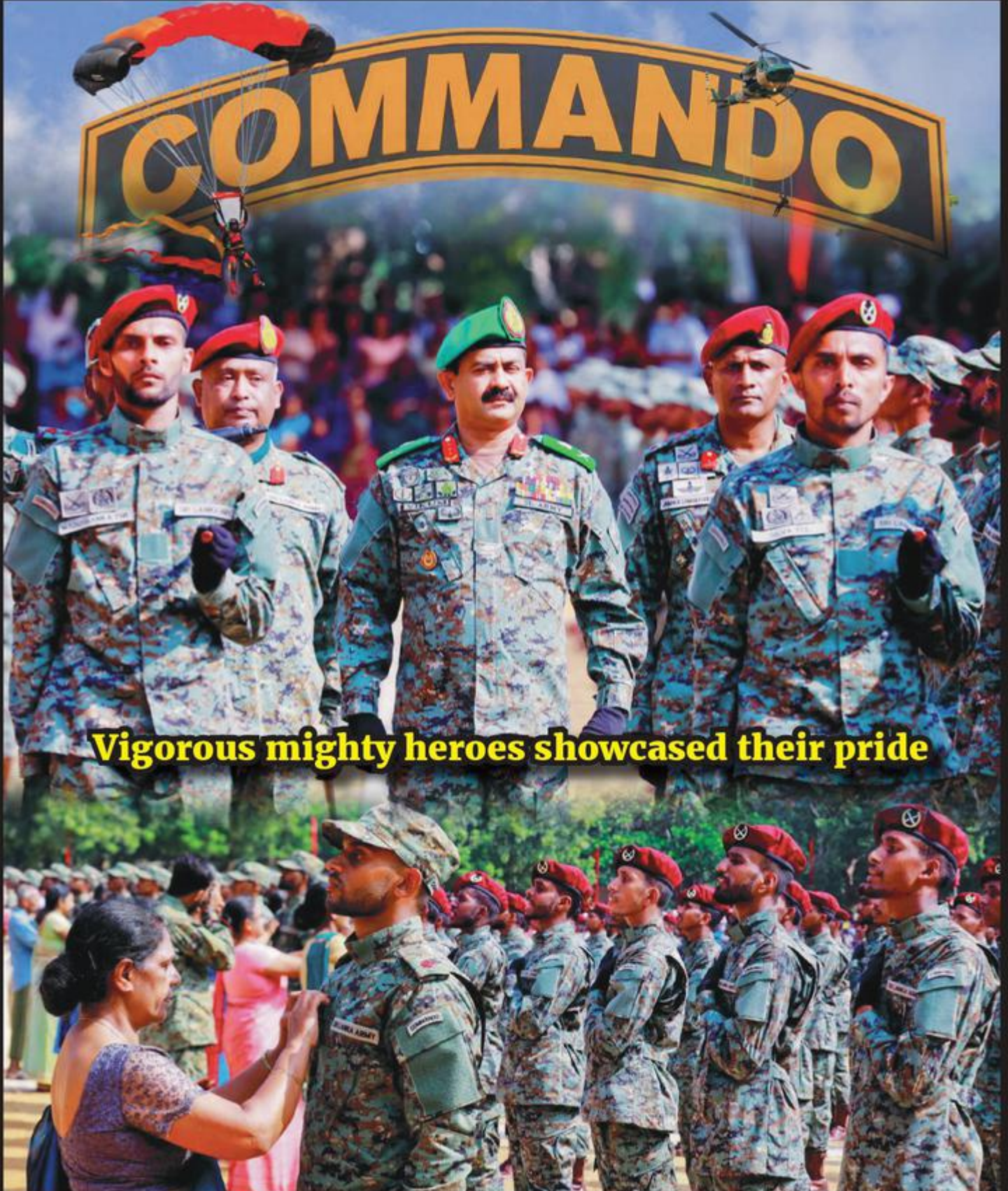




NOVEMBER 2022 19<sup>th</sup> Issue

# Ranaviruwa



**Vigorous mighty heroes showcased their pride**

## *Honourable President visited Mannar*



Honourable President Ranil Wickremesinghe, during his observation tour to Mannar visited 54 Infantry Division, Thalladi on 20 November 2022. Major General C D Ranasinghe RWP RSP Commander, Security Force (Wanni) and Major General U D Wijesekara RWP RSP USP Rcds psc General Officer Commanding, 54 Infantry Division warmly welcomed the President amid the colourful military formalities. Honourable Douglas Devananda Minister of Fisheries and Aquatic Resources, Honourable Kanchana Wijesekara Minister of Power and Energy, Mr Jeevan Thiagarajah Northern Province Governor, Honourable Kader Masthan State Minister of Rural Economy, Mr Saman Ekanayake President's Secretary and a group of government officials accompanied the President's visit to Mannar.

## *Japan Ambassador paid courtesy call on Army Commander*

His Excellency the Ambassador of Japan in Sri Lanka, Mizukoshi Hideaki together with Captain Yuuki Yokohari Defense/ Security Advisor of the Embassy in Sri Lanka paid a courtesy call on Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on 9 November 2022 at the Commander's office at Army Headquarters.

The cordial interactive meeting exchanged views on long-lasting bonds of goodwill, cooperation and bilateral relationships that exist between both countries and possibilities for enhancement of training openings for Sri Lankan armed forces including joint exercises. Major General M G W



W W M C B Wickramasinghe RWP RSP ndu psc Adjutant General also associated the meeting.



## Maiden 'Katina Cheevara' pooja at Sandahiru Seya

Maiden 'Katina Cheevara Pooja' (offering new robes for Buddhist monks) was held in grand scale at the Sandahiru Seya, Anuradhapura to offer monumental tribute to the heroism of tri service War Heroes, Police and Civil Security Department members with the participation of the top level officials of the defence establishments on 3 November 2022.

General G D H K Gunarathne (Rtd) Secretary to Ministry of Defence, General Shavendra Silva RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff, Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army, Vice Admiral Nishantha Ulugetenne Commander of the Navy, Air Marshal Sudarshana Pathirana Commander of the Air Force, Major General (Rtd) R Lamahewage Director General Civil Security Department, spouses of Secretary to Ministry of Defence and Commanders of Tri Service, Commander,

Security Force (Wanni) General Officers Commanding 21, 54 and 56 Infantry Divisions, Commander Forward Maintenance Area (North Central), Adjutant General, tri service Officers and Other Ranks, together with devotees were associated with the religious event.



