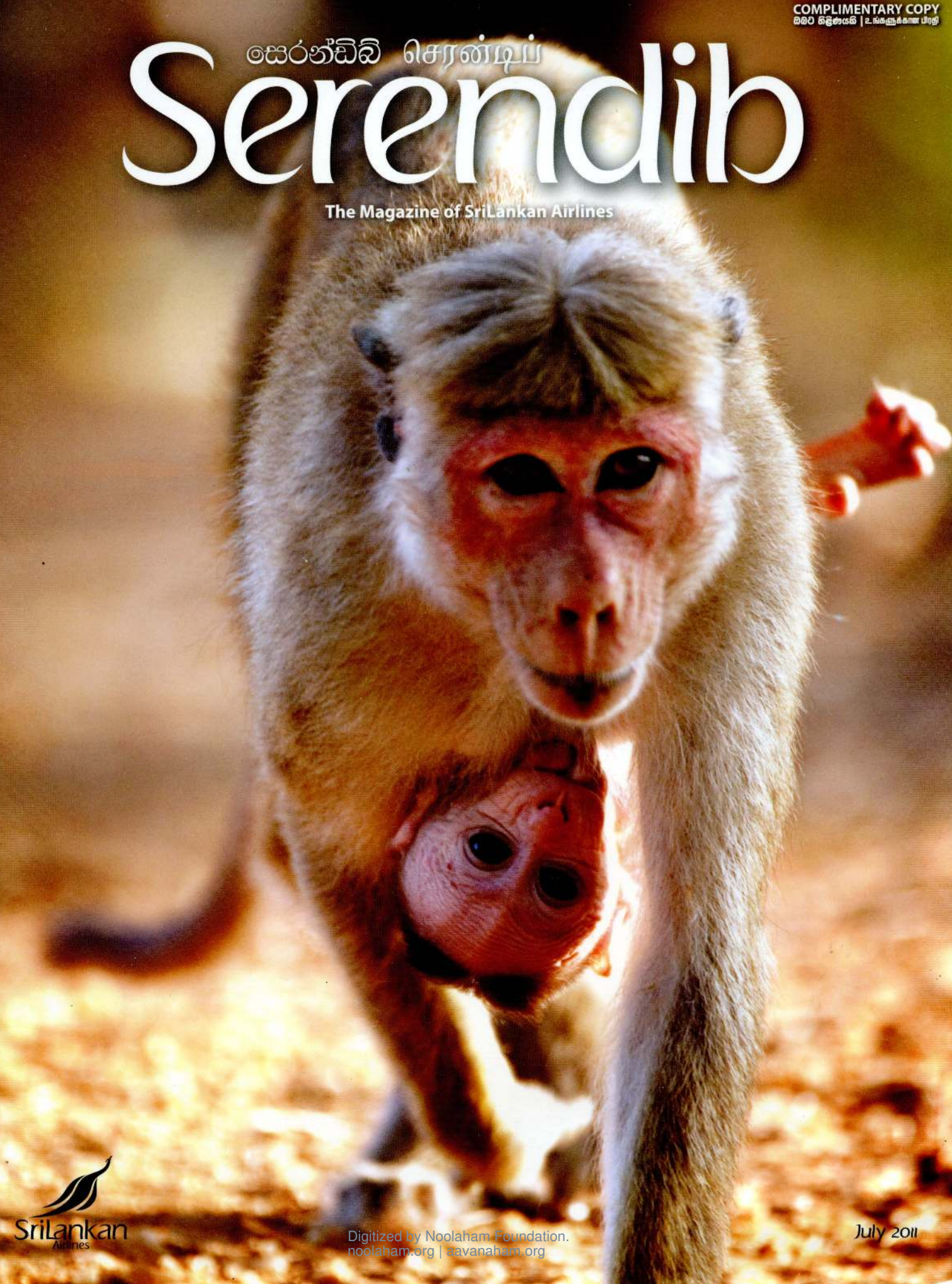
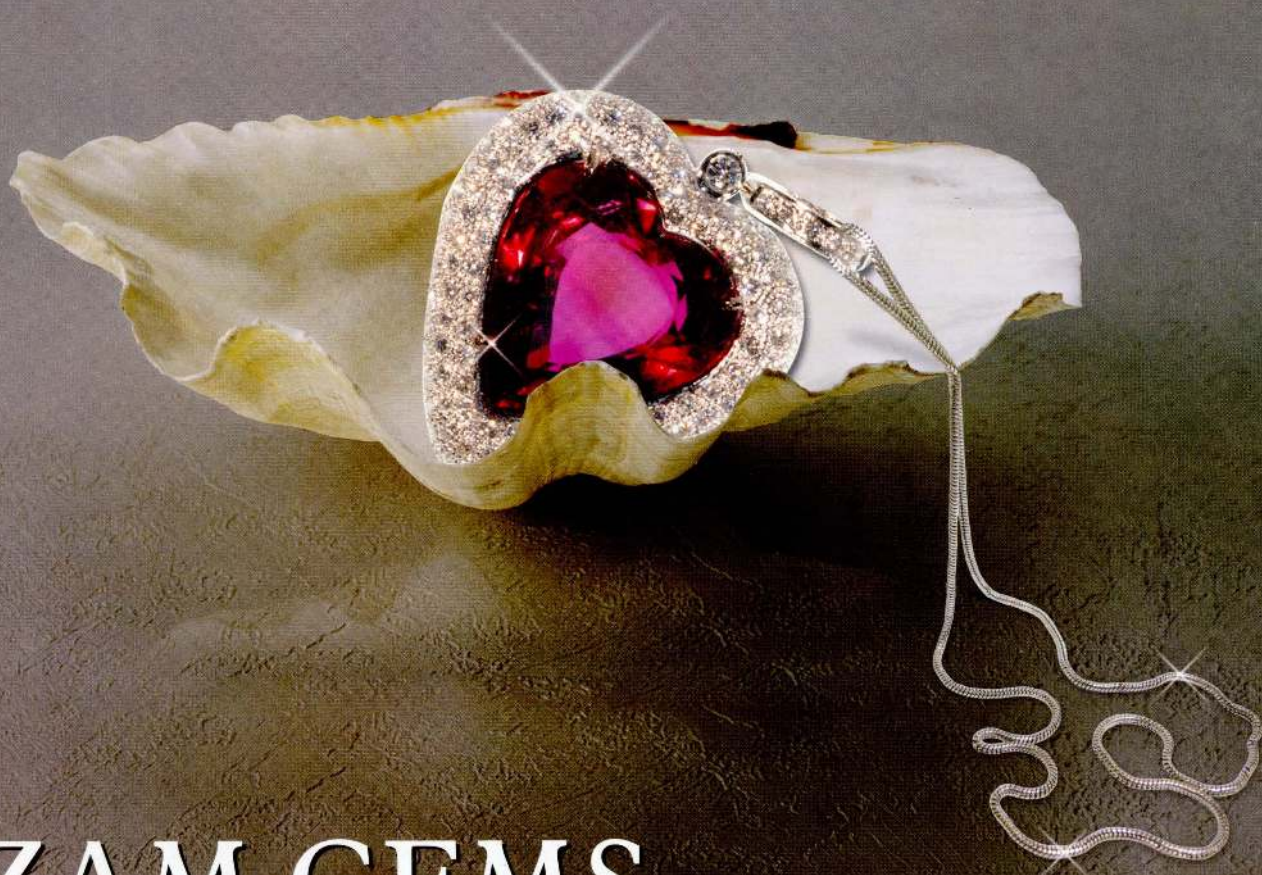


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The Way Forward!



Welcome Aboard SriLankan Airlines. As we leave the first six months of 2011 behind us, Sri Lanka continues to spearhead some of the projects that this country has never seen before. There is religious revival; Cosmopolitan Colombo is getting a modern face with several new concepts of urbanisation; mainstream sports are being taken to revive the villages across the country, with the construction of stadiums, playgrounds and the introduction of sporting facilities; a critical new look at the Energy Sector and the use of renewable energy sources; drawing up of a National Climate Change Policy and a fresh look at the future environmental safeguards; taking on the challenge of bidding to host the Commonwealth Games in 2018, are just a few aspects of 'Future Sri Lanka'. Visitors may well expect to see a modern, stable, Sri Lanka, with 'friendly and hospitable' people as Sri Lankans have always known to be.

The most recent endorsement of Sri Lanka's uniqueness came in June, from Professor Philip Kotler, the world-renowned Marketing Expert, who visited Sri Lanka for the first time to share his vast, in-depth knowledge and expertise in Marketing.

Taking on expansion in its stride is also the national airline, which acquired a brand new Airbus A320 in June in addition to an Airbus A340 increasing the current fleet to 19 aircraft. The A320 is the first of three brand new aircraft to be

acquired in 2011. SriLankan aims to have a fleet of 30 aircraft by the year 2015 in line with the vision and commitment of His Excellency the President Mahinda Rajapaksa, to establish Sri Lanka as a hub for tourism and aviation.

Read on for some interesting features on Sri Lanka's myriad of attractions, events, history and natural resources. A special feature enlightens you to five decades of dancing by Upeka - the daughter of legendary traditional dancers of Sri Lanka, Chitrasena and Vajira. The season begins for the Queen of Fruits - the Mangosteen, seen stacked up on the way-sides on several routes, worthy of a stop.

Let me congratulate the Serendib Team for winning the Travel & Tourism Award for the Best Print Media Presentation in 2010 recognised by the Sri Lanka Tourism Authority. Whilst appreciating this recognition let me encourage the Team to continue to steer this magazine to project Sri Lanka and its peoples' true spirit and depict some of the hitherto unexplored and un-spoilt areas of the country, as well as the popular sites and activities this island has offered to travellers for many centuries.

Thank you, enjoy reading and have a pleasant flight!

Nishantha Wickremasinghe

Chairman
SriLankan Airlines

DESIGN, PRODUCTION AND ADVERTISING

BT Options
2, Temple Lane, Colombo-3, Sri Lanka
General: (+94 11) 259 7991, (+94) (0)773 623 004
Fax: (+94 11) 259 7990
Advertising: (+94) (0)777 380 861
E-mail: info@btopions.com
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TRAVEL

14 – UVA: HERE WE COME!

Exploring Banadarawela, Ella and Wellawaya, nestled within the Uva Province, reveals a wonderful history, part fact, part mythology.

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20 – සැපය සැපයුම

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நாய்கள் மனிதர்களிடத்தில் கொண்டிருக்கும் விகவாசத்திற்கும் கட்டற்ற அன்பிற்கும் ஈடாக எதனையும் ஒப்பிட முடியாது. அதன் புலனறிவு பன்மடங்கு சக்தி வாய்ந்தது என்பதனால் வளர்ப்போருக்குப் பல விதத்திலும் துணையாய் இருக்கிறான்.

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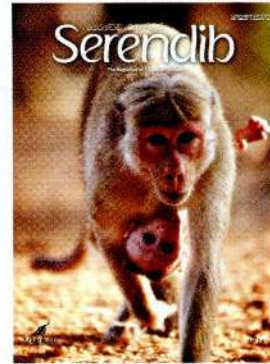
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Kalpitiya has unwittingly stirred the interest of a growing number of enthusiasts, not for its scenic beauty or marine sanctuary but for its perfect conditions for kite surfing.



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Cover:

A mother toque macaque carrying her young.

Photography:

Barney Wilczak



ANCIENT

34 – SOMAWATHIE TEMPLE: EMERGING FROM THE WILDERNESS

Tucked away from civilisation, in its remoteness the temple is a symbol that has emerged unscathed having withstood centuries of change – today its story is told to all who see and listen in wonder.



LIFE'S WORK

40 – UPEKA: SRI LANKA'S FIERY DANSEUSE

Moving across the stage with nimble steps, thrusting jumps and dizzying twirls – to watch Sri Lanka's finest female dancer, Upeka, is to be drawn into the mesmerising world she creates.

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Sri Lankans cannot seem to get enough of these fruits and this sentiment is exactly what makes the season a sort of festival: the festival of Rambutan and Mangosteen.



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52 – MONKEY BUSINESS!

They are everywhere, swaying and leaping from tree to tree, hopping onto roofs, carrying their young in troops. They may grin and plaintively coo at you, seeking a handout or even steal from you. Meet the Sri Lankan monkeys!

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Melbourne is a thriving cosmopolitan city with an international reputation for hosting world famous sporting events. But its claim to being one of the world's most livable cities has been bolstered by restaurants, bars, cafés and booming arts and culture precincts.

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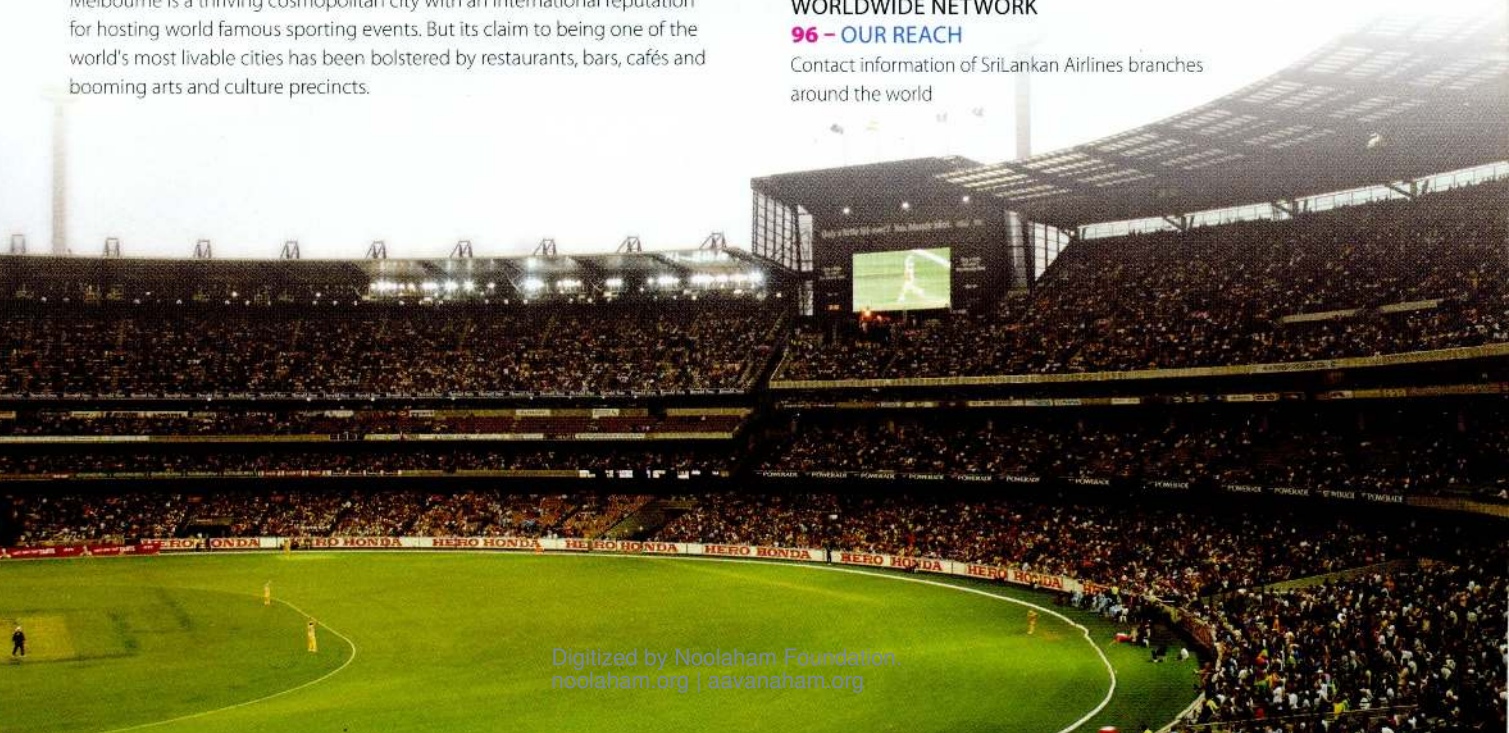
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UVA

HERE WE COME!

Fleeting memories of Bandarawela, Ella and Wellawaya nestled in the Uva Province, along with a wonderful history, part fact, part mythological, bore fruit to one of my most interesting explorations of the island yet!

Words: Dr. Aadhil Aziz | Photography: Atheeque Ifthikar Mahuroof

The Ella Gap with stunning views



The Bandarawela railway station

BANDARAWELA

As the train chugged along slowly, hugging the countryside I was struck by the greenery that surrounded me. As we pulled into the train station of this charming little town, I began to realise that there was something besides the beauty, something subtle, yet significantly different. It was the air.

Bandarawela has one of the most invigorating climates in the island, sought after by health enthusiasts the world over. This coupled with its cool temperatures and lush green surroundings has now made it a base for eco-tourism in Sri Lanka.

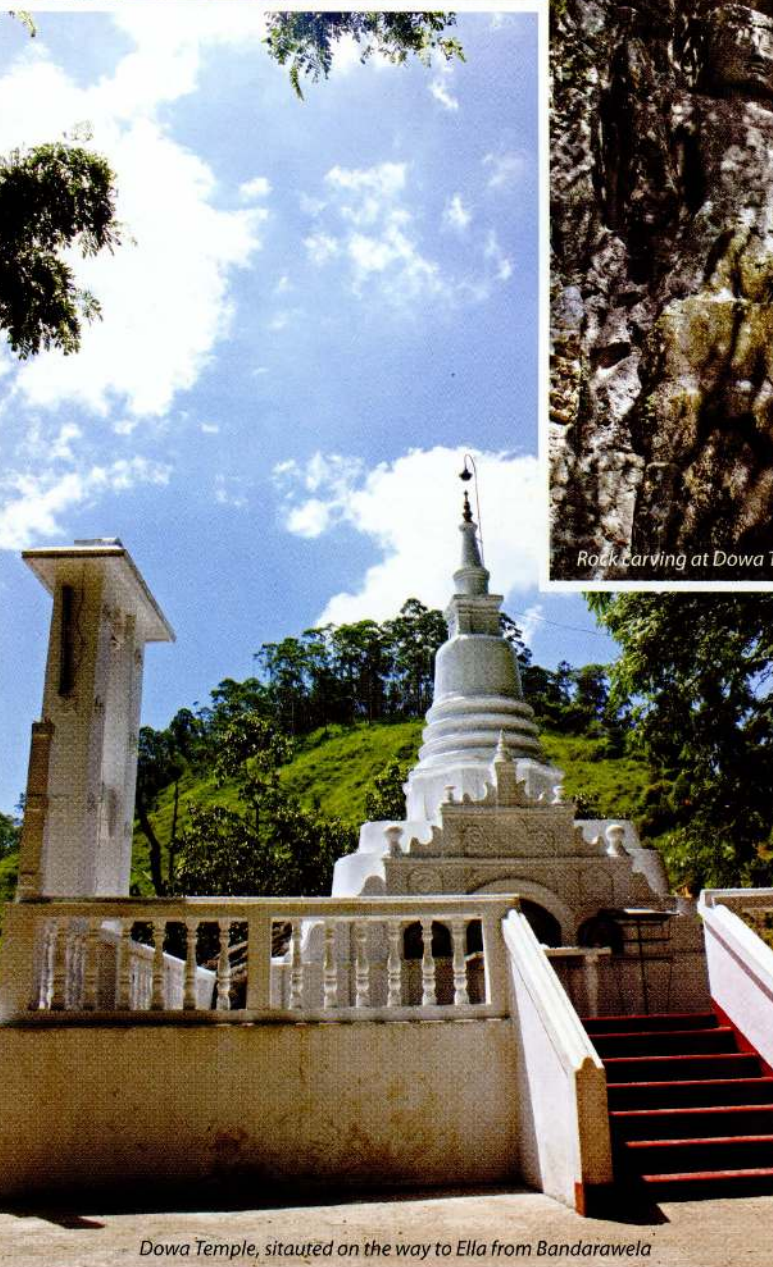
Several tea estates surround Bandarawela. Walking is the best option and you could walk through the beautiful trails, which pass through the tea estates.

