

# Harmonious chord Down Under

Wesleyites old and new struck up a harmonious chord as they proudly belted out the college song with heartfelt conviction and gusto at their annual dinner dance at The Grand in Melbourne recently.

According to Trevine Rodrigo, reporting from Melbourne, a sell out crowd was in attendance for this much awaited event and were treated to a night of fine entertainment and food served up by top notch caterers. Victor and Lorraine de Silva of The Grand. They out-did themselves with a sumptuous four course meal that was preceded by cocktails

and mouth watering finger foods in the lobby before the dance.

Old Wesleyites President, Reggie Bartholomeusz, welcomed all present on behalf of his club's committee, and with the expert MC for the night, Keith De Kretser, on hand, they provided the crowd with a dinner dance of class and style.

Wesley College, Colombo, has a wide and far reaching, membership around Australia and many of them regularly flock to Melbourne when this dinner dance comes along as it gives them that opportunity to catch up and reminisce with old mates from the

school they proudly represented as young men.

The famous school, at Campbell Park, Borella, is one of Sri Lanka's elite and has produced some of the best men in the country, both on the sporting field and academically.

Leading the entertainment for the night was an illustrious old boy of Wesley, Ben (Beverly) Nathanielsz, and his top Melbourne dance band, Midnight Mist, who provided a special treat to regular dance-goers with a couple of new segments to their usual repertoire that was hilarious as it was entertaining.

They took a leaf out of the book of singing comedian, Ronnie Leitch (and Corrine Almeida) with Ben, sporting a sarong, and young emerging star, Ranmali Jayasuriya, expertly fitting into the female "redda hatta" role performing a Sri Lankan duet that was wonderfully sung and choreographed.

My mates, Gordon Taylor and Brinsley (Breno) Rosairo both old Wesleyites, and their wives, Dinky and Audrey, who were our hosts for the night, were immensely satisfied that my wife, Anne, and I could not have had a better night of entertainment. And we wholeheartedly agreed.



Trevine Rodrigo and wife Anne



Wesley College OBU Australia president, Reggie Bartholomeusz, making the welcome address



Gerald and Delrine Bulner



Midnight Mist



Above Jerome and Charmaine De Silva and (below) some of the revellers



## HOT SPOT

### Is it all beauty!

People in general believe that one has to be beautiful to triumph at a beauty contest.

Beauty is essential, but there are other important factors as well - intelligence and being imaginative.

Add to this, I would say a true queen should have the three main values of life - respect, care and love, which, of course, is beauty from within.

A true queen is a person with full of life and a great personality, filled with positive spirits.

Now, how many of our beauties could match up to this true queen status?

Unfortunately, some of them find their spirits low even before they could venture out.

There was one particular 'queen' who shied away from publicity. And her excuse was that she was going through a hard time and was not herself at all.

It's hard to comprehend how those lacking in self confidence, can represent the country at an international level!

They are most likely to turn out to be misfits as beauty ambassadors of the country.

And one could be certain that such folks would not be of much assistance to the community during their reign as a beauty queen.



## The Glam Scene

### Denuki Suraweera



## Flat belly going out of fashion?

I'm surprised to see some of today's young ones having noticeable tummies! It's understandable if the older ones find it a problem getting that elusive flat belly, but there is simply no excuse for a teenager, or girls in their 20s, having that ungainly sight. Perhaps all this is due to lack of exercise - the right kind, I mean. Well, the key to getting that elusive flat belly is an exercise regime that works all the muscles in your abs. Do these moves four times a week for impressive results in a month.

**Works: Vertical ab muscles**  
Sit with your legs bent, feet flat on the floor and arms straight out in front of you. Exhale and roll back until your lower back touches the ground - and stop there. Inhale and roll back up. Repeat 15 times. Now exhale and roll back until your shoulder blades touch the ground - and stop. Inhale and roll back up. Repeat 15 times.

**Exercise: Tummy curls**  
**Works: Horizontal ab muscles**  
Lie on your back with arms firmly by your sides and bend your knees at an almost 90° angle with the floor, raising your feet slightly higher than your knees. Exhale, lift your bottom and roll back onto your shoulder blades. Inhale and roll onto your tailbone - stop - making sure your backside isn't touching the ground. Repeat 20 times.

**Exercise: Cross crunches**  
**Works: Waist**  
Grab a litre bottle of water and lie on your back with your knees bent at a 90° angle with the floor. Cradle your left hand behind your head. Hold the water bottle in your

right hand, lift your head and shoulders off the ground and reach across your body, so the bottle is outside your left knee. 'Pulse' 20 times. Change sides and repeat.

**Exercise: Tailbone lifts**  
**Works: Lower ab muscles**  
Lie on your back, arms stretched straight over your head and legs fully extended and crossed in the air. Exhale and lift your tailbone, then slowly lower as you inhale (don't just drop - resist on the way down). Repeat 30 times.

**Exercise: Inverted crunches**  
**Works: Lower back**  
Lie on your stomach, arms in front of you, as if you're pretending to fly like Superman. Exhale and lift just your right arm and left leg as high as you can. Inhale and lower. Then switch, lifting your left arm and your right leg. Alternate, doing 20 lifts on each side. Finally, lift both arms and legs 20 times. Ensure you don't overly arch your back while doing this move.

## A WINNER... all the time

Some guys have all the luck, and some guys get all the fame!

Now, where does Kiran Atapattu, Chairman of Colombo Engineering Enterprises, fit in

He's got fame, no doubt, but I wouldn't put his current position in the business field to luck. Certainly not.

I believe it's his sound business sagacity that has propelled him to the top.

And fame continues to follow Kiran. Or else, how does one account for his award-winning success - yet again.

For the third consecutive year, Colombo Engineering Enterprises took the prestigious Gold Award for Exporter of the Year, organised by the National Chamber of Exporters.

And, as usual, Kiran made his presence felt at the awards presentation in an eye-catching manner. He wore a glamorous white

designer-wear Italian suit, specially made for the occasion.

Everything was matched to perfection, including the white shoes and belt - all Italian products.

The inner shirt was of a shining mixture of black and white designs, and so was the cavet and handkerchief.

These award ceremonies not only help Kiran to expand his collection of awards, but also provide him the opportunity to confirm his status as a top fashion icon in the business field.



KIRAN: Another prestigious award to add to his collection