## New Officers' Mess for Army Medical Corps Regimental Centre



The new Officers' Mess building complex of the Sri Lanka Army Medical Corps (SLAMC) erected at Regimental Center at Werahera formally vested in the SLAMC Officers during a simple ceremony held on 9 November 2022. General G D H K Gunaratne (Rtd) WWV RWP RSP USP ndc psc MPhil Secretary to Ministry of Defence graced the event as the Chief Guest, together with General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army.

The new two-storied Officers' Mess complex consists of all amenities, fulfills a longstanding requirement of the Sri Lanka Army Medical Corps Regimental Centre. Brigadier P A C Fernando USP Director General Army Health Services and Colonel Commandant of the Sri Lanka Army Medical Corps, together with Brigadier TM Hettiarachchi Sri Lanka Army Medical Corps Centre Commandant warmly welcomed the guests.

## Chief of Defence Staff visited 1 Corps

General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff visited 1 Corps, Sri Lanka Army on 14 November 2022 at the invitation of Major General A K G K U Gnanaratne ndc psc Commander, 1 Corps. The troops of 1 Corps warmly welcomed the Chief of Defence Staff amid the military formalities. He addressed the troops at 1 Corps, Sri Lanka Army at Nelum Piyasa auditorium and appreciated the dedicative service rendered by the troops of 1 Corps for the operations executed during the COVID-19 pandemic period.



## *Relief packs distributed at Army Headquarters*



Following the conceptual direction of Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army, a dry ration distribution for soldiers and civil staff serving at the Sri Lanka Army Headquarters was held on 10 November 2022.

Responding to the request of Major General W B S M Abeysekara RSP USP Director General of Finance Management, Commander of the Army graced the event as the Chief Guest and distributed dry rations among 250 beneficiaries selected from the directorates established at Army Headquarters. Directorate of Personnel Administration organised the charity event with the objective of providing possible relief to mitigate the impact of prevailing economic hardships.

Major General A C Lamahewa WWV RWP RSP Director General Infantry, Major General M K Jayawardena RSP USP ndu Chief Field Engineer and several other Senior Officers joined the charity event.

## *SLMA Officer Cadets met Army Commander*



A representative group of Officer Cadets of the Intakes 91, 91 (B), SC 19, 61 (Volunteer), and Lady Intakes 19, 18 (Volunteer), including three foreign Officer Cadets (Maldives and Zambia) who are under training at Diyatalawa Sri Lanka Military Academy, called on Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on 10 November 2022 at the Army Headquarters.

As a part of the research work of final presentation, Officer Cadets, interacted with the Commander of the Army on the theme 'Russia - Ukraine Conflict and its Effects on South Asia'. Major General W W H R R V M N D K B Niyangoda RWP RSP USP ndu psc Commandant Sri Lanka Military Academy, Instructors of Sri Lanka Military Academy, and few Course Officers were associated with the meeting at the Commander's Secretariat.

## Dry ration distribution at Panagoda

Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army distributed dry ration packs for both soldiers and civil personnel to mitigate their economic hardships on 12 November 2022 at Army Cantonment, Panagoda. 250 dry ration packs, consisting of rice, dhal, potatoes, onions, chili powder, flour, etc distributed among selected families living in Homagama area. Venerable Bodagama Chandima Nayake Thero Vice Chancellor at Nagananda International Buddhist Centre sponsored the stock of those dry rations, in appreciation of the services, rendered by those Army and civil employees in the Army.

Troops of Security Force (West) launched this charity event under the supervision of Major General D M K D B Pussella RWP RSP Commander, Security Force (West) in partnership with Army Seva Vanitha Unit.

In line with the same event, 200 dry ration packs were distributed among Army and civil employees serving at the Army Cantonment gymnasium Panagoda. The financial generosity for the charity work was extended under the leadership of Mrs. Janaki Liyanage President, Army Seva Vanitha Unit.





## Commander granted funds for housing project



The award of cash incentives to the soldiers for construction of new homes or completion of partly-built ones under the 8th phase of the Army Commander's Ranaviru Housing Fund of the Directorate of Veterans Affairs took place on 29 November 2022 at the Army Headquarters premises, under the patronage of Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army.

Under the 8th phase of the Ranaviru Housing Fund, the Commander of the Army has approved disbursement of funds for 31 new houses and completion of 40 partly-built houses. Accordingly, each beneficiary would receive Rs 1.5 million for a new house and Rs 750,000.00 for the completion of a partly-built house.

Brigadier M Mayadunna RSP USP Director, Directorate of Veterans Affairs and Major General C D Weerasuriya RWP RSP ndu Chief of Staff also participated in the event.



Subsequently, 'Veterans Job Bank'-a web portal which developed on a conceptual notion of the Commander of the Army by the Directorate of Information Technology under the guidance of Major General H M L D Herath RSP USP psc Chief Signal Officer and Brigadier GLSW Liyanage USP psc Director, Directorate of Information Technology, to provide better employment opportunities for retired Army personnel who would be prepared to offer their technical expertise in different professional and vocational fields, also launched during the same event. 13 island-wide companies have already registered with the new web portal.

Major General H M L D Herath USP psc Chief Signal Officer, Major General M G W W W M C B Wickramasinghe RWP RSP ndu psc Adjutant General, Major General J A R S K Jayasekara USP psc Director General Electrical and Mechanical Engineering together with Senior Officers, Officers, Other Ranks, beneficiaries and next of kins of soldiers participated in the event.



## New 'Maroon Berets' joined the Commando family

A total of 06 Officers and 366 Other Ranks of the 50 A, B, C, D, E and F batches of the Commando Regiment (CR) who underwent rigorous training that spanned for 18 months at Kudaoya Commando Regiment Training School (CRTS) passed out on 26 November 2022 in a colourful ceremony.

The passing out parade of those Commandos was held with the presence of Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army as the Chief Guest who graced the event at the invitation of Major General A K G K U Gnanaratne ndc psc Colonel of the Regiment, Commando Regiment.