The town itself, slightly elevated from the rest of the area is surrounded with hotels and guesthouses, municipal buildings and a sports ground. From the central train station, a colonial remnant, the town slowly begins to unfold bringing Buddhist temples, Christian churches, Hindu kovils and a newly renovated Muslim mosque into sight.

Located a mere 45 kilometres southeast of its more famous older brother "Nuwara Eliya", Bandarawela has set itself apart as a town, and has become yet another "must-see" attraction for tourists both local and foreign.



Rock carving at Dowra Temple



Dowra Temple, situated on the way to Ella from Bandarawela

ELLA

On the way to Ella from Bandarawela (about six kilometres northeast of Bandarawela) we stopped at the enchanting Dowa Temple where a four metre high standing Buddha is carved onto a rock and the walls of the adjoining cave are adorned with traditional Buddhist murals.

Ella is similarly charming but considerably quieter in comparison. Located at a height of 1,041 metres above sea level, Ella is famous for its stunning views, some of Sri Lanka's striking waterfalls, and ancient caves with noteworthy religious and historical significance.

The "Ella Gap", is an actual "gap" between two mountains from which you could witness several stunning views, from multiple angles. It is said that on a clear day you can see across Wellawaya plains all the way to the Hambantota coastline.

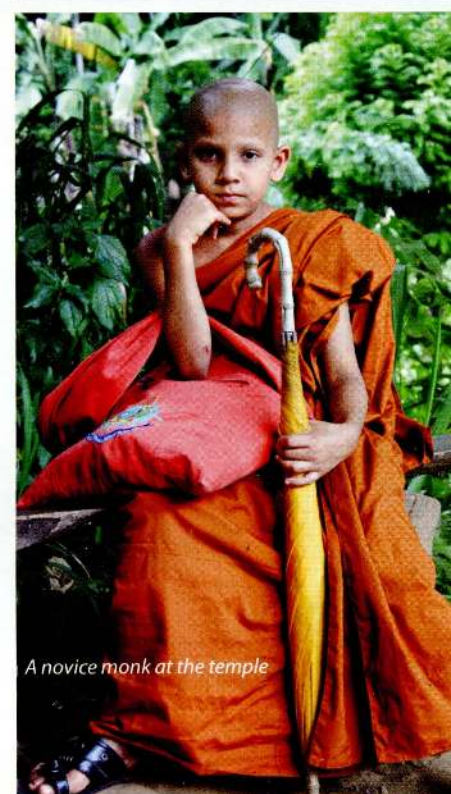
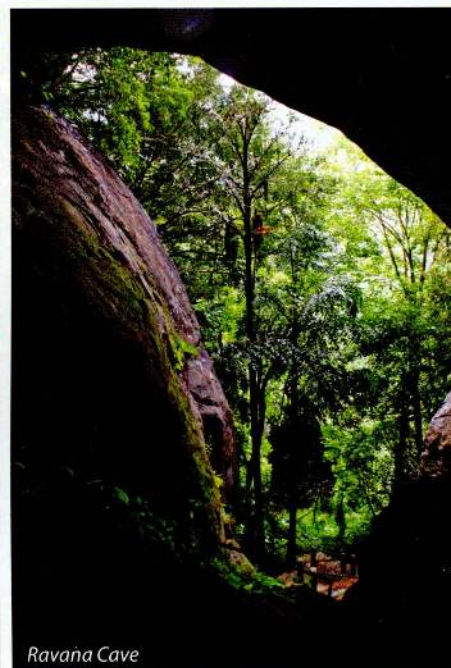
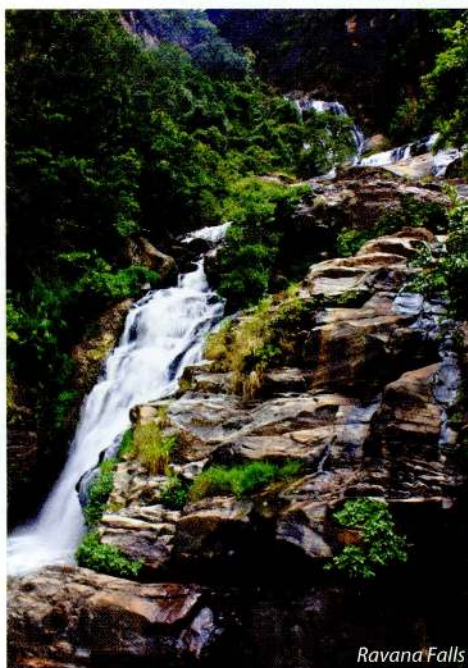
In addition to the view, there is quite a bit more to see in the area – from visits to the nearby jungles to the tea plantations and even a hike up the mountains.

On top of my list was to find the famous Ravana Cave. It is pretty hard to get to and as we trekked through the wilderness and climbed the 700 steps to reach the top, I wished we had planned better and taken more water! The Cave of Ravana known in Sri Lanka as *Rattaran Guhava* (Gold Cave) is very close to the Ravana temple. This cave as the name indicates is linked to the legend of Rama and Sita from the Indian epic poem, the Ramayana. According to legend, King Ravana of Sri Lanka abducted Princess

Sita after defeating her husband Prince Rama of India. It is believed that this cave is one of the hideouts where she was held prisoner.

The Ravana Rock Temple situated on a side road about one kilometre away, off the main Ella-Wellawaya Road is also worth a visit.

Ravana Falls, six kilometres down the Wellawaya Road from Ella, is a must "dunk" and it certainly left an impression on me as I cautiously plodded into the chilly waters. It comes down the mountain in stages and forms into a little pool by the side of the main road. Nothing comes close to the feeling of a ton of water crushing down on you.





Lush paddy fields in Wellaway



Extracting the rice from the paddy



The turn-off from Wellaway to Moneragala



Buduruwagala

WELLAWAYA

We headed on towards Wellaway on the A 23 highway better known as the Ella-Wellaway road, which is certainly one of the most scenic roads in Sri Lanka, for in a relatively short distance the road makes a rapid drop from Ella (over 1,000 metres above sea level) to Wellaway (a few metres above sea level).

Wellaway is famous for its paddy fields, where buffaloes work alongside men to harvest the paddy.

Wellaway is a fertile land and is home to the cultivation of corn, pumpkins, cucumber and watermelon. Wood-apple and papaya are also grown in abundance here. We quenched our thirst with a lovely ice-cold wood-apple drink.

However the highlight of the area is the Buduruwagala Rock, to the south of Wellaway. As you pass the beautiful lake from which large trees jut out of the water where there is reason to believe that this may have been earlier dry land, you will see Buduruwagala, which literally means "Rock with the statue of Lord Buddha". Seven figures are carved in this rock with a huge 51 foot image of Lord Buddha. The rock itself is famous for its unusual shape of a kneeling elephant with its head bent in prayer.

Back in the hustle and bustle of city life, I look through the pictures and wish I could live in this quiet village where the beauty of rural Sri Lanka could be enjoyed at its best.

One thing is apparent in each picture; whether it is the charm of the colonial hill country or a simple traditional village life; there is natural beauty on every part of this island. 5



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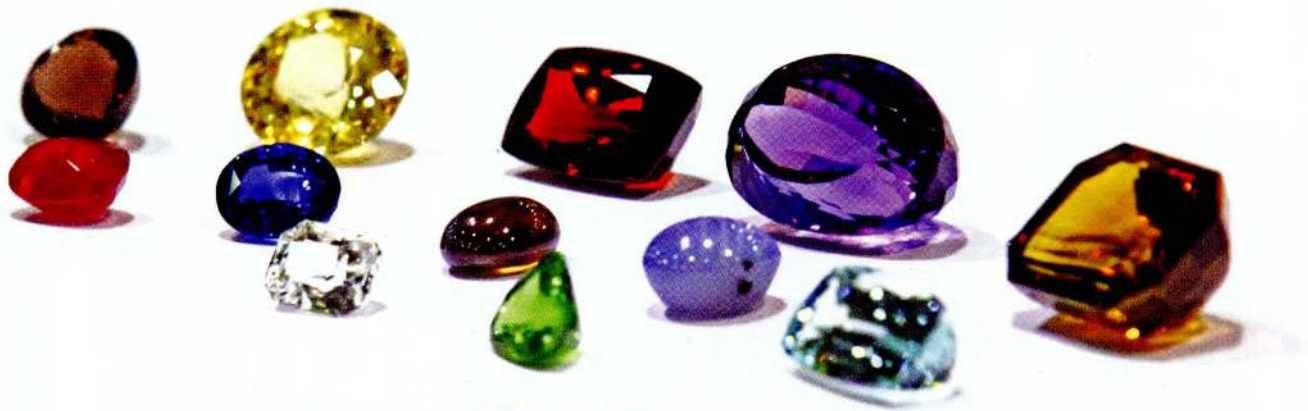


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සපයන සහසුම අමුණා මණිකැට

සටහන: චතුර අදිකාරම් / සායාරූප: මහේෂ් ප්‍රසන්න

සතුට අප වෙත ළඟා වූ නිමේෂයේදී සිතනසෙන්නට කාගෙන්වත් අසා අවසර ගත යුතු නැත. ඔබත් මාත් සතුට යැයි ආශාවෙන් වැළඳ ගන්නා දේ වෙනස් බව සැබෑය. එහෙත් අප සෑම සිතන නගන සමහර පිළිගැනීම් සමානය. එසේ වූයේ පෙනෙන සීමාව සීමිත ලෝකයක ඉපදුණු අප, අපේ සොහොන තීරණය කරනවා යැයි සිතන, නොපෙනෙන ශක්තීන් කෙරෙහි විශ්වාසය තබන්නට නිරයාසයෙන් පෙළඹෙන බැවිනි. ඒ අපේ “සතුට” - “සැපත” - “ඉසුර” කැඳවිය හැකි විශ්ව ශක්තීන්, ගැඹුරු පතලක දිගු කාලයක් ඇවෑමෙන් උපදින ප්‍රංචි මිණිකැටයක... මහ සාගරය පතුලේ බෙල්ලෙකු තුළ සිරුවට නිමවෙන ප්‍රංචි මුතු කැටයක... රැදිය හැකි බවට ඔබත් එකඟවෙනවාද?

ජීවිත බබළවන දිලිසෙන මිණි

අප සෑම නිතර වෙහෙසෙන්නේ සැක සංකා බියෙන් තොර ප්‍රීතිමත් ජීවිතයකට උරුමකම් කියන්නටය. ඒ ගමනේ දී අප ඉදිරියේ පෙළගැසෙන බිඳ වැටීම්, අභියෝගයන් හමුවේ ඒවාට ජයග්‍රාහීව මුහුණ දෙන්නට මිනිසා විසින්

වැළඳ ගත් සම්මතයන් බොහෝය. අපේ උත්පත්ති කතාවෙන් ඇතට විහිදුනු ගුප්ත ඉතිහාසයකට බැඳී පවතින මුතු මැණික් සමඟ මිනිසා සිදු කරන ගනුදෙනුවද සැබවින්ම අපූරුය. විවිධ වර්ණයෙන් ආලෝකයන් විහිදුවන සොදුරු මැණික්, අපේ ජීවිතයට බද්ධ වන විෂය පථයන් අපමණය. මැණික් පොළොවෙන් ලබා ගන්නා පාෂාණයක් වුවත් ඒවාට සුවිශේෂී වටිනාකමක් හිමිවන්නේ අපේ ජීවිත සතුටින් පුරවන වාසනා ගුණයක් මැණික් සතු බවට අප තුළ ඇති විශ්වාසයයි.

ඇත අතීතයේ සිට ගොඩනැගී පවතින පුරාවෘත පවසන්නේද මේ අමුතු හැඩතල මැවිය හැකි, විවිධ වර්ණ පතිත කරන මිණි කැට අරක් ගන්නා මායාකාරී බලයන් පිළිබඳවය. විටෙක සමහර පුද්ගලයන් පළිඟු ආධාරයෙන් අනාගතය පිළිබඳ කළ ප්‍රකාශයන් සත්‍ය වූ අවස්ථා බොහෝය. එය එසේ සිදු වන්නේ කෙසේද... මැණිකකට එවන් සුවිශේෂී ශක්තියක් තිබේද... නවීන විද්‍යාව කොතරම් දියුණු වුවත් තවමත් එය නිශ්චිතවම ඔප්පුකර පෙන්වීමේ හැකියාවක් ලැබී නැත. එහෙත්, අප කිනම් රටක විසුවත්, කිනම් සම්ප්‍රදායකට අයිති වුවත් ජ්‍යෙෂ්ඨතායට සම්බන්ධව හෝ



පුෂ්පරාග හා නිල් හෝමිද මිණිකැට යොදා ගනිමින් සැකසූ අලංකාර මුද්‍ර

විශ්වාසයකට සම්බන්ධව හෝ විලාසිතාවක් ලෙස හෝ කිසියම් අයුරකින් මැණික් සමඟ සිදු කරන සංවාදය දිනෙන් දින ගෙන්නම් කරන්නේ හැඟුම්බර කතාවකි. ජ්‍යෙෂ්ඨ විද්‍යාවට අනුව උපන් වේලාවෙන් තීරණය වන ලග්නයක් සෑම පුද්ගලයෙකුටම අයිතිය. ඔබට අයිති ලග්නයන්ට පමණක් නොව උපන් මාසයටත් සමහර විටෙක විවිධ සැමරුම් පිණිසත් වෙන්වූ මැණික් ලයිස්තු ගත කර ඇත්තේ ඒවාට හිමි අසිරිමත් වාසනා ගුණය මෙන්ම ශක්තීන් කැටිවන අයුරෙනි. වර්තමානයේ “බර්ත්ස්ටෝන්ස්”, “බර්ත්ඩේජ්මස්” ආදී විවිධ නම්වලින් යළි විකාශනය වී ඇත්තේද එදා අපේ සිතට සහනයක් ගෙනයුත් ඒ අපූර්වතම විශ්වාසයන්ය.

ආත්ම ශක්තිය වඩවන රතු මැණික

ජනවාරි මාසයට

මෑත කාලයේ භාවිතා වන වඩාත්ම නූතන ලයිස්තුවට අනුව ජනවාරි මාසයට අයිති “බර්ත්ස්ටෝන්” වන්නේ රතු මැණිකයි. ආත්මශක්තිය, විශ්වාසය වැනි ගුණයන් රතු මැණික්වලට හිමිය. හයංකර සිහිනයන්ගෙන් මිදුනු සුවපත් නින්දකට ඔබ රැගෙන යන්නට මෙන්ම මනා රුධිර සංසරණයකටද රතු මැණිකක් පැළඳීම ඉවහල් වන බවයි පිළිගැනීම. එසේම ඔබ කුමහ ලග්න හිමියෙක් නම් එම ලග්නයට අයිති මැණිකද මෙයයි.

පැහැපත් වෙන්න කැමති නම්

පෙබරවාරි මාසයට

පෙබරවාරි මාසයට අයිති අඹනසේන නම් මැණිකයි. මානසික සුවය හා සාමකාමී බව මෙමගින් සංකේතවත් වන අතර ඔබේ සම පැහැපත් කිරීමේ ගුණයද මෙම මැණික සතුය. මීන ලග්නයටද අයත් අඹනසේන මැණික මත් ගතියෙන් මිදීමටද උපකාරී වන බවයි ග්‍රීක පුරාවෘතවල සඳහන් වන්නේ.

සුදු නිල මැණික

මාර්තු මාසයට

ගෝමේද පවුලට අයත් සුදු නිල මාර්තු මාසය වෙනුවත් පිළිගත් මැණිකයි. ධෛර්ය වැඩවීමේ ශක්තියෙන් යුතු මෙම මැණික කාරුණ්‍ය, අපේක්ෂාවන් හා සෞඛ්‍ය හැඟවීමට විශ්වීයව භාවිතා කරන සංකේතයයි. “බර්ත්ස්ටෝන්” සඳහා නම් කර ඇති සමහර මැණික් ගල් ලග්න සඳහාද භාවිතා වුවත් එම මැණික් සෑම විටම ලග්නයකට අයිති නොවේ.

ආදරයේ සංකේතය දියමන්ති

අප්‍රේල් මාසයට

අප්‍රේල් මාසය සඳහා නියමිත “බර්ත්ස්ටෝන්” වන්නේ දියමන්තියයි. ඇත ඉතිහාසයේ සිටම සෞඳුරු ආදරයේ සංකේතය වන දියමන්තිවල දියමන්ති යන නමෙහි ග්‍රීක තේරුම වන්නේද සදාකාලික ආදරය යන්නයි. සමහර අවස්ථාවලදී අප්‍රේල් මාසය සඳහා සුදු පැහැති නිල් මැණික්ද යොදා ගනී. මෙම මැණික් දෙවර්ගයෙන්ම පිවිතුරු බව පිළිඹිබු කරයි.

මිල අධික පව්ව මැණික

මැයි මාසයට

මිලෙන් ඉහළ මැණිකක් වන පව්ව මැණික හෝ කොළ පැහැති නිල් මැණික මැයි මාසය වෙනුවෙන් භාවිතා වේ. පෙනීමේ දුර්වලතා, දරුඵල නොලැබීම ආදී බොහෝ ලෙඩ රෝග සුව කිරීමේ ශක්තිය මෙම කොළ පැහැයෙන් දියුළුන මිණි කැට දරන බවයි විශ්වාසය. මෙමගින් ආදරයේ සාර්ථකත්වය සංකේතවත් කරයි.

දිගු ජීවිතයක රහස

ජූනි මාසයට

බෙල්ලෙකුගේ ඇඟ තුළ සෑදෙන අසුරු නිර්මාණයක් වන ඉතා වටිනා මුතු වර්තමානයේදී ජූනි මාසයේ “බර්ත්ස්ටෝන්” ලෙස සැලකේ. විනිතකම, නිර්මලත්වය හා පාරිශුද්ධ බව සිත් ඇද බැඳ ගන්නා විවිධ වර්ණයන්ගෙන් අපට හමුවන මුතු කැටවල සංකේතයයි. එහෙත් ජ්‍යෝතිෂ්‍යයේදී ජූනි මාසයට අයිති මැණික ඉතාමත්ම අලංකාර ඇලෙක්සැන්ඩ්‍රිට් වුවත් එය අතිශයින්ම විරලය. සෞඛ්‍ය සම්පන්න ජීවිතයකට දීර්ඝායුෂ මෙන්ම ප්‍රීතිමත් විවාහයකට අවැසි ශක්තිය මේවා සතු ගුණයන් බවයි පැවසෙන්නේ.



