

THORATHURU

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Sri Lanka Association of New South Wales

Autumn Edition 2026

By the SLANSW Editor, Devni Goonaratne

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INTRODUCTION



Committee Messages

1. The committee has prioritised completing the financial matters approved through resolutions at the 2025 AGM.

2. The Association has recently undertaken a comprehensive review and update of the membership register.

The committee is in the process of notifying membership numbers via email.

Membership cards are currently being processed and will be issued in due course.

All members who have changed their contact details, please send your updated information to the official SLANSW email which is slanswofficial@gmail.com.

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HIGHLIGHTS



Independence Day Ceremony 2026



On 4 February 2026, at NSW Parliament House with His Honour Mark Buttigieg MLC, SLANSW marked the 78th anniversary of Sri Lanka's independence, a milestone shaped by courage and the pursuit of self-determination.

The event honoured Sri Lanka's rich cultural heritage, its resilient spirit, and the leaders and citizens whose contributions helped shape a vibrant and diverse nation.

We reflected on Sri Lanka's journey since 1948, grounded in strong democratic values, deep cultural traditions, and a long-standing commitment to education and civic participation.

The occasion also highlighted meaningful parallels between Sri Lanka and Australia, two island nations with a deep-rooted connection to land and water, ancient traditions, and thriving multicultural communities. Both share a commitment to democracy, opportunity, innovation, and empowering future generations.

It was a celebration not just of a nation, but of the global Sri Lankan community, and the friends and partners who help keep its culture alive across oceans.

The image gallery are on the following pages.


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78th Independence Day Of Sri Lanka
Commemoration 2026-Sydney
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High Achievers Recognition Ceremony 2026

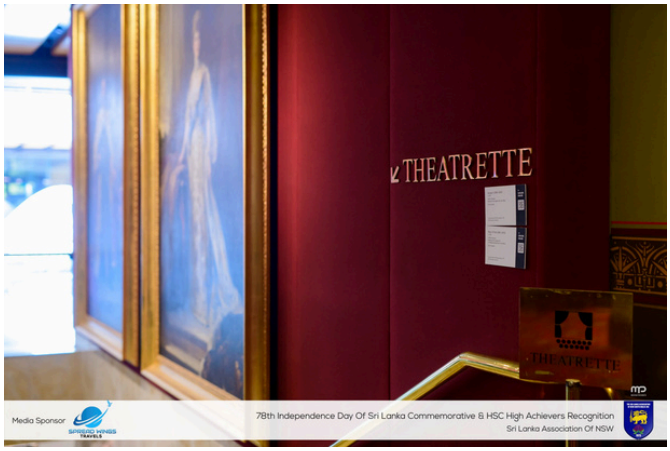


On 4 February we hosted the SLANSW 2025 HSC Higher Achievers event at the NSW Parliament Theatrette. The Hon Mark Buttigieg MC, Parliamentary Secretary for Multiculturalism in NSW was our guest of honour. The event celebrated the discipline, passion, and future potential of students of Sri Lankan heritage achieving an ATAR above 95.

The community was proud to celebrate the next generation of leaders, thinkers, innovators, and changemakers, ready to make their mark in Australia and beyond.

Their achievements strengthen our identity, uplift our community, and inspire our youth to dream big.

The image gallery are on the following pages.


THEATRETTE
THEATRETTE
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PARLIAMENT
NSW
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Sri Lanka Association Of NSW


CERTIFICATE OF ACHIEVEMENT
This is to proudly certify that
Sidha Maryam Mohmed Ilham
has been awarded the
Sri Lanka Association of New South Wales
HSC High Achiever Award
In recognition of outstanding academic excellence, dedication, and achievement.
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2017 ABIRAMY VASEEHARAN
2017 SEYOON RAGAVAN
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NSW Women of the Year
Ruvi Puliyadda



To mark this year's International Women's Day, we would love to share this achievement by Ruvi Puliyadda, who was awarded the 2026 Women of the Year in the category "Ones to Watch" (Girls 7-15) by The Hon. Jodie Harrison MP. Minister for Women.

At such a young age, Ruvi has already demonstrated remarkable leadership and compassion thorough her community initiatives. Her work includes crocheting and donating handmade poppy flowers to support Veterans through the RSL, authoring the bilingual children's book "Birth of the Poppy Flower - "පොපි මලේ උපත"", teaching English via Zoom to students in a rural school in Kandy, Sri Lanka, and volunteering locally to support young children preparing for school.

On behalf of the Committee and the Sri Lankan Community in New South Wales, we congratulate Ruvi and we are very proud of you! We can't wait to see what you do next!