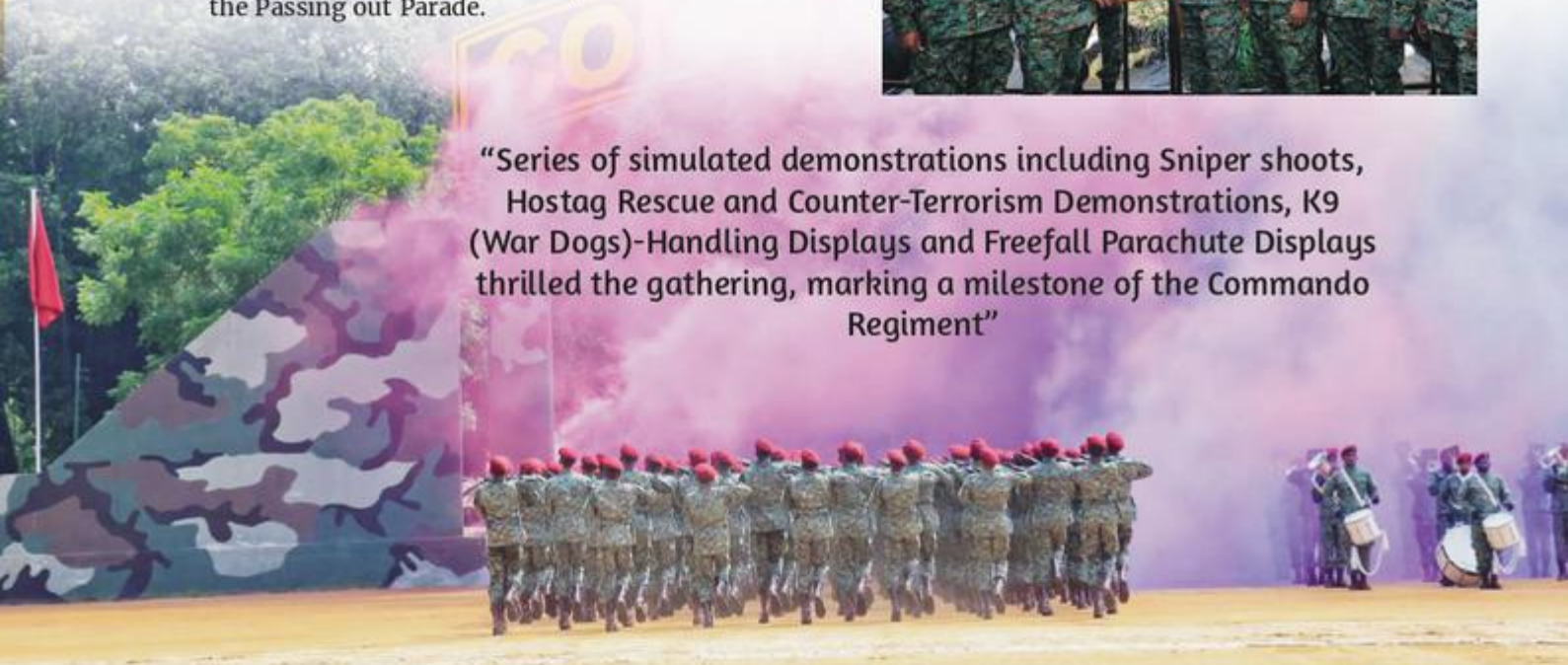


The Chief Guest awarded the uniquely-suited 'Maroon Berets' to the graduates together with Major General A K G K U Gnanaratne ndc psc Colonel of the Regiment, Commando Regiment, Brigadier V M N Hettiarachchi RWP RSP Commando Brigade Commander, Brigadier B M S K K Dharmawardana RWP RSP USP Center Commandant of Commando Regiment.

Addressing the gathering, the Commander of the Army congratulated and extended his wishes to the graduates and emphasised the importance of maintaining the skills and qualities. The Commandos, exhibited in series of simulated demonstrations including Sniper shoots, Hostage Rescue and Counter-Terrorism Demonstrations and K9 (War Dogs)-Handling Displays. Freefall Parachute Displays thrilled the gathering. Senior Officers, Officers, Other Ranks, Parents witnessed the Passing out Parade.



**"Series of simulated demonstrations including Sniper shoots, Hostage Rescue and Counter-Terrorism Demonstrations, K9 (War Dogs)-Handling Displays and Freefall Parachute Displays thrilled the gathering, marking a milestone of the Commando Regiment"**



## ***Commander commended on ICRC co-operation***

Ms Séverine Chappaz, head of the International Committee of the Red Cross (ICRC) Delegation in Colombo, Mr. Albert Schoneveld, Armed Forces Delegate of the ICRC for Sri Lanka and Bangladesh and Mr. Channa Jayawardena, Armed and Security Forces Programme Officer of the ICRC met Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on 9 November 2022 at the Army Headquarters.

The meeting was scheduled to exchange views of mutual interest with the members of International Committee of the Red Cross which is closely collaborating with Sri Lanka Army in order to promote and protect the Human Rights and the International Humanitarian Law.





## ***New Regimental Mascot, 'Kandula IX' arrived***

The 'Kandula IX', the newest Regimental mascot of the Sri Lanka Light Infantry Regiment (SLLI) which traces its distinguished and ancient lineage of descent from the times of King Dutu Gemunu, the country's foremost warrior king, arrived at Sri Lanka Light Infantry Regimental, Regimental Center, Panagoda on 24 November 2022 as the 9th auspicious pachyderm to be received amidst beating of Magul Bera (auspicious drums). Major General T J Kodithuwakku RWP RSP ndu Colonel of the Regiment, Sri Lanka Light Infantry Regiment and Chief of Staff in close collaboration with the Pinnawala Elephant Orphanage and the Department of Wildlife, adhering to existing rules and regulations, managed to receive the custodianship of the new elephant called "Neelgala" after an agreement with the National Zoological Garden at Dehiwala.

Two elephant guardians were recruited in order to provide the best care for the "Neelgala" elephant and they are attached to Pinnawala Elephant Orphanage where the



"Neelgala" baby elephant was kept. The documentation of recruiting the animal legally was held on 23 November 2022 by Major General T J Kodithuwakku RWP RSP ndu Colonel of the Regiment, Sri Lanka Light Infantry Regiment.

Former SLLI Regimental Center Commandant, Brigadier T C K Peiris RWP RSP and Colonel M P S P Kulasekara WWV RWP RSP the present extended their guidance and support for the process of receiving the regimental mascot, as per terms and conditions. Once those elephants reach maturity, the regiment generally hands over the animals to the zoological gardens for further nurturing.