දියමන්තිය



පව්ව මැණික



මුතු



රතු මැණික



අඹනසේන



සුදු නිල



පද්මාරාග



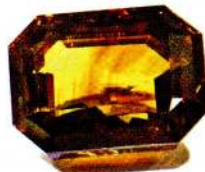
පෙරිඩොට්



ගිනි නිල



රෝස ගෝමේද



පුෂ්පරාග



නිල් ගෝමේද

ඉතා දුලභ අති සුන්දර පද්මාරාග පූලි මාසයට

පූලි මාසයට අයිති මැණික රතු කැට හෙවත් පද්මාරාගයි. මේවා සොයාගැනීම අතිශයින්ම අපහසු නිසා මැණිකවල දෙවියන් ලෙසද සලකයි. මෙම මැණික පළඳින පුද්ගලයන් අවාසනාවන්ත සිදුවීම්වලින් ආරක්ෂා කරන බව පිළිගැනීමයි.

පෙරිඩොට් අගෝස්තු මාසයට

අවුරුද්දේ අටවෙනි මාසයට හිමි පෙරිඩොට් “බර්ත්ස්ටෝන්” දෙහි කොළපාවින් දියුලන අලංකාරවත් මැණිකකි. විවාහයේ විශ්වාසය සංකේතවත් කරන අතරම මෙම මැණික සහිත ආභරණ පැළඳීමෙන් රාත්‍රී කාලයේ හයට පත්වීමෙන් වැළකිය හැකිය. ඔබ තුළා ලග්න හිමියෙක් නම් ඔබට අයිති මැණික වන්නේද මෙයයි.

සැනසුම - ප්‍රීතිය කැන්දන ගිනි නිල සැප්තැම්බර් මාසයට

සැප්තැම්බර් මාසයට වෙන් වන්නේ විවිධ වර්ණයෙන් හමුවන නිල් මැණික පවුලට අයත් තද නිලෙන් යුතු ගිනි නිලයි. වාල්ස් කුමාරයා වාල්ස් කුමරිය සමඟ විවාහ ගිවිස ගැනීමේදී පලඳිනු ලැබුවේද ගිනි නිල මැණිකකින් හැඩකළ මුදුවකි. වෘෂභ ලග්නයට හිමි, සතුව හා සැනසීම සංකේතවත් කරන ගිනි නිල පුරාතනයේ සිටම අනාවැකි කීම ආදී මායාකාරී කටයුතු සඳහා යොදාගෙන තිබේ.

අපේක්ෂාවන් සඵල කරදෙන රෝස ගෝමේද ඔක්තෝම්බර් මාසයට

ඔක්තෝම්බර් මාසයේ මැණික වන රෝස ගෝමේද අපේක්ෂාවන්, අහිංසකකම හා පාරිශුද්ධ බව සංකේතවත් කරයි. සමහර අවස්ථාවලදී ඔක්තෝම්බර් සඳහා “බර්ත්ස්ටෝන්” ලෙස තෝරාමල්ලි මැණිකද යොදා ගනී.

ධනු ලග්නයට පුෂ්පරාග නොවැම්බර් මාසයට

නොවැම්බර් මාසයට අයත් “බර්ත්ස්ටෝන්” පුෂ්පරාග වේ. ජ්‍යෙෂ්ඨතාය අනුව ධනු ලග්නයටද හිමි මැණික වන පුෂ්පරාග මිතුරියාගේ සංකේතවත් කරයි. බොහෝ ලෙඩ රෝග සුවපත් කිරීමේ බලය මෙන්ම හදිසි ආපදාවලින් සුරැකීමේ ගුණයද පුෂ්පරාග සතු බවට විශ්වාසය.

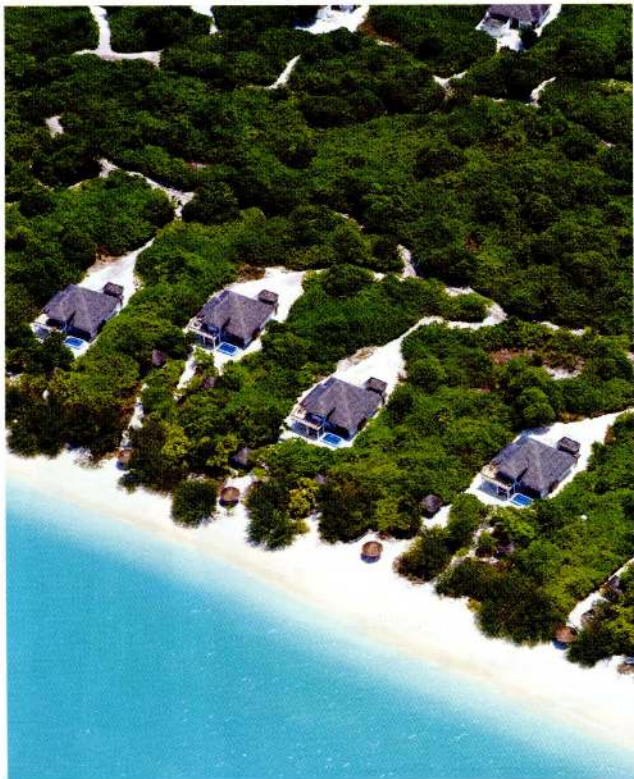
නිල් ගෝමේද දෙසැම්බර් මාසයට

දින දසුනේ අවසන් මාසය වන දෙසැම්බරයට නම් කර ඇති “බර්ත්ස්ටෝන්” වන්නේ නිල් ගෝමේදයි. එසේ මෙය සියලු දෙනාටම සතුට හා සුඛ අනාගතයක් තිළිණ කරන සෞභාග්‍යයේ සංකේතයයි. 16 වන ශත වර්ෂයේදී නිරිත දිග ඉන්දියානුවන් මුදල් ලෙසද භාවිතා කළ නිල් ගෝමේද යුධ භටයන්ට බාධකත් දඩයම් කරුවන්ට සතුන්ද ගෙන දෙන බවට විශ්වාසයක් පවතී.

නොපෙනෙන ශක්තිය
පුදුම නොවන්න. තවමත් පරීක්ෂණාත්මකව තහවුරු කරන්නට තරම් විද්‍යාව දියුණු වී නැති බව සැබෑය. එහෙත් අවිශ්වාස නොකරන්න. ඔබේ ජීවිතයේ සෞභාග්‍ය

වෙනුවෙන් තබන පියවරයන් සැහැල්ලු කරවන්නට හැකි බලයක් මෙන්ම ඇසට නොපෙනුණත් සිතට දනවන මහා ශක්තියක් මේ පුංචි මිනිසකුට වලට විශ්වයෙන් තැබී දී තිබිය හැකි බව.

මෙම ලිපිය සැකසෙන්නේ “සැමි ජෙම්ස්” ආයතනය සමඟ පැවැති පිළිසඳරක් ඇසුරෙන් වන අතර ජායාරූප හැඩවත්තේද එම ආයතනයේ මිනිසුන් වලිනි. 5



The Island Hideaway at Dhonakulhi Maldives, Spa Resort & Marina is a luxury boutique resort situated on the privately owned uninhabited virgin island of Dhonakulhi, North Maldives, Indian Ocean.

Dhonakulhi is a physically large crescent-shaped island with a beach length of some 1.4 kilometers on each side, a width of 500 meters and land area of 234,000 m².

The island is unique in its reef formation. The natural channel, which splits the reef, makes it distinctive, forming a cleansing station for the mammals such as manta rays, dolphins and turtles that frequent the area. The northern part of the channel is rich in eco-life and is the habitat for innumerable fishes, colourful corals and other amazing species.

The island is also blessed with uniquely rich vegetation, which has been kept natural and untouched. Only 5% of the island has been built, making it a true hideaway and a sanctuary for nature lovers.

Island Hideaway is also exclusive in its services, offering personal one to one Butler service to all its guests. Island Hideaway pioneered this unique concept in the Maldives and has been successful throughout the years, offering our guests the best, personalized services, with a hint of local touch - a local smile!

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விகவாசமிக்க தோழன் எங்கள் செல்ல நாய்க்குட்டி

விபரம்: பாலா / படங்கள்: மேனாக் அரவிந்த்



மனிதர்கள் தமக்கிடையே பகிர்ந்து கொள்ளும் அன்பைக் காட்டிலும் நாம் வளர்க்கும் செல்லப் பிராணிகள் எம்மீது பொழியும் அன்பு பன்மடங்கு அதிகமானது. இதில் நாய்கள் மனிதர்களிடத்தில் கொண்டிருக்கும் விசுவாசத்திற்கும் கட்டற்ற அன்பிற்கும் ஈடாக எதனையும் ஒப்பிட முடியாது. ஆதி காலம் தொட்டே இடம்பெற்று வரும் பல வியக்க வைக்கும் உண்மைச் சம்பவங்கள் இதனை நிரூபணமாக்கியுள்ளன.

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பார்ப்பதற்குத் தகு தருவென்றிருக்கும், எம்முடன் செல்லமாக விளையாடும் நாய்க்குட்டியைக் கண்டதும் அதனைத் தழுவாதவர்கள் இருக்க முடியாது. செல்லப் பிராணி வளர்ப்பவர்களின் உளநலமும் உடல் நலமும் மற்றவர்களை விட சிறப்பாக இருப்பதாக ஆய்வுகள் எடுத்துக் கூறுகின்றன. குறிப்பாக உயர் இரத்த அழுத்தத்தினால் மாரடைப்பு வருவதற்கான ஆபத்து செல்லப் பிராணிகள் வளர்ப்பவர்களிடத்தில் இரண்டு சதவீதத்தால் குறைந்துள்ளது என்று இந்த ஆராய்ச்சியில் கண்டறியப்பட்டுள்ளது.

சிறு குழந்தைகள் செல்லப் பிராணியுடன் வளர்வது அவர்களின் தனிப்பட்ட ஆளுமை வளர்ச்சிக்கு உதவும். நாய்க்குட்டியுடன் சேர்ந்து விளையாடுவது வீட்டில் உள்ள அனைவருக்குமே குதூசலமான அனுபவம். இது மட்டுமன்றி வயது முதிர்ந்த பெற்றோர்கள் தனிமையில் வாழ்வது வரும் இன்றைய கால கட்டத்தில் அவர்களின் தனிமையைப் போக்கி சிறந்த துணையாகவும், காவலனாகவும் சேவையாற்றும் செல்லப் பிராணியாக நாய் உள்ளது. குறிப்பாக விழிப்புணர்வற்றவர்களுக்கு உறுதுணையாக நாய் இருப்பதை எம்மில் பலர் அறிந்திருப்பர்.

நாய்க்குட்டி ஒன்றை செல்லப்பிராணியாக வளர்ப்பதற்கு விதம்புவர்கள் அதனை வீட்டிற்குக் கூட்டி வருவதற்கு முன் கவனிக்க வேண்டிய பல விடயங்கள் உள்ளன.

குழந்தைகள், சிறுவர்கள் உள்ளவர்கள் அனைவருடனும் அன்பாகப் பழகக்கூடிய லப்ரடோர் ரிட்ரீவர், கோல்டன் ரிட்ரீவர், டஷன்ட், ரெறியர் போன்ற இனங்களைத் தெரிவு செய்யலாம். அதுமட்டுமன்றி இந்த இனங்கள் குழந்தைகளின் பாதுகாப்பிலும் அக்கறை செலுத்தும் பக்குவம் உடையவை. செல்லப் பிராணியின் வாலைப் பிடித்து

1. சிறந்த காவலனாக விளங்கும் ஆற்றல் உள்ள 'ரொட்ஹீலர்' 2. இலகுவாகப் பயிற்சி அளிக்கக்கூடிய பூத்தீசலி 'லப்ரடோர் ரிட்ரீவர்' 3. தடிதடிப்புக்குப் பேர் போனவர் இந்த 'போஸர்' 4. விலங்குகள் ஆனாலும் தாயன்பு மறாது என்பதை வெளிப்படுத்தும் 'டோயர்மன்' தாயும் சேயும்

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5. சிறகுழந்தைகள் விதம்மும் செல்லப் பிராணி இந்த 'டஷுன்ட்' 6. நடைப்பயிற்சிக்குச் செல்லும் 'ஜேர்மன் ஷெப்பர்ட்' 7. சிறுவர்கள் முதல் பெரியவர்களுடன் விளையாடுவதற்கு ரீதியப்படும் 'பெளமனேரியன்'

வீட்டில் உள்ளவர்களின் வயது வேறுபாடு, செல்லப் பிராணியை வளர்ப்பதில் அவர்கள் காட்டும் ஆர்வம், பொருளாதார வசதி, இட வசதி என்பவற்றுடன் நீங்கள் அதனுடன் செலவிடக்கூடிய நேரம் முதலியவற்றை சிந்தித்து பொருத்தமான இனத்தைத் தெரிவு செய்வது சிறந்தது.

விளையாடுவது, தூங்கும் பொழுது விளையாடுவது, சாப்பிடும்பொழுது இடையூறு செய்வது போன்ற தவறுகளைக் குழந்தைகள் செய்யாது பார்த்துக் கொள்ள வேண்டும். வாயில்லா ஜீவன் ஆனபோதும் அதன் உணர்வுகள் வலிமையானவை.

முடி அதிகமுள்ள நாய்க்குட்டிகள் மீது குழந்தைகள் அதிகம் ரீதியப்படுவர். இதனால் பெளமனேரியன், ஜப்பனீஸ் ஸ்பிட்ஸ், கொலி போன்ற இனங்களை வளர்க்க விரும்பும் பெற்றோர்கள் அதிலுள்ள சிரமங்களையும் கருத்திலெடுப்பது நன்று. அதிக முடி உள்ள நாய்க்குட்டிகளில் தெள்ளு, பூச்சி போன்ற தொல்லைகளும் அதிகமாக இருக்கும். அத்துடன் முடி கொட்டும் தன்மையும் காணப்படும். இதனால் நாய்க்குட்டியின் சுத்தம் முக்கியமானது. கிரமமாகக் குளிப்பாட்ட வேண்டும். முடியை வாரத்திற்கு இரு தடவையாவது சீவிவிட்டு தெள்ளத் தெற்று வராமலிருக்க மருந்திட வேண்டும். வீட்டில் நாயின் முடி பரவாமலிருக்கப் பார்த்துக் கொள்வது அவசியம்.

டோபர்மன், டல்மேஷன், கிரேட் டேன் போன்ற இனங்கள் பார்ப்பதற்குக் கம்பீரமான அழகு கொண்டவை. தடிப்பாக செயற்படக் கூடியன. பெரிய இடப்பரப்பில்

நகர்ப்புறத்துக்குப் புறம்பாக அமைந்துள்ள வீட்டுரிமையாளர்கள் தமது பாதுகாப்பில் அதிக கவனம் செலுத்துவதால் ஜேர்மன் ஷெப்பர்ட், ஹாட்வெய்லர்ஸ் இன நாய்களை விரும்பி வளர்க்கின்றனர்.

பொதுவாக நாய்களிடத்தில் காணப்படும் புலனறிவும், தமது எஜமானர்களைப் புரிந்து வைத்திருக்கும் அசாத்திய நண்ணறிவும் பலரையும் வியக்க வைத்துள்ளன. மேற்குறிப்பிட்ட இனங்கள் குறிப்பாக இரவு வேளைகளில் சிறந்த விழிப்புணர்வுடன் காவலாக இருக்கக்கூடியன.

பிறந்து 6 முதல் 12 வாரங்களுக்கிடையே பட்ட குட்டிகளை வாங்குவது சிறந்தது. உரிய பழக்கங்களைப் பயிற்றி எடுக்க இப்பருவம் வசதியானது. வீட்டில் எந்தப் பகுதிகளில் நடமாட முடியும், சாப்பாட்டு வேளை, மலம் கழிக்கும் நடைமுறை ஆகியவற்றுடன், அயலவர்களுடனும் விருந்தினர்களுடனும் நட்பாகப் பழகும் தன்மையையும் எமது செல்லப் பிராணிக்குக் கற்றுக் கொடுப்பது எமது கடமை.

பொதுவாக செல்லப் பிராணிகள் வளர்ப்பவர்கள் கவனிக்கத் தவறும் விடயம் அதற்கு வழங்க வேண்டிய உடற் பயிற்சி பற்றியது. மாலை வேளைகளில் எமது

நாயுடன் நடைப் பயிற்சி செய்வது இரு தரப்புக்கும் நன்மை பயக்கக்கூடியது. உயரமான சென்ட் பேர்னாட், டோபர்மன் இனங்களுக்கு ஒடியாடி விளையாடும் பயிற்சி கூடாயும் வழங்க வேண்டும். அதற்கான நேரம் ஒதுக்காதவிடத்து செல்லப் பிராணியின் நடத்தையில் ஆக்ரோஷத்தைக் காணக்கூடியதாகவிருக்கும்.

எமது வீட்டில் உள்ள உறுப்பினர்களில் ஒருவராக வலம் வரும் செல்லப் பிராணிக்கு நாம் வழங்கும் அங்கீகாரமே அதன் கழுத்தில் அணிவிக்கும் கழுத்துப் பட்டி. எம்முடைய வளர்ப்பு நாயையும் வீதி நாயையும் வேறுபடுத்திக் காட்டும் ஒரேயொரு அடையாளம் இது. தவறாமல் எம்முடைய செல்லப் பிராணிக்கு இதனை அணிவிப்பது முக்கியமானது.

காலநிலை மாற்றங்களுக்கேற்ப செல்லப் பிராணிகளின் தேவையும் குணமும் கூட மாற்றமடையும். கோடை காலத்தில் அதன் பாத்திரத்தில் எப்பொழுதும் தண்ணீர் வைக்க வேண்டும். மழை நாட்களில் நாயின் பருக்கை இடமும் மேனியும் உலர்வாக இருக்க வேண்டும். அதனுடன் நாயின் நகங்களையும் அவ்வப்போது வெட்டி விட வேண்டும். அதன் பற் தூமையும் முக்கியமானது.



8. எமது நாட்டிற்குப் பொதுத்தமான, வளர்ப்பதற்கு இலகுவான "உள்ளூர் ராணி"
9. புதியவர்களுடனும் நட்பாகப் பழகும் "கோல்டன் ரிட்டீவர்"
10. "லப்ரடோர் ரிட்டீவர்" கூர்மையான அவதானிப்பு
11. சூட்டி ராஜா "ஹெட்வயில்"



இலங்கையின் காலநிலைக்கும்
தம்முடைய பொருளாதார
வசதிக்கும் பெருத்தமான
இனங்களை வளர்க்க
விரும்புவார்கள் முடி அதிகமுள்ள
இனங்களைத் தவிர்ப்பது நல்லது.

நீர் வெறுப்பு நோய் போன்ற ஆபத்தான நோய்கள் ஏற்படாதிருக்க தடுப்பூசிகள் மிக அவசியம். மிகுத வைத்தியரிடம் சென்று செல்லப் பிராணியின் உடல் ஆரோக்கியத்தை அவ்வப்போது பரிசோதித்து உறுதி செய்து கொள்வது முக்கியமானது.

தான் எம்மீது வைத்திருக்கும் அன்னாய் பல வழிகளிலும் எமது செல்லப் பிராணி வெளிப்படுத்தும் வாலாட்டுதல், நாக்கால் நக்கி விடுதல், எம்முடைய கால்களைக் கட்டிக் கொண்டு வீணையாடுதல் என்று பல்வேறு வடிவங்கள் இதற்கு உண்டு. மனிதர்களைப் போன்ற நாயையும் கவலை ஆட்கொள்ளும் தருணங்கள் உள்ளன. அந்தத் தருணங்களில் செல்லப் பிராணியைப் பக்குவமாகக் கையாளவது முக்கியமானது. செல்லப் பிராணியை அதிக நேரம் தனிமையில் விடுவது சிறந்ததல்ல.