Sri Lankan Olympic Medalists

AUSTRALIAN NATIONAL CHAMPIONSHIPS 2026

8th to the 12th of April





PARA ATHLETES REPRESENTED SRI LANKA

Hosted in Sydney by Sri Lanka Association Of NSW

Athlete:NUWAN INDIKA(Left)
Event:PA LONG JUMP MEN - Awarded Gold Medal
Event:PA 100 METERS MEN - Awarded Bronze Medal

Athlete:PRADEEP SOMASIRI(right)
Event:1500 METERS - Awarded Bronze

Blue Mountains Quilters and Craft Exhibition

CONGRATULATIONS















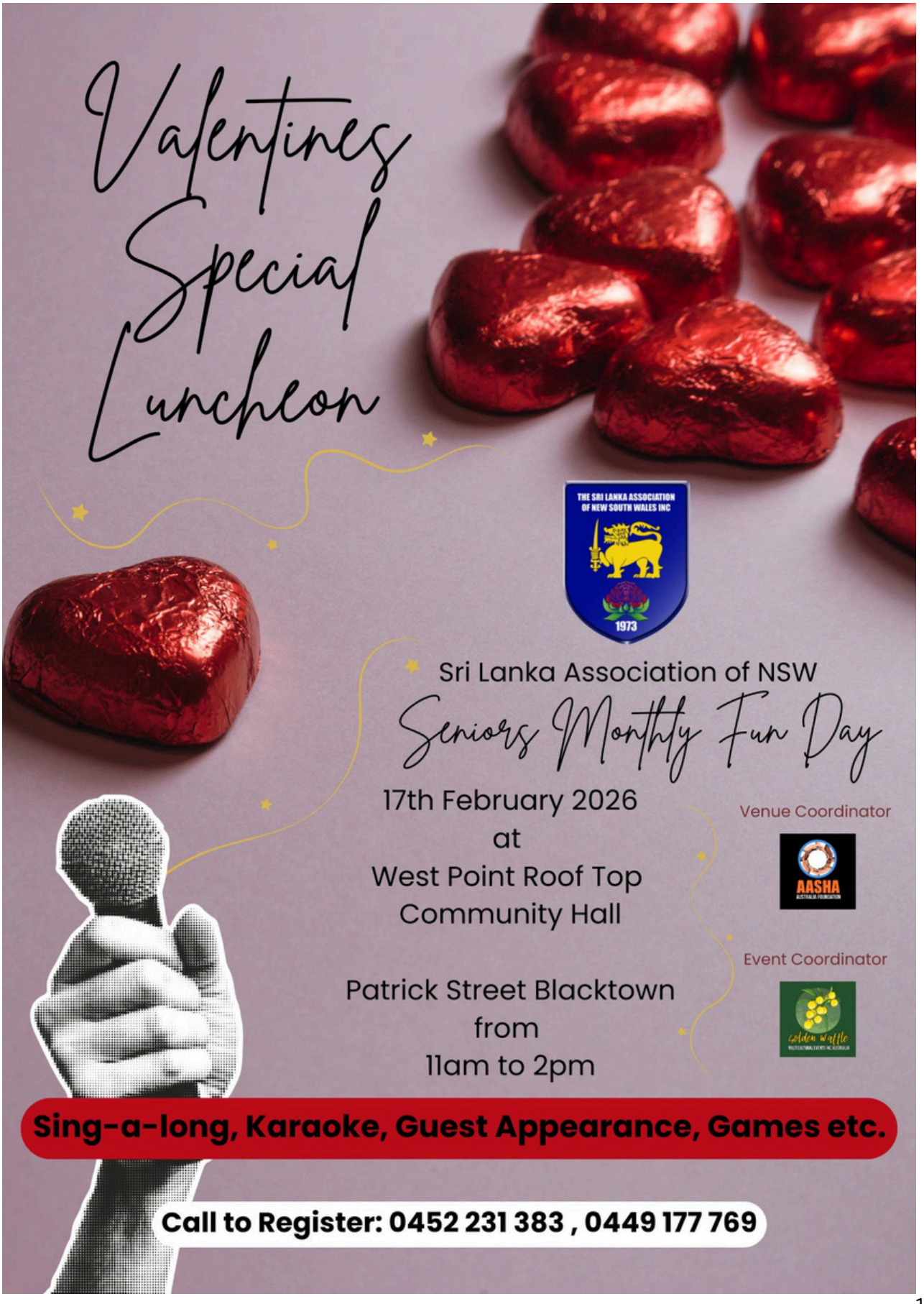
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COMMUNITY EVENTS



Seniors Valentines Day Luncheon



Family Fun Day Lamprais & BBQ



Thank you to everyone who made the Family Day BBQ one of the biggest lived successes SLANSW had in a long time!