# Life support for Tissamaharama civilians

The sponsorship, extended by the former Chief of Defence Staff and Commander of the Army, General Jagath Jayasuriya (Rtd) RWP VSV USP ndu psc his spouse Mrs .Manjulika Jayasuriya, former President, Army Seva Vanitha Unit and several other donors enabled Tissamaharama Divisional Secretariat to supply essential dry ration packs to 65 low-income group families in Tissamaharama area on 6 November 2022 at the Divisional Secretariat premises. The programme was launched under the guidance of Major General G M N Perera RWP RSP USP ndc General Officer Commanding, 12 Infantry Division and the supervision of Commander, 122 Infantry Brigade.



## Foreign delegations visited Security Force (Jaffna)



Ms. Andree Rosen, the Deputy Counsellor (Management) and Consul of the Canadian High Commission in Sri Lanka paid a courtesy visit to the Security Force Headquarters (Jaffna) 07 November 2022 and engaged in a cordial discussion with the Commander, Security Forces (Jaffna). During the cordial meeting both exchanged views on civil-military cooperation, social welfare projects, security concerns, development assistance, and the reconciliation process.



High Commissioner of South Africa to Sri Lanka His Excellency Sandile Edwin Schalk paid a courtesy visit to the Security Force Headquarters (Jaffna) on 31 October 2022 and shared views with Major General W M G C S B Wijayasundara RSP USP ndu Commander, Security Force (Jaffna) with special focus on Civil-Military cooperation, reconciliation and nation-building tasks. The Jaffna Commander briefed him on Army-initiated projects and the measures that are being implemented to ensure peace and security in the Peninsula.



Defence Adviser at the High Commission of India in Sri Lanka, Captain Vikas Sood paid a courtesy visit to Major General W M G C S B Wijayasundara RSP USP ndu Commander, Security Force (Jaffna) on 3 November 2022.

## Pakistan High Commissioner's visit to 54 Infantry Division



During his visit to Mannar, High Commissioner of the Islamic Republic of Pakistan to Sri Lanka Major General (Retired) Umar Farooq Burki, HI (M) made a courtesy visit to Headquarters 54 Infantry Division, Mannar on 24 November 2022. Brigadier T C Harasgama RSP Commander, 543 Infantry Brigade and Colonel S K J D Jayawardane USP psc Colonel General Staff cordially welcomed the High Commissioner of the Islamic Republic of Pakistan to Sri Lanka. During the cordial interaction, both parties exchanged views on ongoing training modules, civil-military cooperation, social welfare projects, security concerns, development assistance, and reconciliation process. Media Secretary of High Commissioner of the Islamic Republic of Pakistan to Sri Lanka also participated in the visit.



## New house for deserving family in Periyapandirichchan

Major General C D Ranasinghe RWP RSP Commander Security Force (Wanni) vested a newly constructed house to Mrs. Rasu Kaliamma who is living in Periyapandirichchan, Madhu on 17 November 2022.

The project came into reality under the direction and guidance of Major General E A D P Edirisinghe psc General Officer Commanding, 65 Infantry Division, Brigadier D N C Serasinghe RSP USP Commander, 653 Infantry Brigade and troops of 653 Infantry Brigade and 24 Battalion of the Gajaba Regiment contributed their contributed their technical and engineering support and manpower for the house. In line with the event, Mrs. Rasukaliamma donated essential furniture for the house including dry ration packs and school equipment for the children. Officers including Civil Coordinating Officer, Commanding Officer, 24 Gajaba Regiment, Divisional Secretary, and Other Ranks participated in the simple house warming ceremony.



## *Deputy Chief of Mission US Embassy visited Security Force (Wanni)*

Mr. Douglas Sonnek recently appointed Deputy Chief of Mission, US Embassy, paid a visit to Security Force Headquarters (Wanni) with Senior Defense Official, Defense Attaché Lieutenant Colonel Anthony Nelson US, Mr. Seth Nevins, Assistant Defense Attaché and Ms. Anamika Chakravorty (Political Officer) on 24 October 2022. The delegation met the Major General C D Ranasinghe RWPRSP Commander, Security Forces (Wanni) and had a discussion with the Commander Security Force (Wanni) on reconciliation, civil-military development, upliftment of the social standards in the area, security and agriculture.



## *Security Force Headquarters (East) marked its 19th Anniversary*



The Security Force Headquarters (East) marked its 19th Anniversary with religious events at the Security Force Headquarters (East) premises under the patronage of Major General G R R P Jayawardhana RWP RSP ndu Commander, Security Force Headquarters (East) on 30 October 2022. Special Bodhi Pooja was held involving the blessings to the troops serving in the country. Alms giving for the Venerable Maha Sangha resided in sacred Somawathie Temple held on the following day as another segment of the anniversary events with the special devotional morning offerings to the temple.

Brigadier General Staff distributed dry rations among the civil staff serving at the Security Force Headquarters (East) and anniversary celebrations reached its culmination with a grand musical show held at the evening in the Headquarters premises.

## ICRC Head met Commander Security Force (East)



Ms Severine Chappaz, Head of the International Committee of the Red Cross (ICRC) Delegation in Colombo, and the Assistant Officer (ICRC) Delegation in Colombo called on Major General S R K Hettiarachchi RWP RSP USP ndu psc Commander, Security Force (East) at the Security Force Headquarters (East) on 16 November 2022.

The meeting exchanged views of mutual interest in relation to the close cooperation that prevails between the Sri Lanka Army and the ICRC for promotion and protection of Human Rights and International Humanitarian Law. A few Senior Officers and Officers also attended the occasion.

## 2 SLCMP reaped their maiden paddy harvest



Troops of 2 Sri Lanka Corps of Military Police (SLCMP) at Giritale reaped their maiden paddy harvest on 11 November 2022. The simple harvesting ceremony, led by Major N P E N Nerangama USP Lsc Commanding Officer, 2 Sri Lanka Corps of Military Police supervised and guided the troops for this project and reaped the maiden harvest with the participation of a representative gathering of soldiers and villagers in the area. The project launched in support of 'Green Agriculture and Food Security' drive of the government.



## Self Defence workshop at Security Force (Mullaitivu)

A workshop on self-defence was held at the public playground, Kilinochchi with the participation of troops serving in units and battalions under command to Security Force (Mullaithivu) on 20 October 2022. The workshop was initiated by Major General J P C Peris RWP RSP ndc General Officer Commanding, 57 Infantry Division following the conceptual guidance of Major General W A S Wanasinghe RSP USP ndu Commander, Security Force (Mullaitivu).