பெடிக்ஸ் என்றழைக்கப்படும் கலப்பினமற்ற தாய் இன நாய்களுக்கு எங்கும் அதிக மதிப்பு உண்டு. ஆனாலும் வெளிநாடுகளில் இருந்து இவ்வகை உயர் இன நாய்க்குட்டிகளைத்

தருவிக்கும்பொழுது நம் நாட்டின் காலநிலை, வாழ்க்கை முறைமை முதலியவற்றுக்கு அவை ஒத்துப்போகக்கூடியனவா எனக் கவனிக்க வேண்டும். சில இனங்களைப் பராமரிப்பதற்கான செலவு அதிகம். புல்மஸ்டிவ் போன்றவை சூட்டியாக இருக்கும் பொழுதைவிட வயதாகப் பல மடங்கு பெரிதாக வளர்க்கூடியன.

கோல்டன் ரிட்டீவர், லப்ரடோர் போன்ற குழந்தைகள், பெரியவர்கள் என அனைவருடனும் சுமுகமாகப் பழகும், இலகுவாகப் பயிற்றுவிக்கக்கூடிய இனங்கள் இலங்கையில் வளர்ப்பு நாயாக விரும்பப்படுகின்றன. தற்காலத்தில் கைவிடப்பட்ட வீதியோர நாய்களுக்கு அடைக்கலம் கொடுப்பதற்கும் பெருமளவானோர் முன்வருகின்றனர்.

எவ்வாறாயினும் எமது செல்லப் பிராணியின் உணவு, பராமரிப்பு, ஆரோக்கியம், உறைவிடம் போன்ற ஏதனையும் எதற்காகவும் நாம் சுமரசம் செய்யக் கூடாது. இவ்விடயத்தில் நீங்கள்

சரியான முடிவெடுப்பதற்குத் தலைநகரில் பணிபுரியும் துறைசார் வைத்தியர்களை அணுகி வேண்டிய ஆலோசனைகளைப் பெற்றுக் கொள்ள முடியும்.

எமது செல்லப் பிராணியை வளர்க்கும் விதத்தைப் பொறுத்து அதன் குணவியல்புகளும் விளங்கும். ஒவ்வொரு இனத்திற்கும் தனித்துவமான தன்மைகள் உண்டு, அதனை அறிந்து அதற்கேற்ற விதமாக எமது செல்லப் பிராணிகளை பழக்கி எடுத்து, பயிற்றுவிக்கும் பொழுது பார்ப்பதற்கு அழகான, பழகுவதற்கு இனிமையான செல்லப் பிராணியாக எம்முடைய வாழ்வின் முழுமைக்குப் பங்களிப்புச் செய்யக்கூடியது எமது செல்ல நாய்க்குட்டி.

~இந்த ஆக்கத்திற்கு வேண்டிய தகவல்களை இலங்கையின் முன்னணி செல்லப் பிராணிகளின் மருத்துவமனையான 'பெட்வெட் கிளினிக்' வழங்கி உதவியது. படங்கள் எடுப்பதற்கு 'சிலோன்கொனஸ்கிப்' அனுசரணை வழங்கி உதவியிருந்தது.

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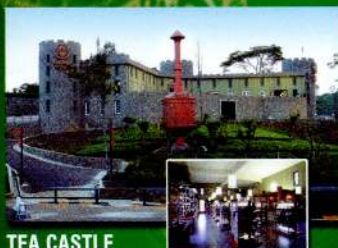
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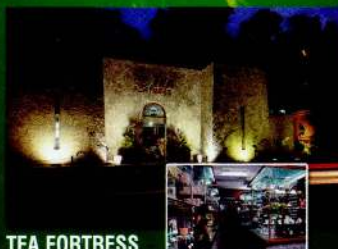
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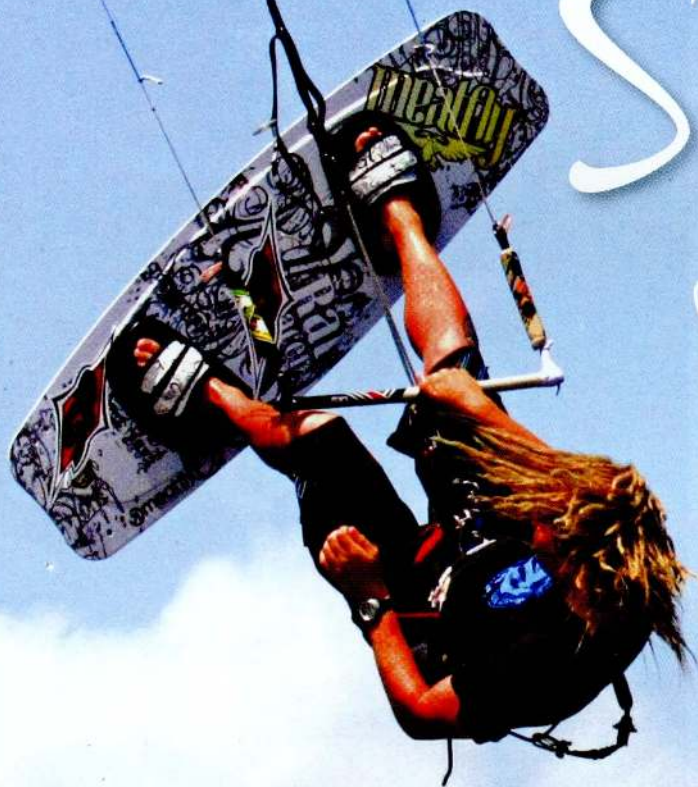
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Kite Surfing Heaven



Kalpitiya has unwittingly stirred the interest of a growing number of enthusiasts all over the world, not for its scenic beauty or its marine sanctuary but for its perfect conditions for kite surfing.

Words: Prasadini Nanayakkara

Photography: Prabath Chathuranga and Indika de Silva

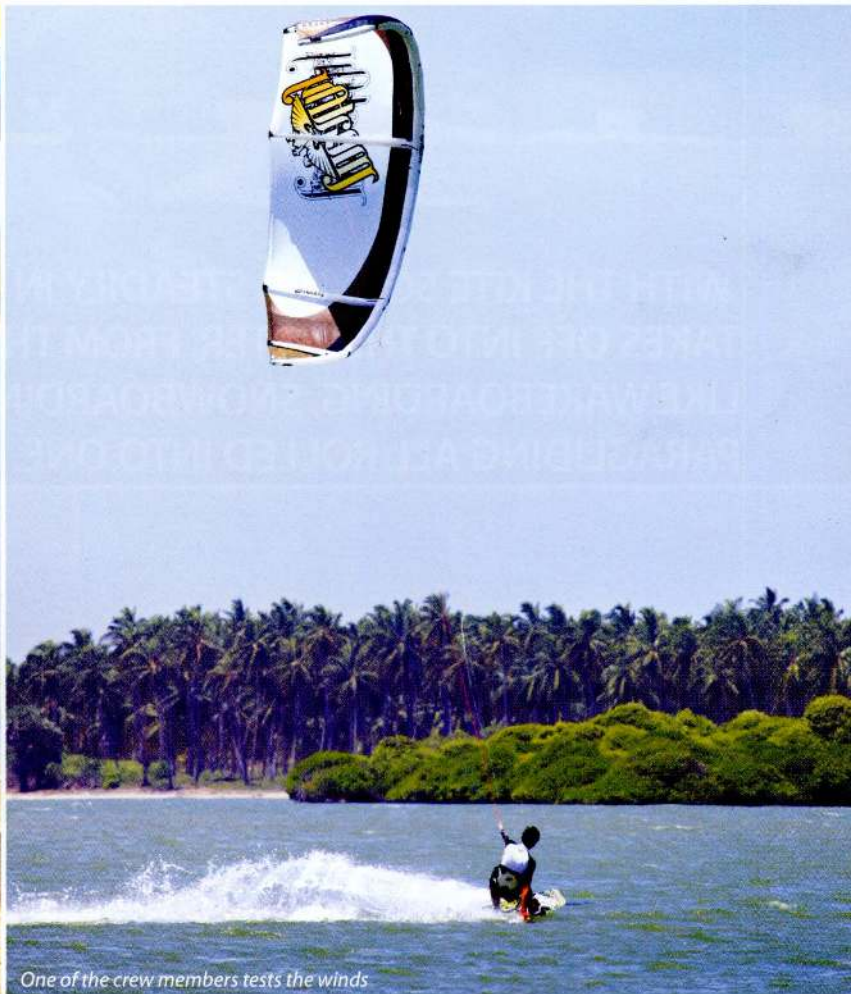
The small strip of land sea-bound from the vast Puttalam lagoon is home to a diminutive yet unique landscape. Kalpitiya forms its own little niche; a lagoon richly endowed with a surrounding reef, islands, dolphin populated waters and a scenic desert-like landscape bordering on surreal. With eco-lodges springing up in the vicinity the sandy lagoon access

has seen the arrival of many visitors drawn for its unusual attributes.

The 'Sethawadiya spot' as it is increasingly becoming known had welcomed a group of kite surfing thrill seekers all the way from the Czech Republic – the news certainly had travelled far and wide. Petr Smid and his crew who were no newcomers to extreme sports had 'discovered' the ideal conditions that the location



Martin Florek with his kite



One of the crew members tests the winds

"THE VAST OPEN LAGOON, SHALLOW WATERS AND OF COURSE THE STRONG WINDS MAKE UP THE IDEAL CONDITIONS HERE"

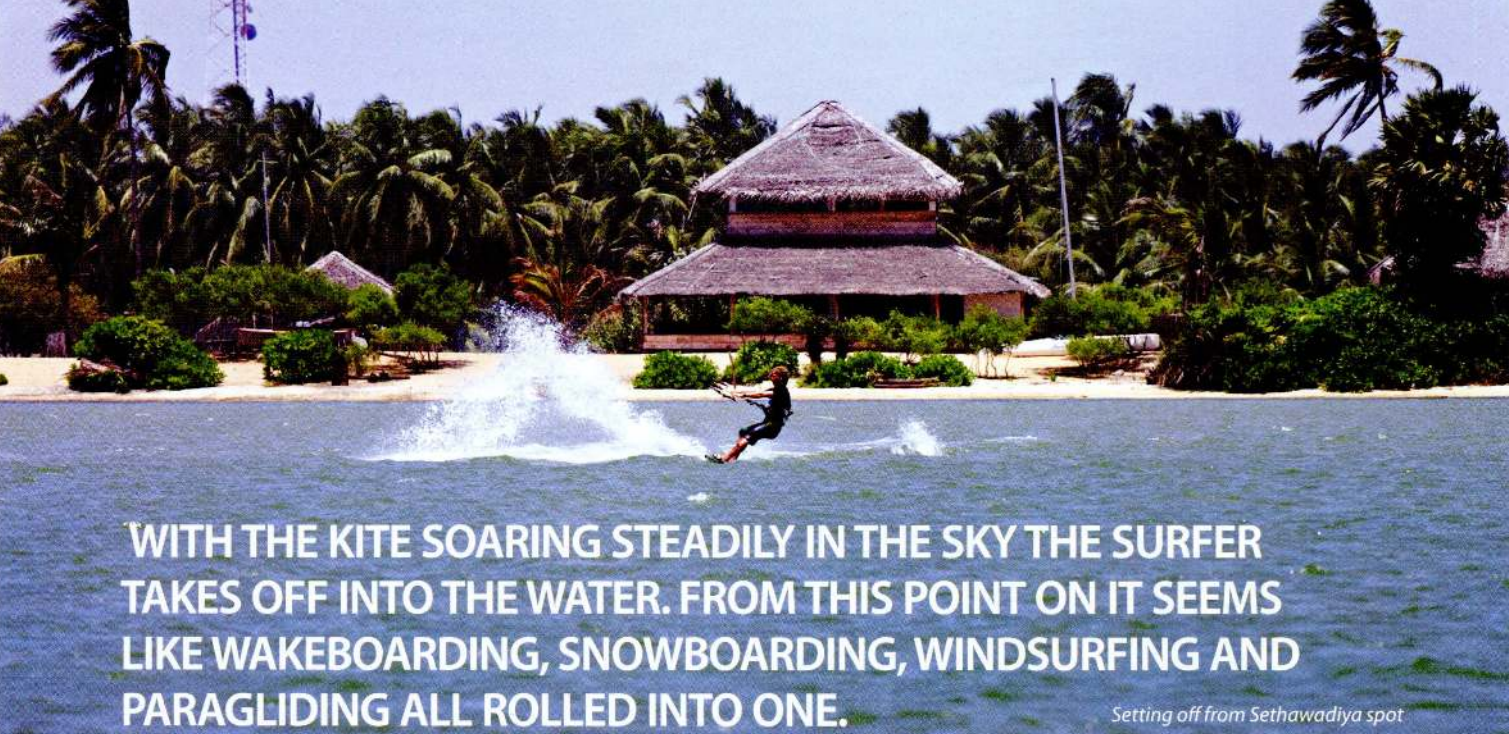
offered. 'Following the wind' in the quest for perfect conditions, which are none too common, found them on the sandy banks of this lagoon as their gear lay strewn about waiting to set off and catch some wind. The season for kite surfing at Kalpitiya prevails most of the year beginning in May and lasts through to October.

"The conditions here are perfect for kite surfing," declares Petr who specialises in extreme sports equipment and arrived here to test the

winds as a beginner. "The vast open lagoon, shallow waters and of course the strong winds make up the ideal conditions here," pitches in Martin Florek the crew's most enthusiastic member who has reached the high ranks in the world championship in kite surfing. With ten years of experience under his belt, the desire to be airborne first struck him during an excursion to the Alps. At high altitudes he only wished he could take off and fly. A licensed instructor for kite surfing he

mentors the rest of the members of the crew. "The conditions here are also very good for beginners," he states. And shallow, calm waters, and open space are the most appealing, and of course the continuous stream of smooth winds. The wind at this location is said to read 15-20 knots, from 12 noon till evening – ideal for kite surfing.

In mid-afternoon the crew wasted no time, loading equipment to a boat to set off across the lagoon to a gravel-bar a few hundred metres away.



WITH THE KITE SOARING STEADILY IN THE SKY THE SURFER TAKES OFF INTO THE WATER. FROM THIS POINT ON IT SEEMS LIKE WAKEBOARDING, SNOWBOARDING, WINDSURFING AND PARAGLIDING ALL ROLLED INTO ONE.

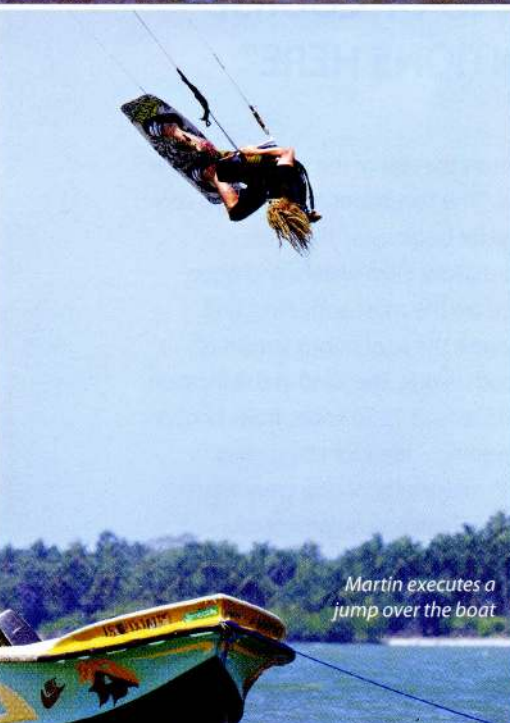
Setting off from Sethawadiya spot



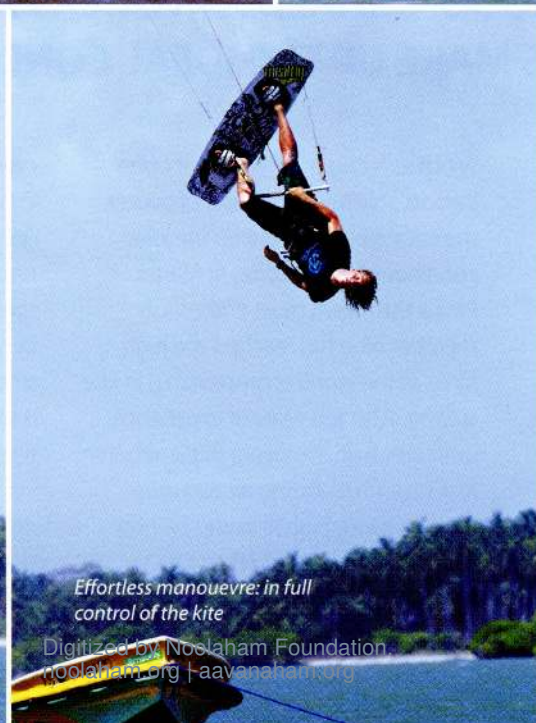
Testing a lift off



Manoeuvring the kite



Martin executes a jump over the boat



Effortless manoeuvre: in full control of the kite



Performing a board grab high in the air



Kites laid out and prepped for flying at the Kalpitiya lagoon



Pumping air into the kite




Thrill-seekers testing the kite

A temporary linear landform surfaced by low tide, it served as a suitable spot for take off. Surfers also have the option of travelling downwind by boat, stopping at the many islands for suitable spots for kite surfing. At the gravel bar the crew prepped for adventure. The bow shaped kites with their expansive wingspan are used to harness the wind and it is this weight that propels the rider across the water to pick up speed and then be airborne. The kite itself seemed a handful to manoeuvre. The inflated edge is air pumped and a kite of suitable size or wingspan varies upon the weight of the rider. The kites are hooked into a

harness worn by the surfer and the feet are placed on the kite-board with foot strappings for firmer leverage.


As a veteran would, Martin hoisted the kite straight into the sky seemingly effortlessly, while some kites of others rebelled askew in the wind. Once the kite is hoisted and soaring steadily in the sky the surfer takes off into the water. From this point on it seems like wakeboarding, snowboarding, windsurfing and paragliding all rolled into one. It was easy to see why the lagoon served as a fitting spot – with ample unobstructed open space the rider could easily careen across to pick up speed.

Skidding ashore breathless Martin states the obvious – “You must be well trained by a professional to do this, especially breaking speed and making sharp turns is tricky.” Exhilaration radiates from his demeanour and even after hours out in the water he promptly sets off again. Watching him executing high leaps and somersaulting jumps mid air, a display of speed, agility, strength and control, the kite, board and surfer seemed to have become one entity. Even watching from a distance gives a taste of the adrenaline rush that can be experienced – it was as close as you could get to flying! ☺



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T Somawathie Temple

Emerging from the Wilderness

Words: Prasadini Nanayakkara | Photography: Mahesh Prasanth

It is the 3rd Century BC, the Island is governed in three provinces, Ruhuna, Maya and Pihiti. In the Ruhunu Province, Princess Somawathie, sister of King Kavantissa is betrothed to Prince Abhaya and the newly weds take leave to Giri Nuwara (hill country). Meanwhile, Prince Dutugemunu son of King Kavantissa is sent to the protection of his aunt Somawathie during the prevalent

South Indian invasion. In time Prince Abhaya and Somawathie entrust Giri Nuwara to Prince Dutugemunu and take up abode at Seru Nuwara where King Shiva, uncle of Prince Abhaya, reigns. Here, King Shiva gifts them an abode at the banks of the Mahaweli River, which they rule as the Kingdom of Somapura.

It is while they reside here that Somawathie desires a place of worship.