From the great companionships formed to the nostalgic entertainment and delicious food, we had games for participants and the music was all planned; English Golden Oldies sing along with Sri Lankan Baila.

The highlight of the event was bringing in the Legendary Musicians re-union with Gorden Rebeira, Morris Silva, Bonney Fernando and Dr. Gamani Gunatilleke after decades to join the SLA Family Day.

There was something for everyone to feel like the true Sri Lankan Australian spirit was there and still is here with us. From now onwards this will be added to the event calendar as an Annual Family Fun Day Event.

The image gallery are on the following pages.










2013


SRI LANKA
ASSOCIATION
OF
NSW INC.
Seniors Group








ALBERTSON'S
RESERVE
SOFT DRY RED
4L















Movie Night Fundraiser



EXPO - Property Developers



The Sri Lanka Association of NSW proudly supported the recently concluded International Property Developers Expo held in Sydney, which featured the participation of over 30 well recognised property developers. Working in close coordination with the Sri Lanka High Commission in Canberra, we were honoured to facilitate the invitation to Her Excellency the High Commissioner to grace the Opening Ceremony further strengthening investment ties and fostering meaningful connections between Sri Lanka and Australia. We support in strengthening investment to Sri Lanka.

The image gallery are on the following pages.


GET $1,500
CASHBACK!


S A THOMSON NERYS








ROYSTON HOMES


Royston
LARGEST
BUILDER


MAKING SMART
INVESTMENTS
S. A. THOMSON NERYS


MAKING SMART INVESTMENTS


HERMITAGE HOMES
Royston
1 VICTORIA'S LARGEST BUILDER




TRI-ZEN

Buddhist Council of NSW Family Fun Day











Toastmasters Workshop -
Speaking & Leadership Skills Workshop



Toastmasters is a worldwide organisation that has helped people develop communication and leadership skills for over 100 years, including providing individuals with:
- Confidence in public speaking
- Communication skills
- Leadership ability
- Professional and personal growth
- Supportive friendships and networks

A demonstration meeting will take place to introduce you to what this workshop will be like. During the meeting, you will be
- watching short speeches
- having a go at fun speaking activities
- learning how Toastmasters build confidence
- meeting others interested in communication and leadership

The spots are filling up quick to make sure to fill out the form below to secure your chance at experiencing this unique event!
https://docs.google.com/forms/u/0/d/1p9xBMZXjES0OVtrNquL8tIPT8lxwnmdba7s0LwAGEAQ/viewform?edit_requested=true

To find out more about the program, you can contact the program organiser:
Ramani Warusevitane, DTM.
District Director.
Toastmasters (International District 90). Tel: 0409 167 496.