Mr. Prajalitha Pushpakumara Self Defence Trainer conducted a 5-day workshop where 15 Officers including Commander 575 Brigade, Commanding Officers, and 200 Other Ranks participated in the workshop.



## Humanitarian aid to civilians in Kilinochchi



A programme of dry rations and school accessories distribution among 20 families and their children at Vishwamadu Vidyalaya under the patronage of Major General W A S S Wanasinghe RSP USP ndu Commander, Security Force (Mullaitivu) on 20 October 2022. Mr Ninedra Bandara, Chairman, 'Nithmira' Apparels responding to the request of Lieutenant Colonel U B K Subasinghe RWP RSP Commanding Officer, 6 Sri Lanka Sinha Regiment (6 SLSR) provided generosity for the charity event.

Major General J P C Peiris RSP ndc General Officer Commanding, 57 Infantry Division, Brigade Commanders of 571, 572 and 573 Infantry Brigades, Senior Officers, Officers and Other Ranks attended the event.

## SFHQ (West) proudly celebrated its 10th Anniversary

Security Force Headquarters (West) which was formed on 15 November 2012 marked its 10th Anniversary on 15 November 2022 ceremonially at the Army Cantonment, Panagoda with a series of events and the participation of Major General D M K D B Pussalla RWP RSP Commander, Security Force (West).

Formal Guard Turnout and a Guard of Honour, troop address, lunch for all ranks were among the features of the anniversary. General Officers Commanding of 61 and 14 Infantry Divisions, Brigade Commanders and Commanding Officers, Staff Officers of Security Force Headquarters (West), Other Ranks and Civil staff participated in the anniversary celebrations.



## Commander Security Force (West) visited Battalion Training School-Katukeliyawa

Major General D M K D B Pussella RWP RSP Commander, Security Forces (West) made an official visit to Battalion Training School - Katukeliyawa on 04 November 2022 marking the end of the battalion training of 1 Sri Lanka Army Pioneer Corps which was held from 20 September to 05 October 2022. Commander Security Forces (West) also inspected the camp premises, welfare of instructors and students, and instructed on infrastructure development.

Brigadier General Staff, Colonel General Staff and several Staff Officers of Security Force Headquarters (West) also accompanied the West Commander during the visit.



## New Samadhi Buddha Statute for Security Force Headquarters (Central)

Major General M K S Silva RWP RSP ndu Commander, Security Forces Headquarters (Central) declared open the newly constructed Samadhi Buddha statute and shrine room at Security Forces Headquarters (Central) premises on 5 November 2022. Sri Lanka Army Buddhist Association and Officers and Other Ranks serving in the Security Forces Headquarters (Central) extended their financial generosity for the noble task. Artist Mr. GMG Rohana designed the Samadhi Buddha statute and eye-opening ceremony of the Samadhi Buddha statute was held amid the pirith chanting of Venerable Maha Sangha.

Major General M K S Silva RWP RSP ndu Commander, Security Forces Headquarters (Central), Major General K A W S Rathnayaka ndu Commander, Forward Maintenance Area (Central), former cricketer and ex-president of National Cricket Boards Mr. Arjuna Ranthunga, Officers and Other Ranks participated in the event.

## Generous aid from Army to win the life

The Army troops of the Security Force Headquarters (Central) with sponsorship given by a Colombo - based philanthropist distributed dry ration packs among 75 needy families, residing in the close by area, adjacent to the Kahagalla Tea Estate Company on 5 November 2022. Under the project, dry ration packs, each worth Rs. 7500.00 were provided to those deserving families affected economically. Mr. Krishna Gopi extended financial generosity for the charity work. The project launched under the guidance of Major General M K S Silva RWP RSP ndu Commander, Security Force (Central).



## Colonel of the Regiment visited the battalions

Major General A C Lamahewa WWV RWP RSP Director Infantry and Colonel of the Regiment, Gemunu Watch visited 3(V) Gemunu Watch located in the Dutch fort, Matara on 29 November 2022. The troops of 3(V) Gemunu Watch offered a Guard Turnout to their Colonel of the Regiment following the military formalities. Colonel of the Regiment, Gemunu Watch further inquired about administrative requirements and soldier's welfare and addressed the troops. Regimental Centre Commandant, Officers and Other Ranks participated in the event.





## Workshops on war literature



Lieutenant Colonel E A A Chaminda Chief Editor of the 'Ranaviruwa' magazine of the Directorate of Psychological Operations conducted a thought-provoking war literature lectures at Sri Lanka Army Headquarters on 30 November 2022, Sri Lanka Army General Service Corps Trade School, Kuttigala on 28 September 2022 and Sri Lanka Military Academy on 30 September 2022. Large gathering of Officers and Other Ranks participated in these educative lecture held flashing the untold gallantries of War Heroes enthusiastically, screening the related videos of the operations



## 'Leadership Traits' for Ruhunu Campus undergraduates



Troops of 61 Infantry Division organised a 'Leadership Training' programme for 300 undergraduates at the University of Ruhuna on 20 October 2022 under the guidance of Major General W M R Rathnayaka RWP RSP USP ndu General officer Commanding, 61 Division with the aim of improving leadership qualities and attitudes. 3(V) Gemunu Watch under command to 613 Infantry Brigade provided the instructing assistance for the programme.



## ***Counselling guidance for a better life***

Lieutenant Colonel R M H P K Rathnayaka General Staff Officer 1, Directorate of Psychological Operations conducted another lecture at Sri Lanka Army Headquarters Ordnance Depot, Ragama on 30 November 2022 under the theme of "Psychological Guidance for Satisfied Soldiers". This series of lectures organised to provide counselling assistance to overcome the difficulties while enhancing their confidence and morale with satisfaction. Officers and Other Ranks serving at the depot participated in the lecture.



## ***AIKIDO training for out going Mali Contingent***



AIKADO training for 22 Officers and 221 Other Ranks of Phase B-1 Combat Convoy Company for Mali was held under the patronage of the Commanding Officer, Phase B-1 Combat Convoy Company for Mali on 29 and 30 October 2022. Mr. RDG Prajalitha Pushpakumara, AIKADO instructor conducted training at the indoor stadium, Regimental Centre, Gemunu Watch.