Abhaya, now the King of the region, embarks on a search for a site befitting worship and stumbles upon a beautiful forest of Sal trees. Here the King discovers the ascetic Arahat Mahinda Thero (Mihindu Thero) and 60 other Arahats residing in the forest. Thus, the King, instilled with great reverence proceeds to build a temple at the forest. Obliging the King's



Somawathie stupa with its cleft exposing ancient brick

request for relics to pay obeisance to, the Mahinda Thero, bequeaths from his possession a right tooth relic of the Buddha to the King who enshrines it in the temple's stupa. This stupa is built in a characteristic shape of a droplet and religious observances and offering of alms are carried out regularly by the royal pair for many years to come.

The right tooth relic, it is recorded, originates from India, more specifically from ancient Nagpur of India (originating from the Naga tribe), which is said to be Maharashtra of the present day. The tribal King Jayasena of the Naga tribe who had in his protection the right tooth relic, offered the relic to Arahat Mihindu Thero, who was also of the Naga tribe. Incidentally, Mihindu Thero was a disciple from a lineage of Arahats leading back to Maha Mahinda Thero, who introduced Buddhism to Sri Lanka.

Today Somawathie Stupa is located in the ancient capital Polonnaruwa to the west of the Mahaweli River. Geographically, its position is intriguingly different from that which is mentioned in the ancient texts of Mahawamsa, as the east embankment of the river. Archaeological investigations attribute this to the geographical changes over time including the river changing its path. Even today the untarred stretch of road that directly leads to the stupa is said to be the river bed of the Mahaweli,

centuries ago. As you reach Sungavila in Polonnaruwa, the surroundings are distinctly remote and peaceful in its isolation. The turn off to Somawathie Raja Mahavihara leads to a seemingly endless stretch of road that reaches deeper into scrub jungle, providing ample refuge for animals. Wild elephants are often sighted here. The temple is situated within the Somawathie Wild Life Reserve and the road reaches a clearing where the temple and its precincts can be found. At a glance a clear white bubble of stupa sits strikingly with

no other elements to detract from its presence. The surroundings impress a natural beauty that is both inviting and soothing. Its stem of quietude is only punctuated either by the chanting of prayers or a family of deer resting idly, accustomed to human company.

Strolling around this age-old stupa a deep cleft is left visible to expose the ancient brick at its core as over time the stupa had required renovation over its original structure to possess a unique assembly – a stupa within a stupa. Towards the end of the Polonnaruwa



The journey is set across scrub jungle and rivulets of the Mahaweli River

AT A GLANCE A CLEAR WHITE BUBBLE OF STUPA SITS STRIKINGLY WITH NO OTHER ELEMENTS TO DETRACT FROM ITS PRESENCE. THE SURROUNDINGS IMPRESS A NATURAL BEAUTY THAT IS BOTH INVITING AND SOOTHING.

Alongside the road to Somawathie, the site of the duplicate stone inscription situated a short distance away from the premises



The "Kotha" or the topmost structure of the stupa



The deer accustomed to human contact mingle with the resident monks



The slab stone inscription that details the ceremonial offerings that must be conducted

Kingdom and along with South Indian invasions the temple was abandoned, ran into neglect and remained shrouded in mystery and legend undiscovered in the deep jungle. On the trail of the Somawathie legend and historical accounts, in 1947, Ven Sri Piyarathana Thero of Malwathu Maha Viharaya of Kandy along with a group of disciples braved the dangers of the jungle. The accounts of the discovery relate that a beam of light caught their attention and guided by this illumination they finally happened upon the stupa from which it radiated. The stupa however had run into intense neglect and disrepair and in time the stupa and its premises were restored and reinstated with resident monks. Many and varied accounts of similar nature echo in its past, since its discovery. Thus the revered stupa soon became known as the "Budhu-res-vihidena Somawathiya" – "the stupa that radiates" and even today its present Chief Incumbent Sri Sumangala Thero speaks of past incidents with wonderment.

Walking around its surroundings, ruins only hint vaguely at its rich past. Rock columns stand askew and are remnants of the temple complex.

Among these its most important are the stone inscriptions – a total of 11 – around the premises. One of these inscriptions refers to the Stupa as "mani agiya" or a rare gem. The most important of these is a stone slab inscription consisting of ten lines made during the time of King Kanittatissa (164-192 AD) that details a complete ceremonial method that should be conducted and failure to meet its requirements would result in a forfeit of 500 gold coins. Unusually, a duplication of this inscription can also be found upon a high rock located away from the temple precincts and can be accessed even today, its faint lettering still visible.

Today there is no doubt among the faithful of the Somawathie Stupa's history or legend. During the dry season when the water of the Mahaweli River recedes and the path to the stupa has cleared, pilgrims travel far and wide to reach Somawathie Raja Maha Viharaya. They pay homage at times hoping to bear witness with their own eyes, a faith and belief that they carry within. Tucked away from civilisation, in its remoteness it is as a symbol that has emerged unscathed having withstood centuries of change – today its story is told to all who see and listen in wonder. ☸



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Words: Manori Wijesekera

Photography: Luxshman Nadaraja and Mahesh Prasantha

It's difficult to begin a story about Upeka without mention of her parents and the unique heritage into which she was born. The oldest child of Chitrasena and Vajira, Upeka grew up in an atmosphere where she lived and breathed dance.

Her father, Chitrasena, transformed Sri Lankan dance by bringing the hitherto hidden and little known traditional dances onto the stage, creating an entirely new culture and appreciation of traditional dance and dramatising traditional folklore and legends into fascinating ballets.

Chitrasena, although no more, is still considered Sri Lanka's finest male dance artiste while Vajira, the queen of Kandyan dance, is one of the most brilliant choreographers of our time.

To be the first born of such illustrious parents, was not an easy mantle for Upeka. But in a career spanning over 50 years, she has more than proved herself as a unique and enchanting danseuse in her own right. In dozens of performances across the globe as the lead artiste in the Chitrasena Dance Company, Upeka has taken Sri Lankan dance into new heights.



Ridmaranga – a Kandyan dance ritual



The tiny seven year old who made her stage debut in *Vanaja*, a children's ballet created by her mother, probably never realised what lay ahead in her future. But her innate artistic brilliance, moulded by the discipline and hard work espoused by her mother, won her the first lead role in *Rankikili* soon after she turned 13.

A few years later, in 1975, she performed the lead female role in *Karadiya*, a role which her mother had performed many times before. This was also her first performance on stage with her father. "I was very nervous performing with my father, but all the

reviews said I had been at my best when I was on stage with him. I had performed in *Karadiya* previously as one of the group, but my mother had to coach me in playing the lead female role. I already knew the movements, the steps. I knew the music and every day when I came back from school I was part of daily rehearsals. We rehearsed and rehearsed and rehearsed", recalls Upeka.

Critics agree that Upeka came into her own as a solo artiste in *Kinkini Kolama*, a ballet choreographed for her by her parents and performed in 1978. Although originally created by Chitrasena with *Vajira* in mind as the lead

female dancer, it was never produced. Years later, as they saw their daughter blossom into a true dancer and realising she was ready for a starring role, they re-choreographed the ballet to suit her style of dancing.

It was the ideal ballet for Upeka who describes it as a "showcase of the entire Sri Lankan dance spectrum. It features Kandyan dance, low country dance as well as the kolam tradition from Southern Sri Lanka." And in that unforgettable performance, she danced it with a passion and artistry which stunned the entire artistic community. Just when the country had come to



terms with the brilliance of Chitrasena and the regal perfection of Vajira, here was Upeka introducing an emotional element and "soul" to dance theatre.

Although unmatched in her creativity and imaginative interpretation of dance movements, Upeka's true brilliance has been in bringing a depth of emotion never before seen in traditional dance performances in Sri Lanka. Even when she's performing an excerpt from Kohomba Kankariya, a centuries-old, ritual-laden Kandyan dance performance, Upeka is never detached – she draws the crowd into the story, each step, each movement almost like a whispered word.

Her dance style is unique, difficult to pin down with a few adjectives. At times her dancing seems very fragile, exquisitely feminine and graceful while at other times she storms across the stage in leaps reminiscent of her father, with the energy and vigour of an athlete. Upeka explains how these seemingly-disparate styles evolved to become her signature style: "I grew up, as a child and as a dancer, watching my parents dance. I first learned to dance by dancing behind them. When I watched them dance, I always took things from both of them because there were lots of things my father did, which I loved. And there were lots of movements in my mother's dances, of which I was in awe. My father was a very masculine and very strong dancer and my mother was very regal. So I took from them both, I always thought about them when I did certain steps."

Watching Upeka dance, it's clear that there is a special relationship between the beat of the drums and this fiery danseuse. "I always feel that when I hear the drum, I don't even feel my body",

she says. "That's why, even at 60, I can dance! I don't have pain, I just dance. I feel the pain when I wake up the next morning and can't walk! But when I hear the drums, I can go on and on."

Her relationship with the drums is unique in Sri Lankan dance theatre. The drummers are always on stage with her, in a prominent place, often where she can see them as she dances. A careful observer will catch the quick glimpses, the silent communication between Upeka and her drummers. "Dance and the drums go together. It's like a marriage. One can't do without the other," she says.

Chitrasena famously said "the new is an extension of the old". And his dance company has proved this time and again, as each performance, each ballet takes the essence and core of traditional dance, interpreting it through modern choreography. For over three decades, Upeka was the lead dancer in the Chitrasena Dance Company but has now passed on the mantle to her niece, Thaji. "The most wonderful thing is that I don't feel sad or depressed that I can't dance," she says. "I never feel like that. I've danced everywhere. I have danced in the most beautiful theatres, to the most wonderful audiences. I have collaborated with the most wonderful artistes. All those experiences have given me so much pleasure that I don't have any regrets now."

While she continues to head the dance company, Upeka no longer performs solos, preferring now to be a guru, investing her energy and creativity in others. And after a lifetime of dance, her passion for dance remains undimmed

"My life is my dance", she says. "For me, there's no other life but dance." ☺



1 The three generations, Vajira, Upeka and Thaji


2 Nrithatharanga - dancing to the rhythm of the drums

3 Upeka guiding students at the Chitrasena Dance School

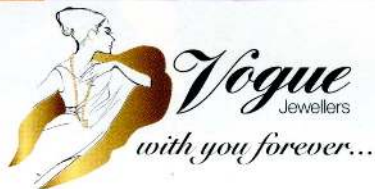
4 A young Upeka with her legendary parents Vajira and Chitrasena

5 Reflecting on a vibrant past

6 The Chitrasena Dance Company in practice under Upeka's guidance



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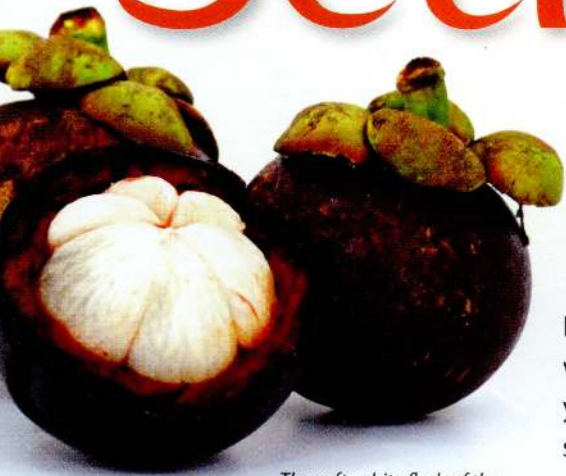


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*The delicious
Rambutan
fruit*

RAMBUTAN AND MANGOSTEEN Seasonal delights



*The soft, white flesh of the
Mangosteen wedges*

It is that season again, when one eagerly anticipates the time when the streets are lined with hues of red, deep purple and yellow on makeshift tables. In fact they appear not just in the streets but everywhere.

Words: Shehara de Mel

My imagination races as I picture this wonderful sight competing with the brightness of the sun. Excitement builds up and suddenly I find myself craving for the extraordinary, exquisite taste of the red 'hairy' fruit and the majestic 'queen of fruits': the taste of luscious Rambutan and Mangosteen.

The Rambutan and Mangosteen season enthalls almost the entire Sri Lankan community. One bite into either of them is all it takes to go back to the pavements or supermarkets and

buy bags and bags overflowing with these fruits. Sri Lankans cannot seem to get enough of them and this sentiment is exactly what makes this season a sort of festival: a festival of Rambutan and Mangosteen.

Rambutan, known botanically as *Nephelium lappaceum*, is a tropical tree that did not originate from native soil. It is believed that the Portuguese brought the first Rambutan seeds to Sri Lanka from Malaysia. According to ancient folklore they had a fortress in Malwana and found that the soil in the Kelani Valley was ideal for the plant to

thrive. Although this fruit is not native to our little island, it is very popular and much sought after by the locals. Street sales of Rambutan were first introduced along the Kandy-Colombo road, close to Nittambuwa, as both sides were crowded with temporary Rambutan stalls. Today, these street sales have expanded to nearly all of the main streets in Colombo, in particular, Havelock Road and Alexandra Place, popular attractions among passers-by.

The Rambutan season commences in May when its trees flower and the fruits begin to appear from June till



SRI LANKANS CANNOT SEEM TO
GET ENOUGH OF THEM AND THIS
SENTIMENT IS EXACTLY WHAT MAKES
THIS SEASON A SORT OF FESTIVAL

*An abundance of the
'Malwana Special'*



*The majestic 'queen
of fruits' in season*



A pile of ripe Mangosteens



A Rambutan tree bearing fruit



Rambutan stalls lining the street

THE SOFT, WHITE FLESH WITHIN IS DIVIDED INTO WEDGES SIMILAR TO THAT OF AN ORANGE WITH A SEED IN EACH OF THE LARGER WEDGES.

the middle of August. This process can change however if there are unfavourable weather conditions such as continuous rainfall. Malwana, the heart of Rambutan cultivation, is decorated with orchards that stretch for acres and are heavy laden with fruit. Rambutan is mainly cultivated in home gardens, chiefly in Malwana as almost everyone in this area grows a Rambutan tree. There are several varieties of Rambutan in Malwana: 'Malwana Special' and the 'Malaysian Yellow'. 'Malwana Special' is a fusion of a foreign variety and the traditional Sri Lankan variety. The 'Malaysian Yellow' is very sweet, sometimes more delightful than the 'Malwana Special'; but the demand is low for the yellow because the red outer covering of the 'Malwana Special' has more appeal and people are naturally drawn towards it.

Rambutan isn't the only seasonal delight to titillate our taste buds. Commonly referred to as the 'queen

of fruits', Mangosteen was introduced to our soil from Southeast Asia. Its botanical name being *Garcinia mangostana*, this fruit has an equally exceptional flavour. The rind, also known as the exocarp of the fruit, is deep purple in colour turning into a shade of wine when ripe. The soft, white flesh within is divided into wedges similar to that of an Orange with a seed in each of the larger wedges. The smaller wedges are more often seedless and easily digested. The pleasant juice released is a perfect balance of acids and sugars. It is almost the same size as a Tangerine and its hard rind can be likened to that of a Pomegranate. The Mangosteen fruit is as delicious as the Rambutan and is primarily cultivated in dry areas of the country. The Mangosteen season lasts till September and therefore shares a few traits with its seasonal counterpart. Kalutara is the hub of Mangosteen

cultivation and it is also grown in areas such as Kegalle, Kandy, Matale, Galle, and Gampaha. Mangosteen trees are typically large in nature and produce an abundant harvest during its season. Temporary stalls are prominent mostly in the vicinity of the famous Kalutara Temple while it is also sold in and around Colombo during the season.

These tropical delights do not merely satisfy our taste buds: they are of significant nutritional value and provide considerable health benefits. Mangosteen is sometimes used to treat skin infections while both fruits help the digestion process.

A wave of emotions overwhelms me as I recollect those neatly stacked piles of Rambutan and Mangosteen adding colour to the environment. This recollection is only a glimpse of what is to come. Sometimes referred to as the 'food of the gods', these mouth-watering fruits are truly heavenly treats on this little Island of paradise. ☺

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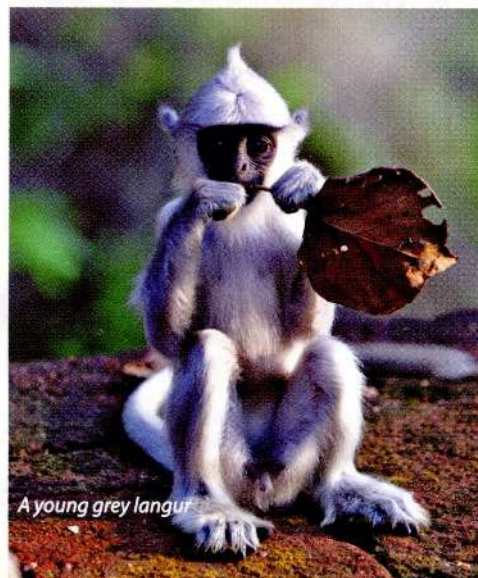
A group of grey langurs with their young



Two macaques with a baby



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A young grey langur



Monkey Business!

They are everywhere, swaying and leaping from tree to tree, hopping on to roofs, carrying their young in troops. They may silently approach, grin and plaintively coo at you, seeking a hand-out, and when you're not looking will even steal from you. They are none other than the Sri Lankan monkeys.

Words: Kamalika Jayathilaka

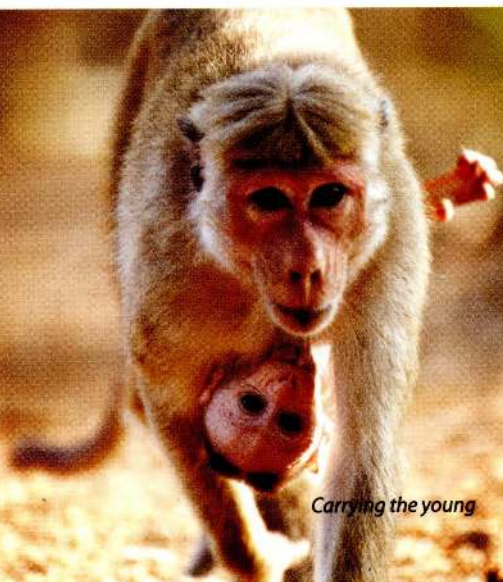
Sri Lanka is home to five different species of primates. In fact it is rather surprising to learn that Sri Lanka has the highest diversity of mammals in South Asia. Even though the country takes up only about 1.5 percent of the land area of South Asian countries with primates, Sri Lanka is home to 30 percent of all primate forms found in South Asia.

Dr. Wolfgang Dittus has spent over 40 years studying monkeys, mainly in the Polonnaruwa area of Sri Lanka, unravelled some of the intriguing details unique to the wonderful world of these remarkable creatures.

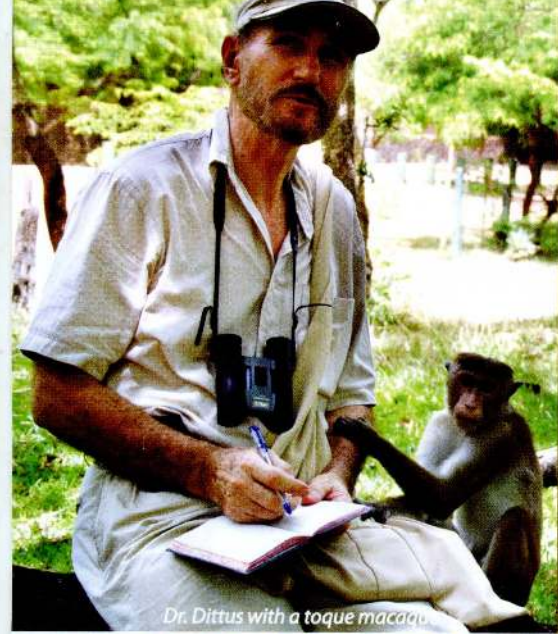
Reddish brown in colour, the toque macaques are the most socially active and intelligent of all Sri Lankan monkeys and are widely seen in forests as well as populated human habitats around

the island. The males are relatively larger, almost twice the size of females who are red faced and subordinate. Gray or Hanuman langurs have light gray fur with black faces and the purple-faced langurs are distinguished from the grey langurs by their darker fur and white beards.

