications of Baby Car Seats and to Cabin staff, for usage.

## 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 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 transmitting devices, is prohibited.

Use the call button near your seat to seek assistance from our cabin crew.

# 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

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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\*Daylight saving time is currently active

106 / August 2011

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# World Diary



# BANGKOK

# Oueen's Birthday

August 12 The Queen Sirikit's birthday is celebrated around Thailand with festivals, traditional dance. music concerts and much more. It is a national holiday in the



# Beijing International Art Exposition

August 18 - 22 Exhibitors and art lovers from around the world flock every year to this fair



# Féile an Phobail

July 29 - August 7 One of the largest community festivals in Europe, the event attracts participants in large numbers to celebrate the experiences, culture, creativity and skills of Ireland



# **Brussels Summer Festivals**

August 12 - 21 This annual extravaganza takes place in Brussels' arand buildings; squares and parks serve as concert halls in different locations

# Urban BBO

August 20-21



A unique opportunity to dine out in the city on a grand scale and taste reasonably priced dishes



#### Chicago Air and Water Show

August 20 - 21 The largest free air and water show in US celebrates daredevil thrills in the air and on the water. attracting around two million spectators noolaham.org | aavanaham.org



#### Ramazan Festival

August 31 Muslims will fast from dawn to dusk every day during Ramazan period, while the festival will take place at the end of the month



Museumsuferfest

August 26 - 28 This open-air event showcases Frankfurt's rich cultural scene and includes everything from outdoor art shows and new technology exhibitions to

classical music concerts



## Swiss National Day

August 1 Enjoy the Swiss National Day with bonfires and fireworks followed by 10 days of festival

Enjoy one of the oldest Tennis championships in the world Digitized by Noolaham Foundation. throughout 13 days



# Notting Hill Carnival

August 28 - 29 Around a million people flock in West London for Europe's biggest Jamaican carnival with fabulous floats, music and traditional Caribbean food



Long Beach Jazz Festival

August 12 - 14 Top musicians perform in this Southern California Jazz Festival, staged next to the gorgeous Rainbow Lagoon Park

#### **NEW YORK**

w's Showtime



# Niagara County Fair

August 3-7 The five-day community celebration comprises a carnival, antique tractor and classic car shows, live music, entertainers and a Paul Bunyon competition

#### **US Open Tennis** Championship

August 29 – September 11



## New York City Triathlon August 7



The roughest sporting event attracts more than a thousand hardy competitors to swim across the Hudson River. Bike along the Henry Hudson Parkway and run through Central Park



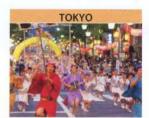
## Independence Day Celebration

August 15 Cultural shows and flag raising rituals are seen throughout the country

# SYDNEY

## Rosemount Sydney Fashion Festival

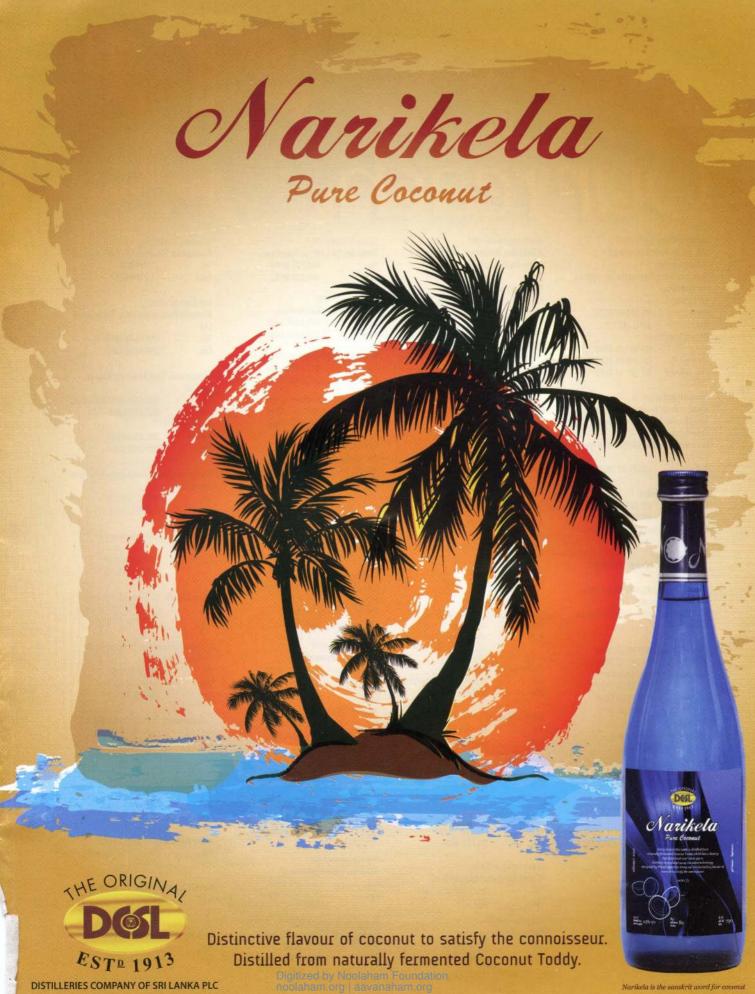
August 23 - 27 A great chance to catch a glimpse of the upcoming spring and summer collections of highheeled Vogue followers



## Koenji Awa Folk Dance Festival

August 27 - 28 Nearly 12,000 dancers perform Awa dance to lively music and parade through the nine routes set up around Koenji Station





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