## ***231 Infantry Brigade marked 11th Anniversary***

The 11th Anniversary of 231 Infantry Brigade was celebrated under the patronage of Brigadier W M N K D Bandara RSP USP psc Commander, 231 Infantry Brigade on 11 November 2022 following military formalities. Staff Officers warmly welcomed the Brigadier W M N K D Bandara RWP RSP USP psc Commander, 231 Infantry Brigade in accordance with military traditions offering a colourful Guard Turnout. Subsequently, the Brigade Commander planted a sapling on



the premises and appeared for a group photograph with Staff Officers and Other Ranks in the 231 Infantry Brigade. Later on, Brigade Commander addressed all ranks of the Brigade and called upon all to continue their dedicated roles while maintaining the highest standards of discipline. A customary all-ranks lunch brought the simple commemorative event to an end.

## ***Samaritan act of Army Corporal of 2 SLCMP***

Corporal Nanayakkara NEDP of the 2 Sri Lanka Corps of Military Police on duty around the Avukana Buddha statue replica near Giritale 2 Sri Lanka Corps of Military Police (SLCMP) camp along Polonnaruwa-Habarana main road on 13 November 2022 showcased his professional integrity and honesty in returning the lost handbag of a foreign tourist with Rs 0.7 million worth foreign currency, Canon camera, a passport, a power bank and ATM cards inside. Corporal Nanayakkara NEDP of the 2 Sri Lanka Corps of Military Police seeing the handbag, belonging to the Peruvian tourist, Ms. Kayo Chambi Jacklin Slinda left behind at the adjacent area, took immediate steps to deliver the handbag to the 2 Sri Lanka Corps of Military Police Headquarters.



Major N P E N Nerangama USP Lsc Commanding Officer, 2 Sri Lanka Corps of Military Police connected the owner of the bag and submitted her belongings at the 2 Sri Lanka Corps of Military Police Headquarters. The tourist praised the exemplary conduct of the Corporal and thanked the Sri Lanka Army.

## ***Troops of 3 (V) Gemunu Watch in a daring rescue operation***



Troops of 3 (V) Gemunu Watch of the 613 Infantry Brigade under command to the 61 Infantry Division located adjoining the river Nilwala in Matara engaged in a daring rescue operation and saved the life of a 74-years-old man who attempted to commit suicide by jumping into the river from the Matara Mahanama bridge on 19 November 2022. Those troops standing at a nearby duty point promptly swept into action under the directions of their overlooking Commanding Officer of 3 (V) Gemunu Watch, and a team of soldiers in a boat immediately spotted the 74-year old victim and managed to rescue him while he was being carried in the flowing water. After the first aid, he was rushed to the Matara Hospital for further treatment.

## ***Sri Lanka Army Logistic Commander visited Forward Maintenance Area (East)***



Major General S P A I M B Samarakoon Hdmc Commander, Logistic Command visited Forward Maintenance Area (East) on 9 November 2022 and inquired on the administrative mechanism of under command logistic units.

## War Heroes at Mihindu Seth Medura visited Dehiwala Zoo



War Heroes of "Mihindu Seth Medura", visited Dehiwala Zoo on 15 November 2022. The staff of the Dehiwala Zoological Garden organised special animal shows, with an opportunity to take pictures with the reptiles to entertain these gallant soldiers who dedicated their services for the victory of the motherland. Permanent resident War Heroes of Mihindu Seth Madura together with the staff engaged in the visit. The visit was organised to boost mental fitness of the resident War Heroes at Mihindu Seth Madura.



## Pride of three decades celebrated

Troops of the 7 Vijayabahu Infantry Regiment commemorated its 30th Anniversary with a series of elaborate programmes at Chavakachcheri on 04 November 2022 under the supervision of Lieutenant Colonel I K G S N A Bandara RWP RSP USP Commanding Officer of 7 Vijayabahu Infantry Regiment.



The programme got underway with the conduct of a Blood Donation Campaign at the request of Jaffna Teaching Hospital Blood Bank on 26 October 2022. More than 100 volunteered to donate blood for the benefit of people in the Jaffna Peninsula. Also, a special Bodhi Pooja was held at the Regiment's Buddhist Shrine to bestow merits on fallen War Heroes and invoke blessings upon the soldiers in line

with the anniversary. The anniversary celebrations accorded a Ceremonial Guard Turnout to Lieutenant Colonel I K G S N A Bandara RWP RSP USP Commanding Officer on his arrival. The newly constructed war memorial monument "Ranaviru Upahara Mandiraya" was also declared open by the Commanding Officer and events reached its culmination with troops address, All Ranks lunch and the opening of the newly - built Other Ranks TV room.



## Strength from the Army for education

In collaboration with the Royal College Old Boys Association, Colombo and the Graduates Association of University of Jayawardenepura, 11 Battalion of Gemunu Watch distributed a set of model past papers for grade 5 Scholarship distributed among the students in Grade 5 on 4 November 2022. Commanding Officer, 11 Battalion of Gemunu Watch implemented the programme under his fullest supervision and students studying at the primary schools in Indigollawa, Yakawewa, Kunchchuttuwa, Kunugahawewa, Halmillawetiya, and Roshan Mahanma Primary School benefited from the programme.

## ***541 Infantry Brigade extends livelihood assistance***



Troops of the 12 (Volunteer) Sri Lanka Artillery of the 541 Infantry Brigade of the 54 Division re-affirming their humane approach and magnanimity towards all, irrespective of ethnicity or social status, built a new kitchen unit to a former handicapped LTTE woman combatant, resident in the general area of Mundampiddi, Mannar and left it for her use on 27 November 2022.

Mrs. Rajagan Meri Jude Raji, physically-handicapped a former woman combatant was suffering with economic hardships and generous troops of the 12 (V) Sri Lanka Artillery raised their own money for construction of her kitchen unit using their technical knowhow and manpower.

The project was held under the guidance of Commander, 541 Infantry Brigade under the supervision of Commanding Officer, 12 (V) Sri Lanka Artillery. Troops of 541 Infantry Brigade provided their manpower to erect this much-needed kitchen unit.

## ***Troops qualified in Military Engineering School's BIEDD - 4 and CBRN - 2 courses***



The badge awarding ceremony of the Bomb and Improvised Explosive Devices (IED) Disposal course - No. 4 (BIEDD) and the Chemical, Biological, Radiology and Nuclear Response Course - No. 2 (CBRN) took place on 25 November 2022 at the Sri Lanka School of Military Engineering (SLSME) at Embilipitiya.