Two of the species are leaf-eating monkeys, namely the langurs. These monkeys have a specialised gut with protective bacteria that enables them to digest mature leaves. Thus, in forests food is widely available for these monkeys. The toque macaques on the other hand, cannot eat mature leaves because like humans they cannot digest it. They prefer to eat fruit and leaf-shoots, and of late they have increasingly adapted to human food; and people in turn have gotten used to



Carrying the young



Dr. Dittus with a toque macaque



The social macaques



A purple faced langur

THE TOQUE MACAQUES ARE MOST SOCIALLY ACTIVE AND CLEVER, EVEN FORM SOCIAL COALITIONS AND ALLIANCES AND TEND TO HAVE A VERY GOOD MEMORY TO REMEMBER THEIR HISTORY WITH OVER 300 OTHER MONKEYS.

feeding them. This is one main reason why there are more macaques than there should be in areas such as Kandy and Dambulla explained

Dr. Dittus adding how people should help protect these monkeys from becoming pests and reduce their numbers, by not feeding them.

The macaques live in social groups of about 25 members constituting about one to three mother-families. These families consist of related females with their young, and one or more adult males that have come from other social groups. Together they protect the family's young. When the young males of a family reach adolescence they leave the family and wander off in bachelor groups in search of mates. The reason they do this according to Dr. Dittus is to prevent inbreeding. They attach themselves to unrelated females outside their own group.

Each group has its own territory, which is a large area of forest identified as a home range. According to Dr. Dittus, the macaques (like all life-forms) are genetically designed to reproduce as many offspring as possible and therefore, there is fierce competition among the males for mating rights with females. As a result, many adult males get wounded and die, the reason why there are almost twice as many adult females than males.

Like the macaques the grey langurs also live in social groups, ranging from ten to sometimes over 50 members, comprising of females and normally several adult males. They too have their home ranges and often engage in

territorial battles with others of their kind. They are often seen feeding in trees and on the ground. The purple-faced langurs are similar to the Hanuman langurs, but live in small groups or harems dominated by a single adult male. They are not so easily seen because they confine their activities usually to the top-most forest layer.

Interestingly enough, all these monkeys communicate with one another. Language is the dominant characteristic that distinguishes the humans from animals, but according to Dr. Dittus, these primates have a basic structure of language. The toque macaques are most socially active and clever, even form social coalitions and alliances and tend to have a very good memory to remember their history with over 300 other monkeys. One example of monkey communication would be the way they warn their group of predators. They have different types of calls for different predators. For instance, when one makes the snake-call the whole group would run up trees to protect themselves; and if it were a hawk, the call would be different and the troop would descend from the trees.

Troops of monkeys are a common sight in Sri Lanka and from the days of the Monkey King Hanuman who is believed to have come from India to Sri Lanka in search of Sita in the popular epic Ramayana, these animals have been a part of its people for generations blending in with their culture and history. ☺

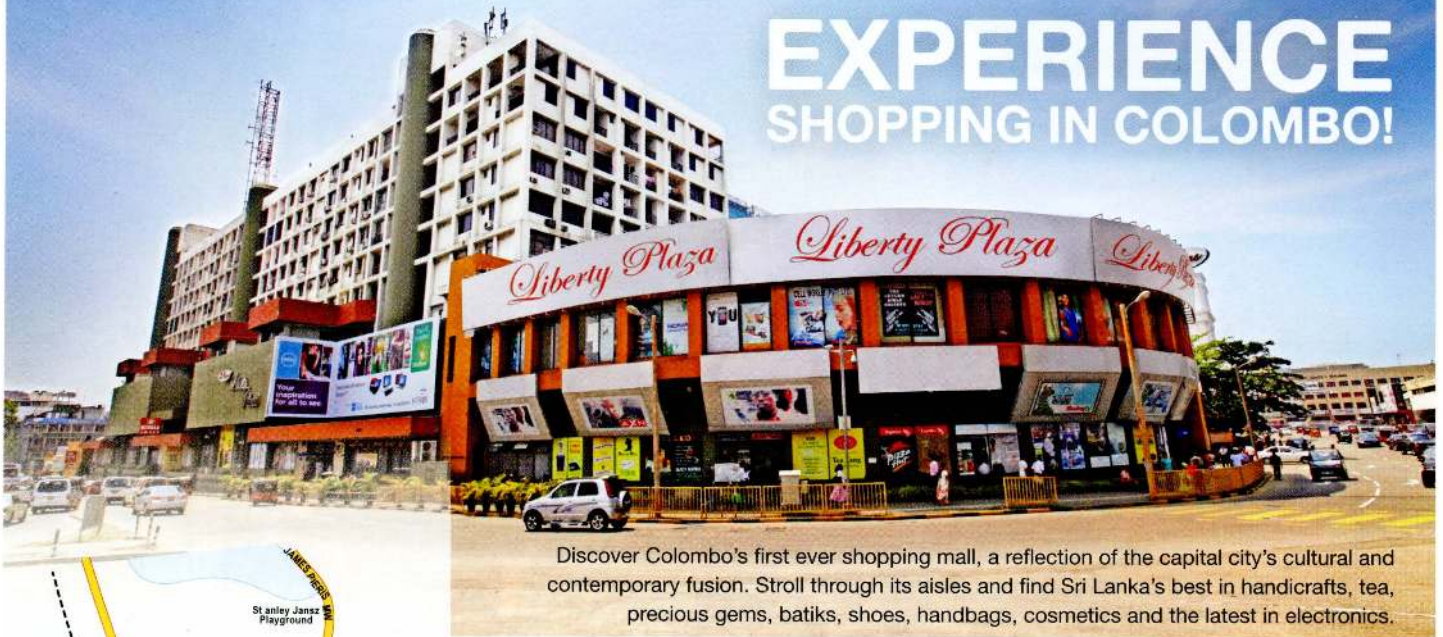
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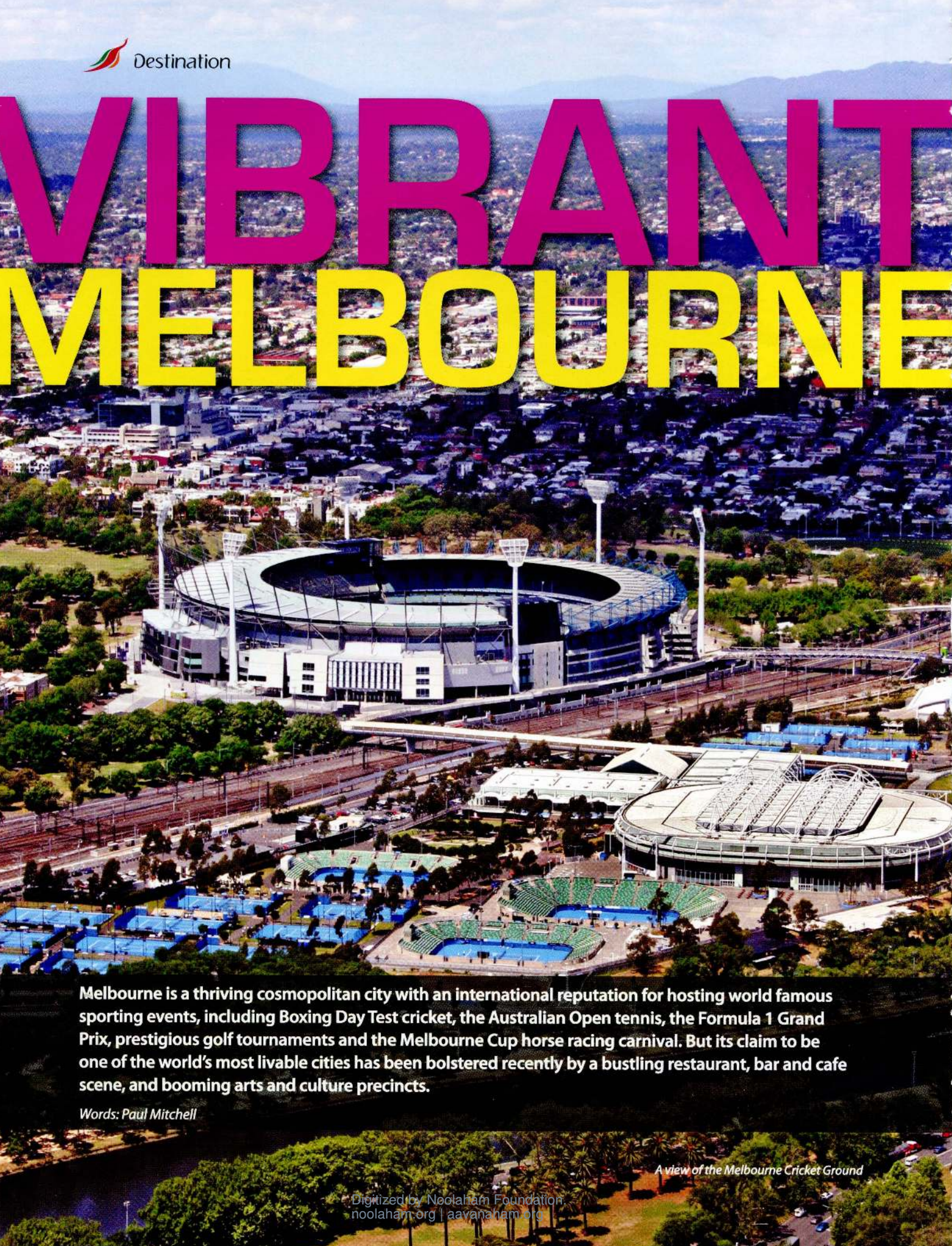
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VIBRANT MELBOURNE



Melbourne is a thriving cosmopolitan city with an international reputation for hosting world famous sporting events, including Boxing Day Test cricket, the Australian Open tennis, the Formula 1 Grand Prix, prestigious golf tournaments and the Melbourne Cup horse racing carnival. But its claim to be one of the world's most livable cities has been bolstered recently by a bustling restaurant, bar and cafe scene, and booming arts and culture precincts.

Words: Paul Mitchell

A view of the Melbourne Cricket Ground



The Melbourne Recital Centre (Photography Peter Glenane)

Federation Square is the city's new hub. Much maligned when it was unveiled in 2002, Melburnians and international visitors alike have embraced its contemporary architecture, open spaces and contemporary arts venues. Home to the Australian Centre for the Moving Image and the Ian Potter Gallery, 'Fed Square', as the locals call it, is a great place to meet,

eat or take a snapshot of Flinders Street Railway Station's famous facade.

Visitors can reach a refurbished Melbourne Cricket Ground (MCG) using upgraded rail, foot and tram access routes. Nothing beats the atmosphere of joining the crowd for an AFL game or cricket match at this world-renowned sporting venue. But even when the stands are empty there's plenty to do

at 'the G'. The National Sports Museum is one of Australia's premier attractions, with Olympics, cricket, golf and soccer all represented. You can even meet Shane Warne . . . sort of. In a permanent 3D hologram exhibition, the legendary Australian leg spinner talks about his career while opening his locker and spinning a ball. It'll make you want to take block and face up to Warnie . . .



The vibrant facade of Movida and Grossi Florentino



Melbourne Supper Club Bar (Photography Ben King)

It is true that Melbourne is a city in love with sport, yet you're just as likely to meet people passionate about art, culture and creativity. The trademark laidback Australian approach to life is here, but this isn't the outback. Melbourne is a centre for international commerce, and Melburnians pride themselves on being the most culturally sophisticated people in Australia.

The Arts Centre at Southbank, Her Majesty's Theatre and the Princess Theatre, stage the world's biggest shows, and the Melbourne Recital

Centre is the newest addition to this enviable arts precinct. Combining stunning architecture with world leading acoustics, the Melbourne Recital Centre is an unmissable treat for lovers of fine music.

Melbourne was recently named a UNESCO City of Literature, one of only four in the world. Hardly surprising then, that Melbourne hosts as many poetry readings per week as cities triple her size and boasts the Wheeler Centre for Books, Writing and Ideas, where authors discuss their work daily.

And the modernised State Library, with its hushed Domed Reading Room, offers an oasis for thinkers in the heart of the city.

Major international and Australian exhibitions at the National Gallery of Victoria have attracted crowds in keeping with the Boxing Day Test. It's the same at the ultra-modern Melbourne Museum, which regularly hosts one-off international tours, such as the recent Tutankhamun exhibition. And if you want to delve deep into Melbourne's own history,

THE TRADEMARK LAIDBACK AUSTRALIAN APPROACH TO LIFE IS HERE, BUT THIS ISN'T THE OUTBACK... MELBURNIANS PRIDE THEMSELVES ON BEING THE MOST CULTURALLY SOPHISTICATED PEOPLE IN AUSTRALIA.



Unique design of Federation Square



Inside Federation Square

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The laidback culture in Melbourne



Federation Square at night



The Wheeler Centre - a place where creative minds meet



A match at play - MCG at night



The Domed Reading Room at the State Library

the Museum houses the fascinating Bunjilaka Aboriginal Cultural Centre, which empowers Aboriginal people to interpret and display their cultural heritage.

Outside of Rome, no city in the world loves its coffee more than Melbourne. Since the 1950s, Italian migrants have created a rich café culture, from Pellegrini's in Bourke Street to Mario's in Brunswick Street, Fitzroy. The city is home to some of the world's most sophisticated coffee houses, including the upbeat Proud Mary in Collingwood, featuring arguably Melbourne's best example of syphoned coffee, the latest world trend in quality cafés.

The city's fine dining restaurants are world famous. Flower Drum Chinese Restaurant, Shannon Bennett's Vue de Monde in the historic Normanby Chambers (and soon to also open high in Melbourne's landmark Rialto Tower), Jacques Reymond, Movida and Grossi

Florentino, among many others, have international reputations for quality and service. The city's bar scene is similar, with Gerald's, the Supper Club, Gin Palace, the retro Berlin Bar and Black Pearl in Fitzroy, just some among hundreds offering contemporary ambience, smooth tunes and trademark Melbourne sophistication.

But that's only the start of the bar, restaurant and nightclub scene. You can experience big venues and, bright entertainment at the slick Crown Casino and Southbank precinct on the Yarra River, with restaurants and bars offering everything from fine dining to a speedy bite, a languorous cocktail to a locally brewed beer. Or you can explore Melbourne's famous laneways and find a hidden bar.

Taking a cue from New York, Melbourne boasts a secret bar scene, the envy of Australia. Many open with little fanfare in hideaway locations. You can be out for a stroll in the CBD

(Central Business District) and suddenly open a door and find yourself in one of the city's coolest new establishments.

Melbourne's reputation as a world-class shopping destination keeps growing. Top Australian and international fashion labels can be found at the 'Paris' end of Collins Street, and the recently refitted GPO complex in the city's heart. For something totally Melbourne, Flinders Lane and Little Collins Street, and the myriad laneways between, offer an eclectic mix of cutting-edge local independent designs. But it doesn't end there: a short tram ride from the CBD are Brunswick Street, Fitzroy, Smith Street Collingwood, and Chapel Street and South Yarra, all coveted destinations for fashion savvy Melburnians.

Amongst all this you'll come across Melbourne's best kept secret: Melburnians. Sophisticated, welcoming and proud of their city. Oh, and they love a bit of sport, too. ☺

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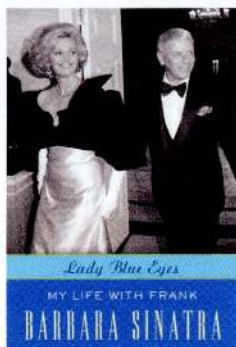
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**Lady Blue Eyes:
My Life with Frank
Barbara Sinatra**

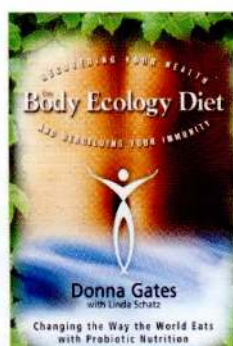
In a detailed autobiography of her life before and after she met the legendary artiste, Barbara Sinatra tells a tale not known to the world. She provides a descriptive account of her unassuming beginnings in the little town of Missouri, her life as a celebrity and her encounter with Frank Sinatra. The book contains intriguing revelations



of Sinatra's character behind the spotlight and portrays a vivid picture of their journey amidst the glamour of Hollywood.

**The Body Ecology Diet:
Recovering Your Health and
Rebuilding Your Immunity
Donna Gates with Linda Schatz**

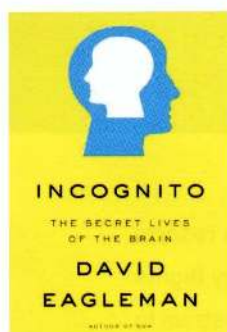
The Body Ecology Diet is a resourceful and practical guide to help readers maintain a healthy lifestyle. Donna Gates provides a step-by-step process to those suffering from a systemic infection termed 'the hidden invader'. The book describes seven basic principles and the use of such principles to overcome every health challenge



that one may encounter, maintain the 'inner ecology' of the body and plan a healthy yet delicious diet.

**Incognito:
The Secret Lives of the Brain
David Eagleman**

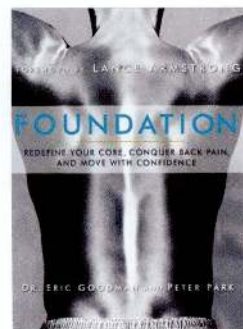
Incognito is a challenging yet thrilling exploration of the subconscious mind. In this new book, recognised neuroscientist David Eagleman unveils the mystery behind the subconscious mind in a concise and easy-to-understand format. Eagleman examines various questions and reveals a unique relationship between the brain and consciousness using



common situations such as plane spotting, drugs, dating, beauty, artificial intelligence and visual illusions.

**Foundation:
Redefine Your Core,
Conquer Back Pain, and
Move with Confidence
Dr Eric Goodman and
Peter Park**

Foundation is a useful training exercise to strengthen posture and lessen back pain. With a foreword by iconic cyclist Lance Armstrong, Dr Goodman and Peter Park provide an invaluable guide to help correct poor movement patterns and redefine the core of the body. Exercises are explained in a clear manner



and are less strenuous. Foundation enables readers to maximise power, flexibility and endurance resulting in proven and successful outcomes.

**Does the Noise in My Head
Bother You?:
A Rock 'n' Roll Memoir
Steven Tyler**

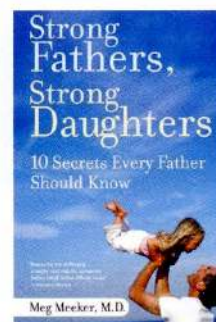
Steven Tyler the star of the widely respected and highly acclaimed band Aerosmith, shares an explicit yet touching story that is both entertaining and colourful. Describing the journey of Aerosmith, the success, hardship and trials encountered in their rise to fame, Tyler delivers a truthful and completely hilarious account in a playful voice that



is synonymous with his personality. The memoir provides startling insights into the lifestyle of Tyler and his personal relationships.