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Multicultural Event Support



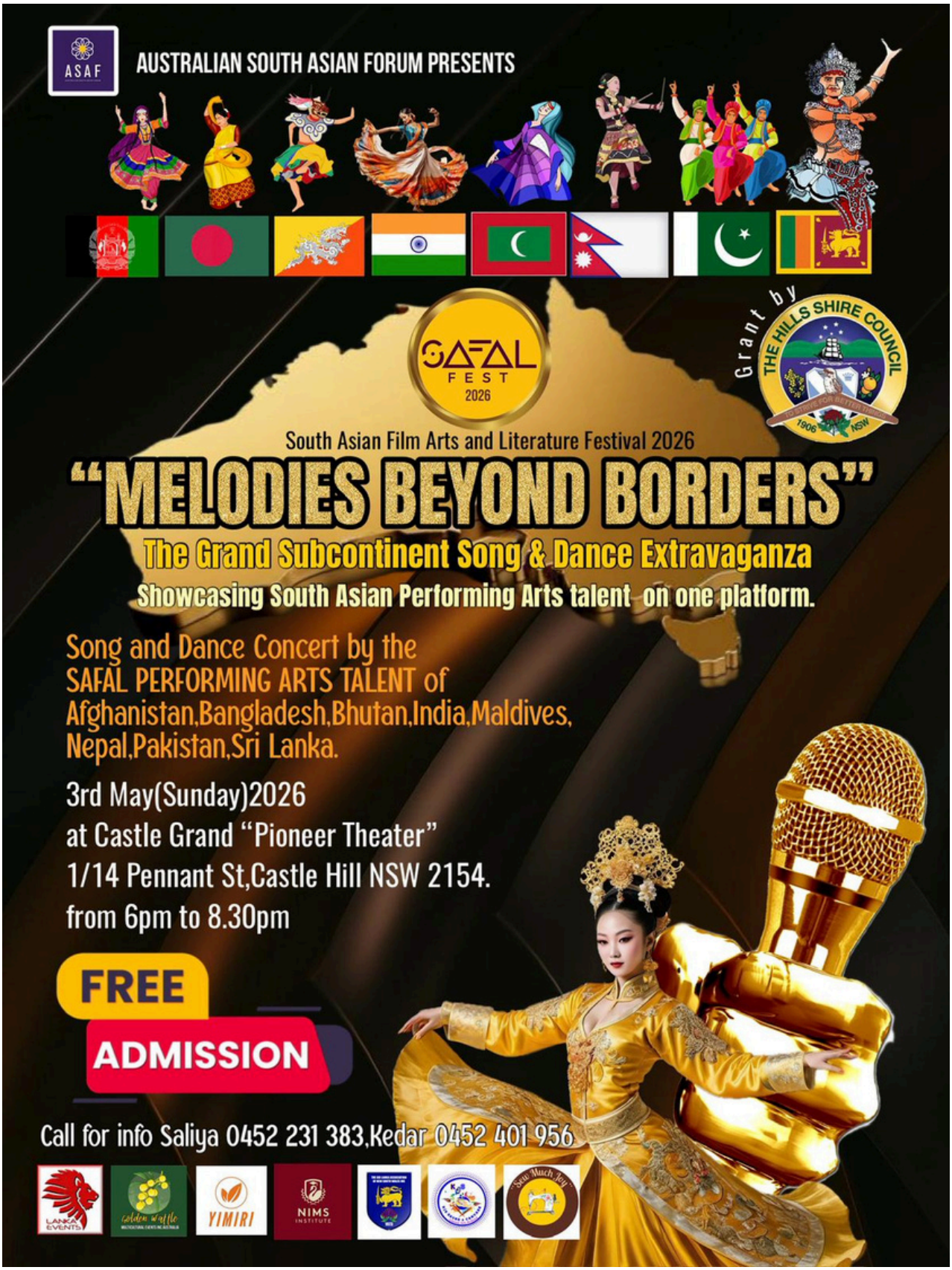
SAFAL Festival 2026



South Asian Festival Bazaar



Melodies Beyond Borders



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For your Tea Break



Tips & Tricks for a Balanced Lifestyle

Everyone knows that during a time of competitive work schedules, outside commitments and responsibilities, finding that critical block of time for yourself can be quite the challenge.

Here are some tips you could implement to make your days all the more easier:

- **Time Audit:** Track how you spend your time for a few days. You'll likely find hidden pockets of time or activities that can be shortened or eliminated.
- **Prioritize Ruthlessly:** Use a simple to-do list to identify what's urgent vs. important. Focus on high-impact tasks first.
- **Limit Distractions:** Silence notifications, set boundaries for social media, and create a focused workspace to make the most of your time.
- **Time Block Your Day:** Schedule specific blocks for tasks, breaks, and even downtime. Treat these blocks like appointments you can't miss.
- **Say "No" gracefully:** Protect your time by declining commitments that don't align with your goals or values.
- **Combine Tasks:** Listen to audiobooks while commuting or do light exercise while watching TV – multitask when it makes sense.
- **Use Small Windows:** Even 10–15 minutes can be productive. Use short breaks to knock out quick tasks or prep for bigger ones.

An important and sometimes overlooked strategy is aligning your time with activities that match your interests and goals. This way, you feel more energised and determined to complete your tasks and be satisfied with your growth personally, academically and professionally.

Always remember though to take care of yourself and know when to say "no". It can save you headaches and pain in the long-run.

Collected and edited by the SLANSW Editor, Devni Goonaratne

References

https://www.pennfoundation.org/news-events/articles-of-interest/master-your-minutes-7-tips-for-making-time-in-a-busy-schedule/

https://www.pennfoundation.org/news-events/articles-of-interest/master-your-minutes-7-tips-for-making-time-in-a-busy-schedule/


THE SRI LANKA ASSOCIATION
OF NEW SOUTH WALES INC
1973
Happy Easter
On behalf of the Committee of the Sri Lanka Association of NSW, we extend our warmest Easter wishes to all our members and the wider community.
May this blessed season of Easter bring you renewed hope, peace, and joy. May it inspire us all with the spirit of compassion, unity, and new beginnings.
Wishing you and your loved ones a joyful and meaningful Easter.
Sri Lanka Association of NSW committee

Sinhala Avurudu



Warmest wishes to all our members and the wider community on the joyous occasion of the Sinhala and Tamil New Year.