4 Officers and 22 Other Ranks after completing the BIEDD course qualified to wear Explosive Ordnance Disposal (EOD) badge and 4 Officers and 27 Other Ranks received CBRN badges after completion of the Chemical Biological Radiology and Nuclear Response course. Both courses were held simultaneously at the Sri Lanka School of Military Engineering at Embilipitiya for a period of three months. The Centre Commandant of the Corps of Sri Lanka Engineers, Commander, General Engineer Brigade, Commandant of the Sri Lanka School of Military Engineering, Senior Officers, Officers, and Other Ranks participated in the event.

## Engineer Division turned two years old



The Sri Lanka Army Engineer Division proudly marked its 2nd anniversary on 18 November 2022 organising a series of programmes with the participation of Major General A H L G Amarapala RWP RSP ndu psc, General Officer Commanding of the Sri Lanka Army Engineer Division. An all-night 'Pirith' chanting, the offer of alms and religious observances took the pride of place at the 'Home of Sappers' in Mattegoda on 16-17 November 2022. A colourful procession, rich with traditional dancers and drummers, together with the sacred relic casket (Karanduwa) along with the book of old scriptures, (Pirivana Potha) conducted the members of the Maha Sangha to the octagon (Pirith Mandapaya) before they began chanting in order to invoke blessings to the Engineer Division, all wounded war heroes, serving ones and transfer merits to fallen ones. The General Officer Commanding, Sri Lanka Army Engineer Division, Brigade Commanders, Commanding Officers, Senior Officers, Officers and Other Ranks of the Engineer Division took part in the series of anniversary events.

## Blood donation to mark 14 th Anniversary of Gemunu Watch



75 Officers and Other Ranks donated their blood to the Blood Bank at Moneragala Hospital to coincide with the 14th Anniversary of the 18 Gemunu Watch (GW) on 17 November 2022. The event was organised as per guidelines given by Brigadier L A J L B Udowita RWP RSP, Commander, 121 Infantry Brigade, under the directions of Major General G M N Perera RWP PSP USP ndc, General Officer Commanding, 12 Infantry Division. The Blood Bank at Moneragala Hospital turned to the Army for assistance as the blood stocks in the hospital were found inadequate for surgeries.

## Sri Lanka Army Women Corps marked its 25<sup>th</sup> Anniversary



The Sri Lanka Army Women Corps (SLAWC) commemorated its 25th Anniversary in a series of events amidst military formalities at the Regimental Center Borella under the guidance of Major General M K Jayawardena RSP USP ndu Colonel Commandant of the Sri Lanka Women's Corps and Chief Field Engineer on 14 November 2022.

Coinciding with the anniversary, troops of the Sri Lanka Army Women Corps distributed gift parcels, dry rations, medicine, sanitary items, etc to the Camila School in Mattegoda for children with special needs. Mr. Prasad Lokubalasuriya of 'Suwadaru' foundation, the Old Boys Association of Royal College-Colombo 07, Old Students Union of University of Sri Jayawardanepura and the members of the fund-raising committee of 'Nirogikama Agayana Sakala Sri Lankawasi/Lokawasi Mithurukala,' Professor Samanthi Senarathne, Miss. Niluka Wickramarachchi Pieris, Miss. Ishaka Liyanarachchi and Miss. Kaushalya Jayathilake extended their generosity for the donation. A musical session and a delicious lunch alms giving for Venerable Maha Sangha included in the anniversary events. The Regimental Centre Commandant of SLAWC, Senior Officers, Officers and Other Ranks were present at the brief ceremony on the anniversary day.

## Drinking water project installed in Anuradhapura



211 Infantry Brigade of the 21 Infantry Division with sponsorship received by a private donor agency launched a student community-oriented project to provide vital drinking water to students of two leading schools in the Anuradhapura region on 14 November 2022.

The long-standing requirement of Walpola Vidyalaya, Walpola was fulfilled by the troops of 211 Infantry Brigade with the financial generosity extended by Bodyline Garments Industry Pvt Ltd. Similarly, the same sponsorship extended assistance to repair the existing water purification system at Irattaperiyakulam Perakum Vidyalaya at the invitation of Brigadier A M C P Wijayaratne RWP RSP psc Commander, 211 Infantry Brigade. Troops of 2 (V) Vijayabahu Infantry Regiment troops threw their full weight behind the success of both projects. Commanding Officer of 2 (V) Vijayabahu Infantry Regiment, Civil Affairs Officer of 211 Infantry Brigade, Assistant Manager (Admin) of Bodyline Garments Pvt Ltd, Other Ranks and school authorities attended the both projects.



## Unmatched sacrifices of Fallen War Heroes revered

The Sri Lanka Sinha Regiment (SLSR), one of the most battle-hardened infantry regiments of the Sri Lanka Army commemorated the bravery acts of its 144 officers and 3720 Other Ranks who made the supreme sacrifice while defending the country's sovereignty and territorial integrity on 19-20 November 2022 at Sri Lanka Sinha Regiment for the 30th consecutive year.

The ceremony was programmed under the guidance of Major General G R R P Jayawardena RWP RSP ndu, Colonel of the Regiment with the intention of awarding the highest tribute to the memory of fallen SLSR War Heroes. An all-night 'Pirith' chanting followed by alms giving included the event. The Regimental Centre Commandant, Sri Lanka Sinha Regiment and a gathering of Senior Officers, Officers and Other Ranks were present during those commemorative events.



## *Dry rations gifted to students in Omatta Maha Vidyalaya*



Upon generosity, extended by a philanthropist in Pliyandala area through the coordination of Lieutenant Colonel G H J I Wijerathne Commanding Officer of 14 (V) Gemunu Watch, troops on 23 November 2022 distributed dry ration packs among 40 students at Galle district-based Omatta Maha Vidyalaya, along with the donation of accessories as per the guidance given by Major General H M U Herath RWP RSP USP psc General Officer Commanding, 61 Infantry Division, the Commander 613 Infantry Brigade along with troops of the 14 (v) Battalion the Gemunu Watch of the 613 Infantry Brigade launched the programme in order to relieve economic burdens and help their IT knowledge.

## *Infrastructure provided for pre-school kids*



Troops of 14 Sri Lanka Sinha Regiment (SLSR) of the 641 Infantry Brigade of the 64 Infantry Division of the Security Force Headquarters (Mullaitivu) taking an own interest provided a few desks and chairs, needed for kids learning at the 'Agastian' pre-school in Karuwalagaswewa Grama Seva Division in Mullaitivu District on 25 November 2022.