**Strong Fathers, Strong
Daughters:
10 Secrets Every Father
Should Know
Meg Meeker**

The most influential and distinctive figure in a girl's life is her father. Teen health expert Dr Meg Meeker provides data combined with years of experience as a counsellor to strengthen this view in her new book. It reveals ten secrets every father needs to know in order to strengthen or rebuild the relationship with his daughter



and impact and shape her life positively. Strong Fathers, Strong Daughters is an instrumental guide to one of the most fundamental relationships in life.

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Sleep and relax with the Vibroacoustic Therapy System, which comes with two clinically proven powerful stereo speakers and a powerful low frequency vibroacoustic wave generator. Developed by Dr. Lee Bartel, this device will help increase circulation, decrease pain and increase mobility. All you have to do is place it behind your back to hear the therapeutic waves of sound and feel the deep massage. You can use the backlit remote control to choose one of four programmes – sleep preparation, stress relief, energize or relaxing sound therapy.



MATTLE PUPPY TWEETS

What if your puppy could tweet? A Puppy Tweet medallion will let you create a twitter account for your pet. The medallion features an internal accelerometer, a microphone and a wireless connection. You will need a dongle that must be installed on a PC and Mac, upon which you can install the Puppy Tweets software. Then install the username and the password of the Twitter account it should represent. Once all that is settled you can put the medallion around your pet. Once the collar gets in range it will connect to the dongle and send the vibrations that the puppy makes. The software will read the vibrations and translate it into something funny.

STERISHOE SANITIZER

With SteriShoe sanitizer you can clean your shoes effectively without using harsh chemicals. It features an ultraviolet UVC technology that is a clinically proven way to sanitize the inside of shoes and remove shoe odour. Using germicidal ultraviolet light (UVC), the shoe sanitizer kills the organisms that cause toenail fungus and offensive shoe odour.



THE PERSONAL COOLING COLLAR

Stay cool and feel a refreshing breeze across your neck and back as you walk around wearing the Personal Cooling Collar. The collar holds water and its internal fan prompts evaporation thus cooling across the back of your neck and base of the head. The collar weighs less than one pound and it contains an aluminum interior that conducts a cooling sensation. The device, powered by an AA battery with four-hour battery life has two adjustable fan speeds and comes with a water bottle to refill the collar.



iHM79

iHM79 is a stereo speaker system that is compatible with iPods, iPhones, iPads, Macbooks or any laptop and MP3 players. The compact speakers attach magnetically in a capsule shape and then separate and extend to generate big stereo sound, making it portable and efficient. It features two amplified speakers with built-in rechargeable batteries, vacuum bass expansion, USB charging, and comes with a protective carrying case.

MOOD CHANGING TABLE

The mood changing table will make mealtimes extra exciting for everyone. Designed by Simone Savini the table is coated in a simple heat-sensitive resin coating that fades from black to white, leaving a temporary trace of the last touch or hot object. As the warmth fades the table returns to its original colour ensuring a clean slate every time.



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Designed to capture mosquitoes across one acre the Four Attractant Mosquito Trap emits light, vibrations, heat and a scent to attract mosquitoes. A LED light oscillates at frequencies that are proven to appeal to mosquitoes' spectral sensitivity and the trap produces gentle vibrations that excite the insects and draw them in. The trap emits infrared heat to simulate human body temperature and it produces the smell of octenol (the same chemical in human breath and sweat) to lure mosquitoes to the trap.



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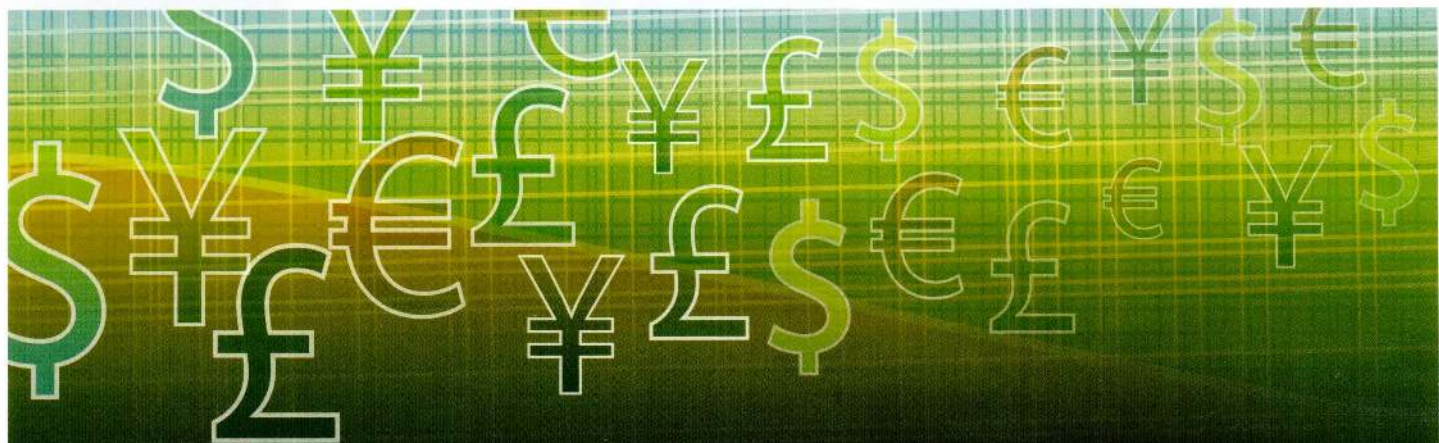


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JULY



TURTLE WATCHING
In Rekawa Dickwella
(Peak season until July)



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



SLOTH BEAR SEASON BEGINS
(Yala National Park)



**MIHINTALE BECOMES A MAJOR
PILGRIMAGE SITE DURING THE
MONTH OF POSON**



PĀḌA YĀTRA
A spiritual tradition; pilgrims
travel from the Island's far North,
arriving nearly two months later in
Kataragama in the South
(Ending in July)



KATARAGAMA FESTIVAL
The region of Kataragama is abuzz with activity with devotees of all creeds
taking part in religious festivals



**FESTIVAL OF NAAGAPOOSANI
AMMAN KOVIL**
Thousands of Hindu devotees
attend this two-week long festival
to receive the blessings of the
Goddess Naaga Poosani Amman

1 - 29

KATUKURUNDA MOTOR RACES



AYURVEDA EXPO
International indigenous
healthcare exhibition, trade fair
and symposium in Colombo



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

29

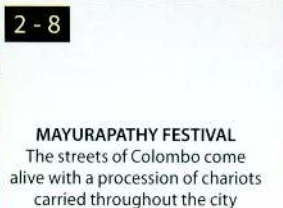
CULINARY ART 2011
Sri Lanka's leading food and
hospitality tradeshow
takes place at BMICH
(Continues to August 1)

AUGUST

1 - 13



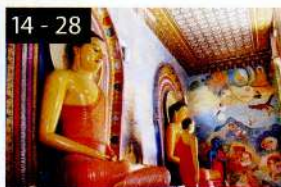
ESALA PERAHERA
The Dalada Festival in Kandy is the
highlight of the Sri Lankan
cultural calendar



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



TALAWILA ST. ANNE'S FEAST



BELLANVILA PERAHERA
A cultural procession livens 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

16

**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



LANKA CHALLENGE
Traversing the wild East and less
travelled North of Sri Lanka



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



RAMADAN

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

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

SEPTEMBER



FACETS 2011
21st Sri Lanka International
Gem & Jewellery Show



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)

**TAPROBANA 4X4
CHALLENGE 2011**
Championship competition for
the local and international 4X4
enthusiasts
(Monaragala)

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

A photograph of a person surfing on a wave. The surfer is wearing a blue and white patterned wetsuit and is riding a green surfboard. The wave is breaking with white foam. The background is a clear blue sky and ocean.

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



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



THAI PONGAL
The Hindu harvest festival

COLOMBO INTERNATIONAL
BOOK FAIR

DEEPAVALI
The Hindu festival of lights
signifying the triumph of good
over evil

WORLD SPICE FOOD FESTIVAL

A large flock of birds, possibly terns, is captured in flight over a lush green field. The birds are seen from various angles, some in profile and others from below, showing their dark wings and lighter bodies. The background consists of a dense line of green trees under a bright sky.

ANAWILUNDWA BIRD SEASON BEGINS

CHRISTMAS

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

A person in a colorful, possibly traditional or theatrical costume is performing a ritual. They are holding a large, glowing, circular object that resembles a large, lit candle or a small fire. The scene is dimly lit, with the primary light source being the glow from the object. The person's face is partially visible, and they appear to be in a state of focus or concentration. The background is dark and indistinct.

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)

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

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

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

NEW YEAR'S EVE

FEBRUARY

COLOMBO MARATHON

6

HAJJ FESTIVAL



**BEST SEASON FOR
WHITE WATER RAFTING**

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

CARLTON RUGBY 7S

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

DECEMBER

2012
JANUARY

DURUTHU PERAHERA

The grandeur of the Duruthu Pehara of Kelaniya attracts thousands of spectators.

GANGARAMAYA NAVAM
PERAHERA

INDEPENDENCE DAY

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July 2011 71



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a temple, a legacy

NAWAM MAHA PERAHERA



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

GANGARAMAYA CULTURAL SHOW



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

TREASURY OF DHAMMA



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

GANGARAMAYA MUSEUM



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.

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REDLINE

A Glimpse of Sri Lanka

■ **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.

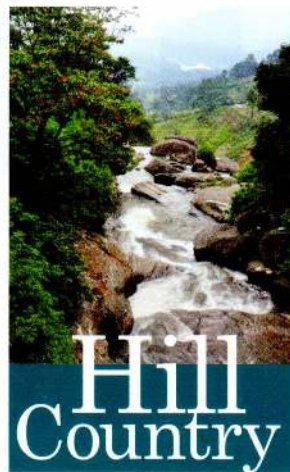
■ **POTTUVIL** lies along the Eastern coast. Muhudu Maha Viharaya, which means the temple near the sea and Magul Maha Viharaya are of archaeological importance.

■ **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.



Hill Country

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

■ **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. Adjacent 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 plants and palms.



Nature & Wildlife

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

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

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

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

■ **Horton Plains** with its beautiful landscape and cool climate is home to many wild animals 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.

Rich in 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 Kechchimallai Mosque. You can take boat trips down Beruwela's wildlife strewn river.

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

■ **Great Basses** is home to a variety of fish species. Snorkellers and scuba divers will find it hard to resist.

■ **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 its whale-watching seasons.

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

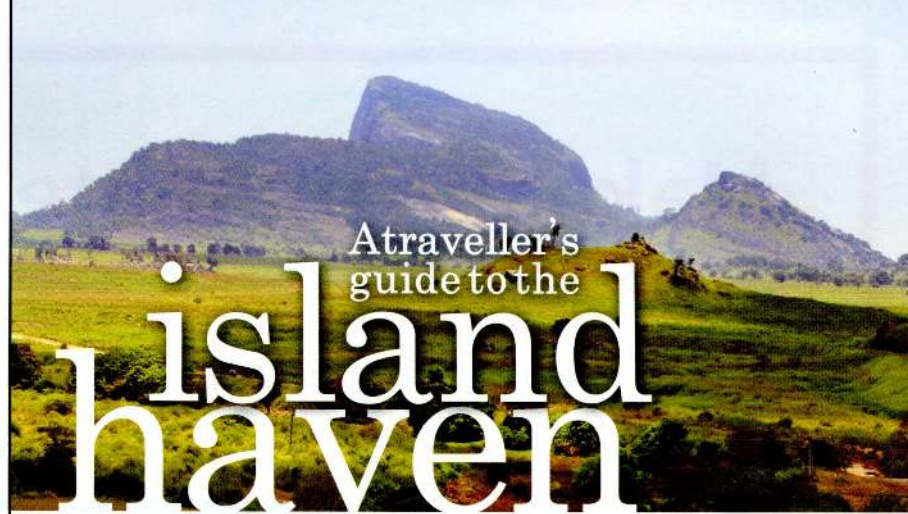
■ **Negombo** is a lively beach town peppered with luxury hotels.

■ **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.



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 at 2,243m

VOLTAGE REQUIREMENTS:

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

GSM NETWORK: 900

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

TAXI: 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 STATION: 011 232 9604

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

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PRESIDENT IN ST. PETERSBURG, RUSSIA



President Mahinda Rajapaksa being welcomed by Sergei Alexsei Ivanovich, Deputy Governor of St. Petersburg

President Mahinda Rajapaksa arrived in St. Petersburg on SriLankan Airlines' flight to attend the International Economic Forum. The President is welcomed by the Deputy Governor of St. Petersburg, Sergei Alexsei Ivanovich at the Pulkovo

International Airport. The President was accompanied by Senior Minister of International Financial Co-operation, Dr. Sarath Amunugama; Minister of External Affairs, Prof. G.L. Peiris; Monitoring MP for External Affairs, Sajin Vass Gunawardena, M.P.; Secretary

to the President, Lalith Weeratunga; Ambassador for Sri Lanka in Russia, Udayanga Weeratunga; and Governor of the Central Bank, Ajith Nivad Cabraal. SriLankan Airlines is due to commence scheduled operations to Moscow, in September, 2011.

FOUR TOURISM AWARDS



L-R: Deputy Minister of Economic Development, Lakshman Yapa Abeywardhana presents; the Hall of Fame Award to Mohamed Fazeel, SriLankan's Head of Worldwide Sales and the Best Print Media Presentation in Travel and Tourism to Nirmalli Paldano, SriLankan's Serendib Associate Editor. Also in the photographs, Dr. Nalaka Godahewa, Chairman Sri Lanka Tourism. The Award won by Serendib.

The Sri Lanka Tourism Awards 2010 recognised and rewarded excellence in the tourism industry by presenting the highest honours for travel and tourism achievers.

SriLankan Airlines is the proud recipient of four Awards of Excellence for the Airline's contribution to the Travel & Tourism industry in 2010. The Hall of Fame Award for being recognised

as the Airline of the Year for three consecutive years; 'Airline of the Year for 2010' for contribution in the year that Sri Lanka witnessed a turnaround with rapid growth in inbound tourist traffic; Destination Loyal Partner (Foreign) Tour Operator for SriLankan Holidays for promoting travel to Sri Lanka; and the Best Print Media Presentation in Travel & Tourism for the Airline's inflight magazine

you are now holding – the Serendib. This magazine has been published for the Airline by local publisher, BT Options for the past one and a half years and is the first local publisher to do so, in the Airlines 30 year existence. It is distributed free to all the passengers on SriLankan Airlines' network of 32 online destinations in 20 countries, airport lounges, ticketing and all frontline offices in the network.

“SRI LANKA, TRULY A GREEN DESTINATION” - PHILIP KOTLER



Professor Kotler welcomed on arrival on UL 312 from Kuala Lumpur

“I had the warmest welcome ever” said Professor Philip Kotler arriving on his first visit to Sri Lanka on SriLankan Airlines UL 312 from Kuala Lumpur, recently.

The world renowned Marketing Expert and one of the finest modern-day human psychologists, Professor Philip Kotler was in Sri Lanka during a visit to the region, to address the Marketing fraternity in Colombo. Professor Kotler's unique ability to delve deep into the psyche of the modern day consumer and his in-depth understanding of the wants and needs of the consumer has been recognised and celebrated the world over.

Professor Kotler was generous in his praise for Sri Lanka and said, “Sri Lanka truly deserves to be called a green destination and to my mind, it is one of the best locations in the world for eco-tourism,” after taking a four-day tour to the ancient city including the Sigiriya rock fortress. He referred to Sigiriya as the eighth wonder of the world and

charmed by the whole experience Prof. Kotler also remarked “I think the two letters in the word Sri Lanka should mean ‘So Lovely’.”

During his short spell which was said to be longer than his usual fly-in, deliver and fly-out schedules, Kotler spent more time than originally planned for and highlighted some very valuable insights into Sri Lanka's own advantages as a country which has defeated terrorism and which is coming out of a long crisis period in its history. “I have great expectations for Sri Lanka. You have got everything going for you.”

During his stay in Sri Lanka Prof. Kotler had the opportunity to meet His Excellency the President Mahinda Rajapaksa and several key stakeholders and officials in the country as well as conduct a ‘Knowledge Forum’ focussing on the importance of marketing in the post recession period while discussing the methods of satisfying the needs of



Professor Kotler plants a Kumbuk Tree (Terminalia Arjuna) in Jetwing Vil Uyana assisted by Chairman Sri Lanka Tourism Dr. Godahewa, Vil Uyana GM, Priyanthika Wijenaike and Dr. Fahim Kibria (seated).

the technology driven new generation – “Generation G”.

“Sri Lanka a 3.0 country - people, culture & country of natural beauty”

Prof. Kotler visited Kandy, Sigiriya and few other major tourist attractions organised courtesy of Sri Lanka Tourism while the visit was facilitated under the patronage of the Sri Lanka Institute of Marketing (SLIM).

ROMANCE IN THE AIR



Danushka Magage and Piuma Ranaweera, the first bridal couple to fly the SriLankan Air Taxi

June 4, 2011 was an auspicious day for the SriLankan Air Taxi when it flew its first Bridal Couple across the country along the coastal belt from Colombo to land in the beautifully landscaped surroundings of the Koggala Lake, in the south of Sri Lanka. Our photographer captured Danushka Magage, who decided to fly with his beautiful bride, Piuma Ranaweera down south, avoiding the hassle of a long drawn road trip to the Fortress Hotel, Koggala where the bridal party was waiting to welcome the new couple. "It was a fantastic ride and we both enjoyed the breathtaking scenery on a clear sunny day and above



Ready to fly to Koggala

all being up in the sky all by ourselves on our special day. I fully recommend the Air Taxi particularly for special occasions of a romantic nature," said Danushka.

TRAIL – A JOURNEY. FOR LIFE.

On July 1, 2011 the people of Sri Lanka will embark on an epic journey. A walk will take place, beginning at the southernmost tip of the island, culminating in the north. In a nationwide effort and as a symbol of unity, people from all walks of life will journey with a single goal in mind – to raise funds to build a pediatric cancer ward in the Jaffna General Hospital. This is 'Trail'.

Trail begins at the southern tip of Dondra. Walkers will pass through 27 towns along the way. The route personifies the rich history and sights of Sri Lanka and its diversity with many significant areas being covered. Trail will pass through the historic city of Galle with its 17th century Dutch fort – perhaps one of the best preserved colonial fortifications in Asia and a UNESCO World Heritage Site. Then onwards to the coastal town of Kosgoda where the Turtle Hatchery, which is an important effort in the conservation of these endangered marine species is situated. Then to the ancient city of Anuradhapura, which was the first capital city of Sri Lanka – a mantle which was held for 1400 years. (www.trails.com)

GROUND HANDLING/CATERING MOU SEALED

Airport and Aviation Services (Sri Lanka) has awarded SriLankan Airlines the exclusive franchise for ground handling and catering services for all airlines operating to Bandaranaike International Airport (BIA) for ten years.

A Memorandum of Understanding was signed recently by Prasanna Wickramasuriya, Chairman of Airport and Aviation Services and Manoj Gunawardena, CEO of SriLankan, in the presence of the Minister of Civil Aviation, Priyankara Jayaratne.

Prasanna Wickramasuriya said, "this MOU comes as we stand on the threshold of a major era of growth and development that will once again

transform BIA. We want many more airlines to operate to BIA, and intend to establish BIA as a regional hub for aviation."