May this New Year bring peace, prosperity, good health, and happiness to you and your families. Let us celebrate together in unity, preserving our rich heritage while embracing the future in our beautiful home of Australia.



New Membership Cards

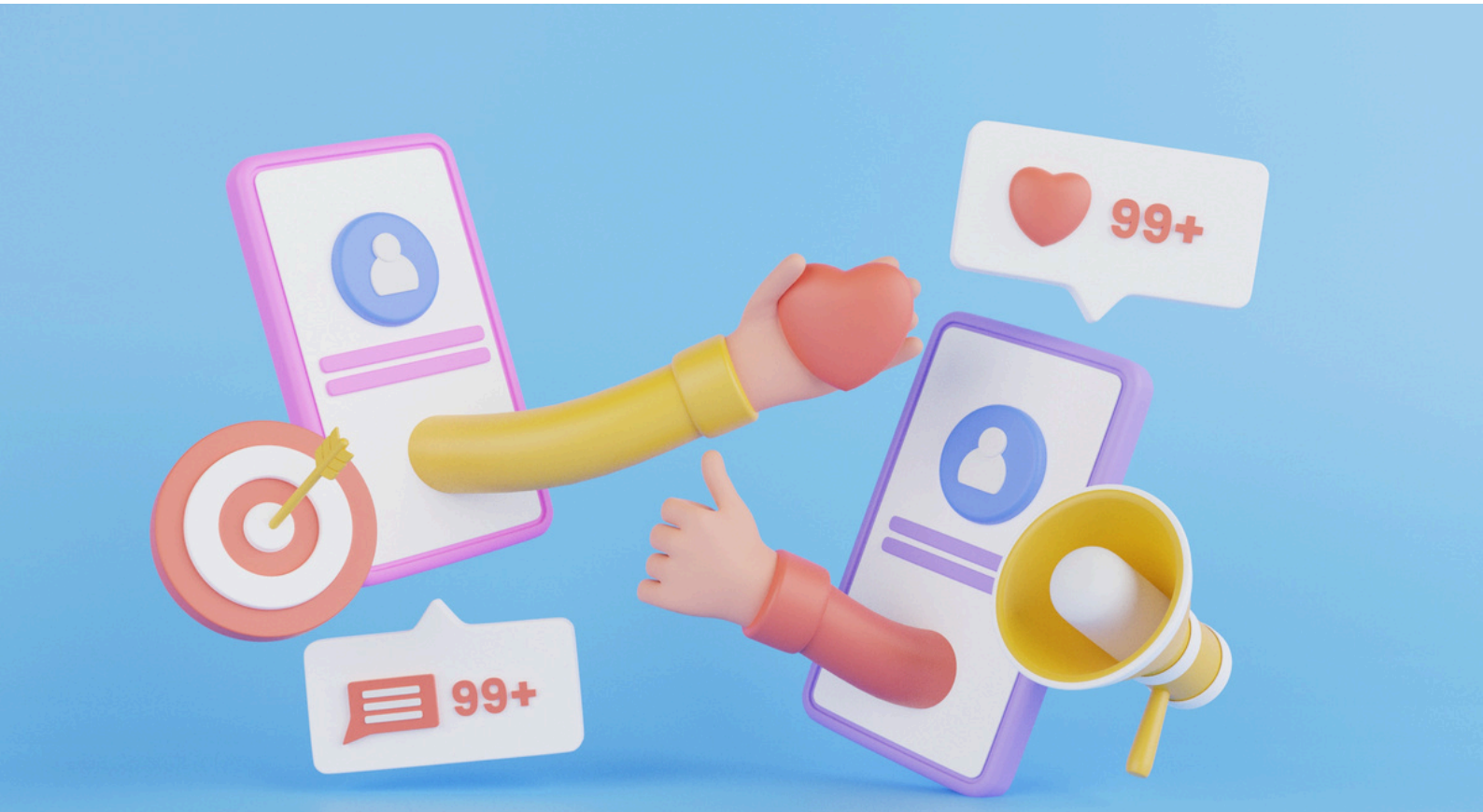




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Community Deals



Treats for any occasion

SPECIAL ORDERS ACCEPTED FOR HOME MADE SWEETS

Coconut Cake, Butter Cake, Date Cake and Jaggery Cake available to order

DM 0451893634 Rinisha







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