BIA is about to embark on a new phase of expansion. They include the construction of a second International Terminal for arrivals and departures to increase capacity to 13 million passengers per year from the present six million; a new Domestic Terminal; re-laying of the entire runway and taxiway; and the extension of the railway up to the Cargo Centre to allow containers to be shipped to the airport by rail. The Airport Expressway between Colombo and the BIA is also nearing completion.

SriLankan Airlines will be the exclusive ground handler at BIA's international terminals, covering passenger handling, baggage services, and cargo handling.

SriLankan Catering, the National Carrier's subsidiary, will be the exclusive provider of food and beverage products at all of BIA's restaurants and passenger lounges. It will also be the exclusive provider of in-flight catering. SriLankan Catering already manages BIA's 24-roomed Serenediva Transit Hotel.

There are also plans for a new 300-roomed transit hotel, a multi-storey car park with a monorail leading to the terminal, and a shopping mall.

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- **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.

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

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Colombo-Kandy	2,000	2,000
Colombo-N Eliya	2,000	2,000

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



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Narikela is the sanskrit word for coconut

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2	Customer Care				
3	The redemption process				

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

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3	The check-in process				
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5	Lounge comfort				

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2	The warmth and friendliness of the crew				
3	The attentiveness and response to requests				
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5	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

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Comments / Suggestions

Please ☒ if you wish to receive a reply

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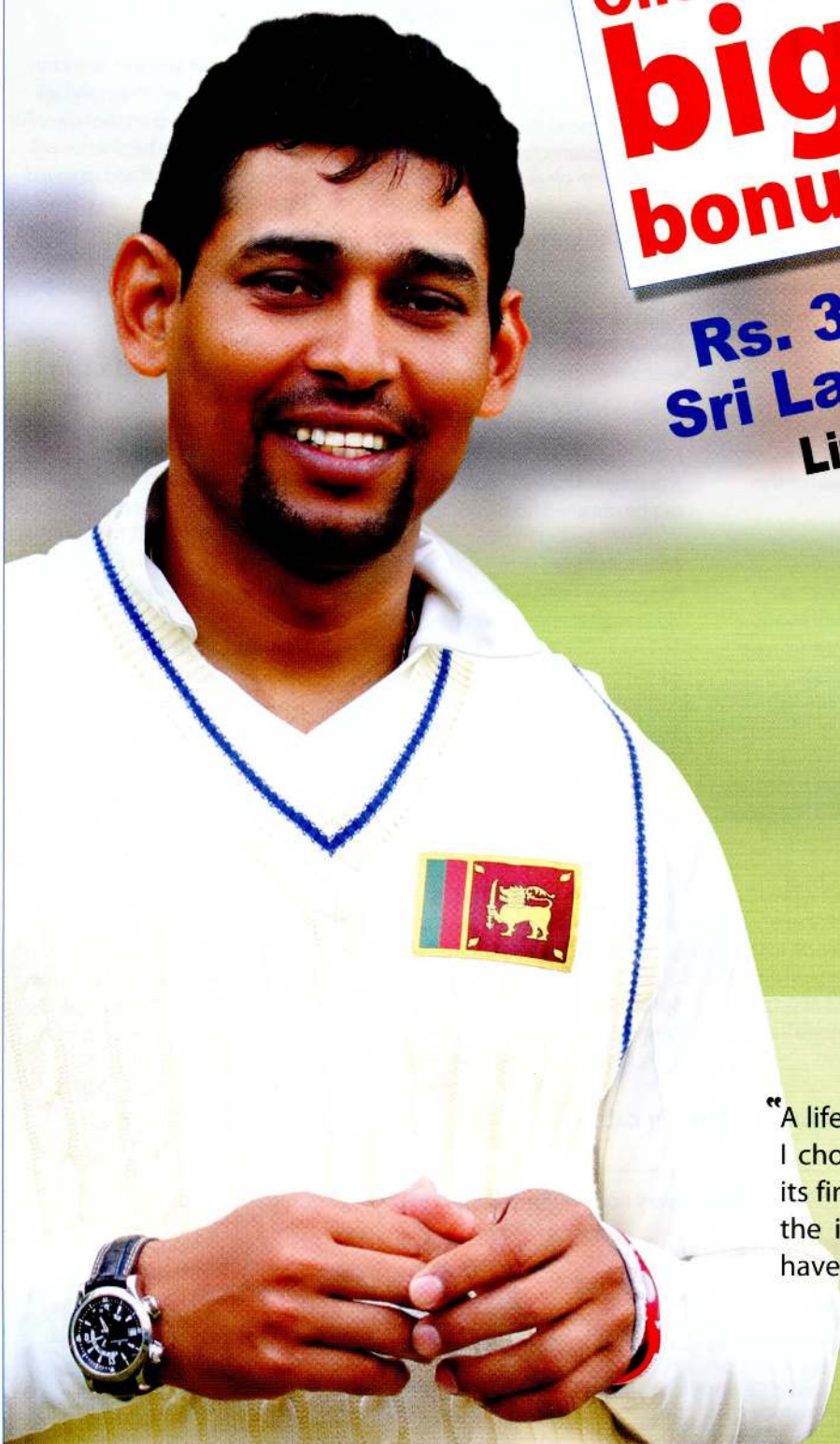
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On cloud nine

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 Airbus 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 LIFTS

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



FOOT ROCKING

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



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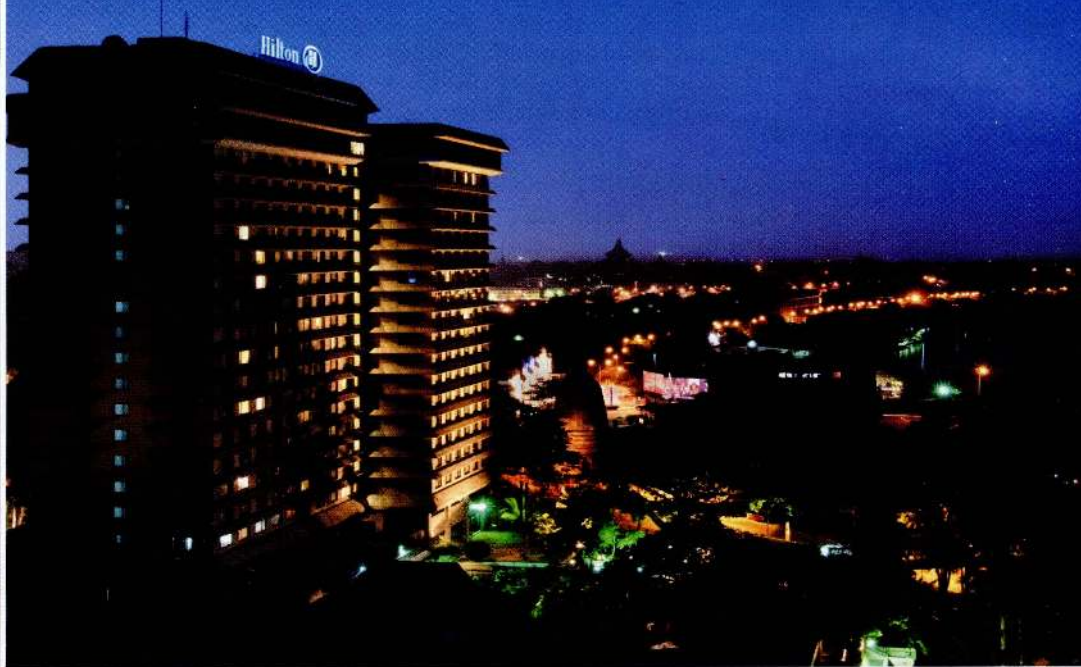


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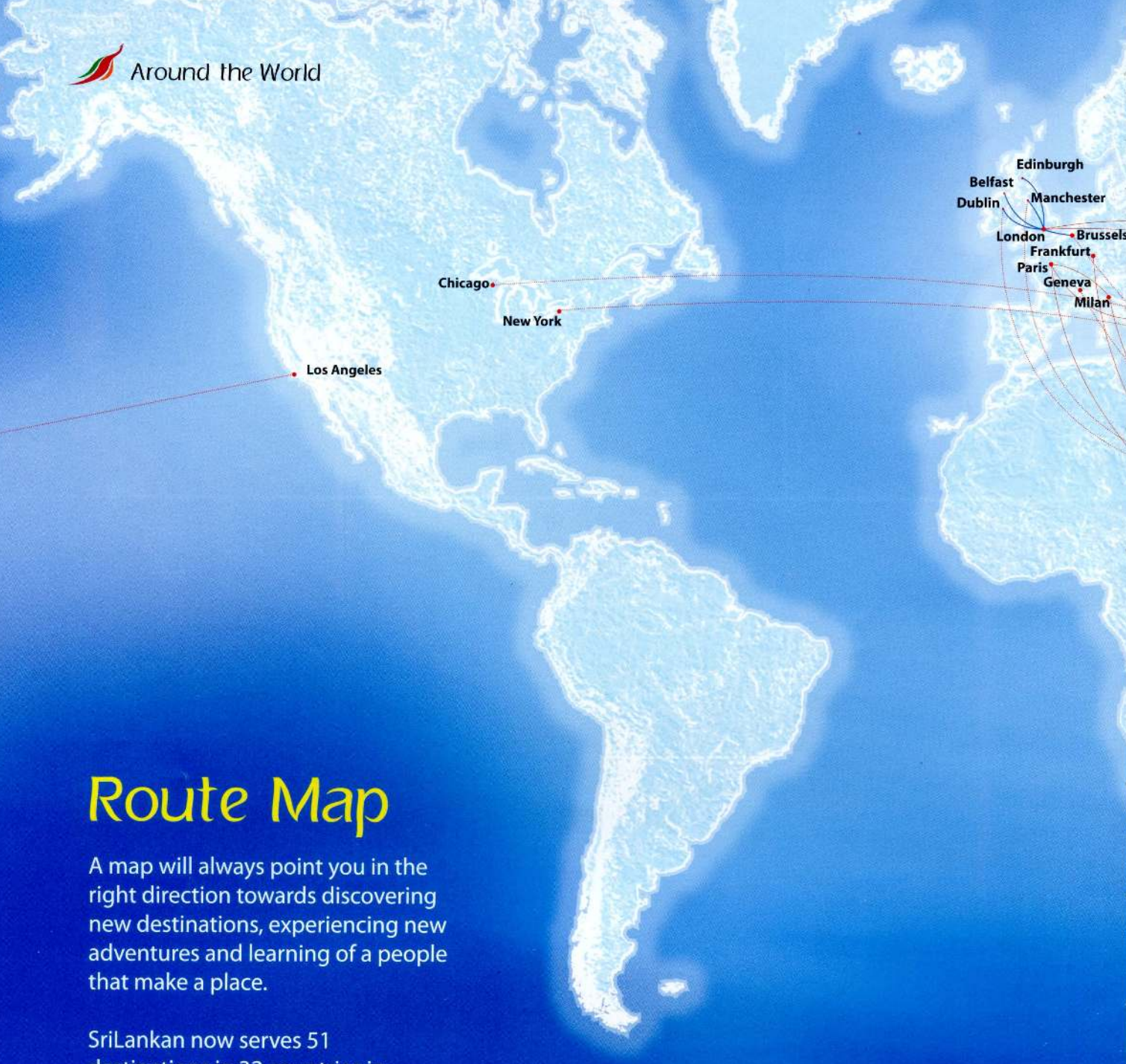
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Email: reservations.hiltoncolombo@hilton.com

Hilton Colombo

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Hilton
Colombo



Route Map

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

SriLankan now serves 51 destinations in 32 countries in Europe, the Middle East, South Asia, Southeast Asia and the Far East.

Time Zones	2300*	0100*	0200*	0700*	0700*	0800*	0900*	0900	1000	1100	1130
All times GMT, where Colombo is 1130 am.	Los Angeles	Chicago	New York	Belfast Dublin London	Edinburgh Manchester	Brussels Frankfurt Geneva Munich Milan Paris Rome	Amman Athens Istanbul Larnaca	Bahrain Dammam Doha Jeddah Kuwait Riyadh	Abu Dhabi Dubai Muscat	Karachi Malé	India, incl Bangalore Kochi Mumbai New Delhi Trivandrum Tiruchirapalli Chennai

*Daylight saving time is currently active



Time Zones
All times
GMT, where
Colombo is
1130 am.

1130
Colombo

1200
Dhaka

1300
Bangkok
Jakarta

1400
Kuala Lumpur
Singapore

1400
Beijing
Guangzhou
Hong Kong
Shanghai

1500
Seoul
Tokyo

1600
Melbourne
Sydney

- Code share route with Etihad & Malaysia Airlines
- Code share route with flybmi
- SriLankan direct flights

World Diary



LONDON



London Literature Festival

June 30 - July 14

Enjoy all things book-related at the Southbank Centre's two-week Festival

NEW YORK



Fourth of July Fireworks

July 4

New York's Independence Day extravaganza is among the best in the country

PARIS

Tour de France

The 98th Tour de France will be made up of 21 stages and will cover a total distance of 3,471 kilometres

BANGKOK



Thailand International Dog Show

June 30 - July 3

The show will cover over 200 local and international exhibitors

Chelsea FC on Asia Tour 2011 to Thailand in COKE SUPER CUP

July 24

After more than 10 years, English Premier League champions Chelsea is coming to play against Thai Premier League All Stars Team under the campaign title of "COKE SUPER CUP Asia Tour 2011-Thailand"

BEIJING



Tutti, World Youth Music, Beijing

July 9 - 16

An exciting week long event for school age musicians and singers from around the world

SINGAPORE



Singapore Food Festival

July 1 - 31

An epicurean extravaganza of cookery workshops, food markets and sit-down feasts

MELBOURNE



State of Design Festival

July 20 - 30

Workshops, activities, exhibitions and lectures take place at multiple venues

SYDNEY



'I Can Do It' Australian Tour

July 30 - 31

An inspirational, multi-speaker event with a lineup of speakers that will never be repeated again in Australia



The Rocks Aroma Festival

July 31

Sydney's popular outdoor area hosts an all-day festival dedicated flavoursome taste of fine coffee, decadent chocolate, tantalising tea and sensational spices from Europe, the Middle East and beyond

TOKYO



Gion Matsuri Festival

July 1 - 31

There are many events in the most famous festival in Japan including a procession of floats

FRANKFURT



Ironman European Championship

July 24

The Championship is one of the major events on the German sporting calendar

KUALA LUMPUR



Malaysia International Jewellery Fair

July 7 - 11

The fair will explore the region's hand-picked and most exclusive jewellery collections

ISTANBUL



International Istanbul Tango Festival

July 6 - 10

The Festival encompasses an exciting range of dance classes and milongas

Bosphorus Cross Continental

July 17

This is Istanbul's annual Asia-to-Europe swimming, rowing and sailing competition



MALE

Hotel Asia 2011 International Culinary Exhibition

July 14 - 16

Hospitality industry suppliers showcase their valued products to potential buyers from over 70 resorts in the Maldives

ROME



AltaRoma

July 8 - 11

AltaRoma combines elements of traditional fashion shows with a series of unconventional events and experimental performances

MUNICH



Munich Summer Festival

June 22 - July 17

The Festival brings international theatre companies, pop, rock

and jazz music to tents and open-air stages in the chilled-out Olympic Park

LOS ANGELES



9th Official Bastille Day

July 17

A commemoration of French Independence Day

BELFAST



Rose Week

July 13 - 17

Thousands of visitors each year flock to the Belfast International Rose Garden for this hugely popular colourful event

KOCHI



Kochi International Fashion Week

July 7 - 10

The very first international fashion event, 'International Fashion Week 2011', is coming to Kochi; Glitz, beauty, style and glamour would be in the air of urban Kochi

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Tel: (2) 318 3721/3/7
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GSA Office
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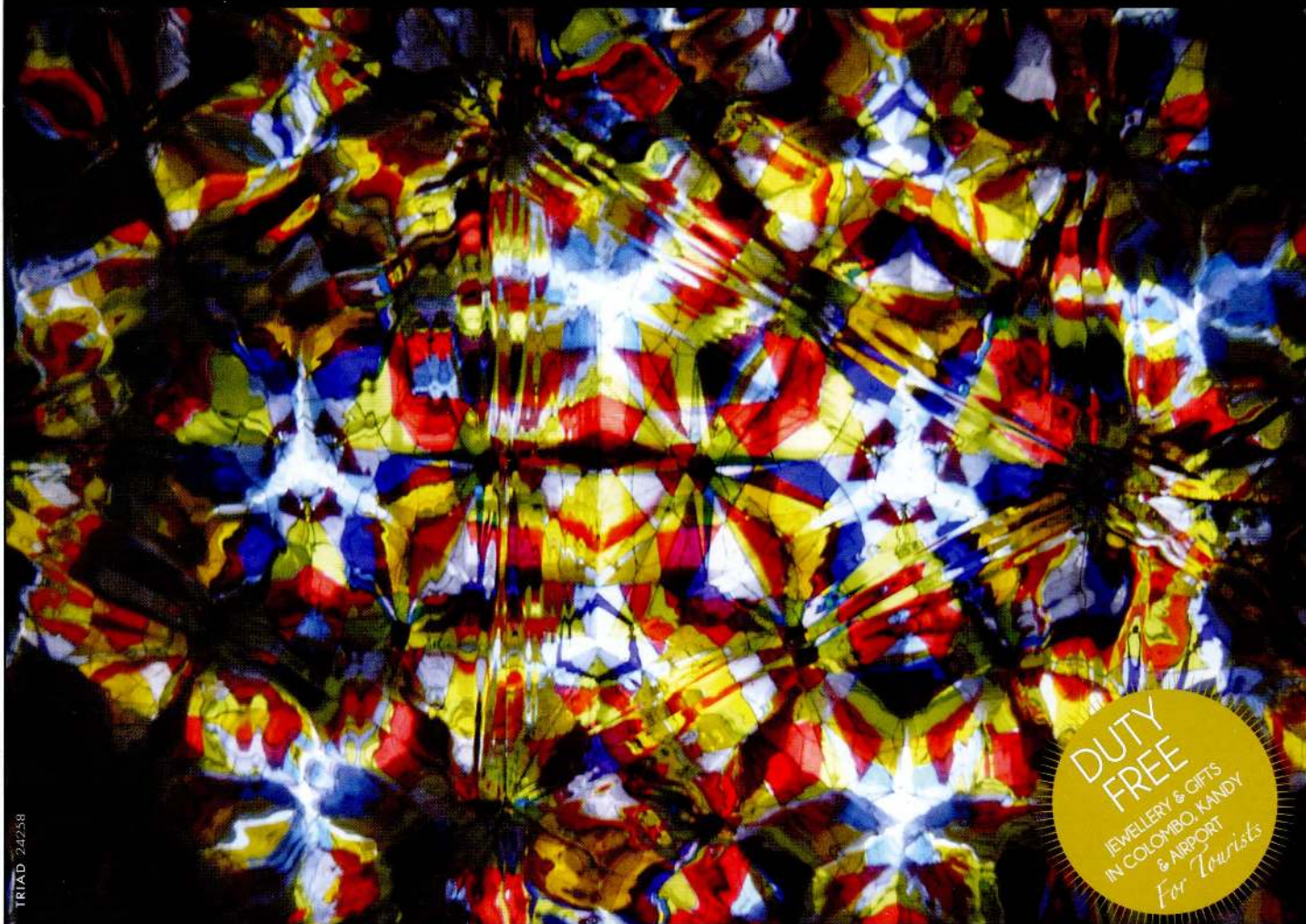
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