Those troops using own technical skills made two desks and eight chairs for this community-oriented project as the pre-school was having a shortage of furniture in the pre-school. Officers and Other Ranks of the 14 Sri Lanka Sinha Regiment took the initiative to fulfill the requirement with the blessings of the Brigade Commander of the 641 Infantry Brigade.

## ***Troops renovated ward at Mannar Hospital***

Troops of 54 Infantry Division renovated an abandoned ward of District Hospital, Mannar and vested on 29 September 2022 to the hospital authority. The Business Associations in the area extended financial generosity of Rs. 300,000.00 for the renovation of the hospital. Major General U D Wijesekara RWP RSP USP Rcds psc General Officer Commanding, 54 Infantry Division, Commander 543 Infantry Brigade, Colonel Coordinating, 54 Infantry Division, hospital staff members of the Business Associations in the area participated in the opening.



## ***55 Infantry Division provided life support to a widow***

Troops of 55 Infantry Division donated a sewing machine to a courageous widow, Maduran Nadiya (Age 36) resident in the general area of Kevil in Jaffna under command to 55 Infantry Division on 29 October 2022 as an effort of empowering the family. Further, the troops of 55 Infantry Division extended their support to make a proper place for tailoring with the intention of laying the foundation strengthening the backbone of the family and the bedrock of a Nation. The sewing machine

worth of Rs. 175000.00 donated in response to the request made to Major General M K U P Gunaratne RSP ndu psc IG General Officer Commanding of 55 Infantry Division. The widow has two daughters at the ages of 16 and 12 and a son at the age of 4, who lost her husband recently in an accident.





## Sri Lanka Signal Corps celebrated 79th Anniversary



The Sri Lanka Signal Corps (SLSC) celebrated its 79th Anniversary on 19 October 2022 with a series of commemorative events on 15 October 2022, giving prominence to the memory of fallen War Heroes in a monument parade at Regimental Centre Sri Lanka Signal Corps. Major General H M L D Herath RSP USP psc Chief Signal Officer of Sri Lanka Army and Colonel Commandant of Sri Lanka Signal Corps graced the memorial event as the Chief Guest. A host of serving and retired Senior Officers, serving Officers and Other Ranks, retired Regimental Sergeant Majors as well as parents, widows and children of fallen War Heroes of



Sri Lanka Signal Corps, who laid their precious lives for the motherland, witnessed the solemn ceremony. The overnight Pirith Chanting and the Alms giving for Venerable Maha Sangha were also held in line with the anniversary celebrations. A colourful Guard Turnout and a Ceremonial Parade offered to the Chief Signal Officer of Sri Lanka Army and Colonel Commandant of Sri Lanka Signal Corps. Tea at the Warrent Officers and Sergeants mess, Anniversary group photograph, All Ranks lunch added galmour to the anniversary. A colourful Anniversary Dinner was held at the Signal Regimental Officers Mess.

## Tamil language training course successfully culminated



Tamil language training course held from 11 October 2022 – 23 November 2022 following the conceptual guidance of General Officer Commanding, 57 Infantry Division to promote goodwill and reconciliation among the Tamil community and the troops serving in infantry battalions and training schools under command to 57 Infantry Division, successfully concluded on 23 November 2022 at the 57 Infantry Division Headquarters premises. The language course held under the supervision of Brigadier S W R Prasanna RWP RSP USP Commander, 573 Infantry Brigade following the instructions of Major General J P C Peris RWP RSP ndc General Officer Commanding, 57 Infantry Division.

Officers including Major General J P C Peris RWP RSP ndc General Officer Commanding, 57 Infantry Division, Brigadier S W R Prasanna RWP RSP USP Commander, 573 Infantry Brigade, and Other Ranks witnessed the certificate awarding.

## ***‘Viru Kekulu’ Annual Concert 2022***

The year-end annual concert of the kids at ‘Viru Kekulu’ pre-schools in Panagoda, Manining Town and Galle held on 09 and 25 November 2022 at the auditorium of DS Senanayake College, Colombo and “Hall De Galle” reception hall with the participation of a large gathering. Mrs. Janaki Liyanage President, Army Seva Vanitha Unit attended the occasion as the Chief Guest and witnessed the talents of the kids. A variety show of their talents in singing, dancing, aesthetic features, etc coloured the concert.



*Annual concert of the kids at ‘Viru Kekulu’ pre-schools at DS Senanayake College, Colombo*



*Annual concert of the kids at ‘Viru Kekulu’ pre-schools at “Hall De Galle” reception hall*



## ***Relief packs to Soldiers and Civil Staff***

Army Seva Vanitha Unit (ASVU) launched dry ration distribution to both soldiers and civil staff serving at the Army Headquarters, among 285 beneficiaries at the Army Seva Vanitha Unit Office on 10 November 2022. Mrs. Janaki Liyanage President, Army Seva Vanitha Unit as the Chief Guest joined the distribution of relief packs.

## 8th Annual General Meeting



The 38th Annual General Meeting of the Army Seva Vaitha Unit held at the Army Headquarters premises under the patronage of Mrs. Janaki Liyanage, President the Army Seva Vaitha Unit with the participation of over 150 members on 2 November 2022. President of the Army Seva Vaitha Unit explained the progress of all projects and the future plans addressing the gathering. Dr. Chandima Gayathri Wijesundara, Senior Lecturer at the University of Ruhuna delivered a special lecture on 'Gender Equality' to the gathering educating the attendees.



## Visit to 'Abhimansala 3'

Mrs. Ruvini Lamahewa, Chairperson Gemunu Watch Seva Vanitha Branch together with a group of members of Gemunu Watch Seva Vanitha Branch with undertook a tour to the Pangolla 'Abhimansala 3' and distributed gift parcels after organising refreshments for the well-being of resident War Heroes at this wellness resort on 7 November 2022. The Gemunu Watch Seva Vanitha Branch during their visit donated 50 sets of cups and saucers to the wellness resort. Commandant at 'Abhimansala 3', Pangolla, members of the Seva Vanitha Branch, and several other Senior Officers participated in the event.



## Annual General Meeting at Boyagane



The Annual General Meeting of the Vijayabahu Infantry Regiment Seva Vanitha Branch chaired by Mrs. Kumudu Manage, was held at the 'Salute Reception Hall' at the Vijayabahu Infantry Regimental Centre at Boyagane, Kurunegala on 13 November 2022. A wheelchair was gifted to 6 year old Pasingu Maheetha Lakshitha- the child of Vijayabahu Infantry Regiment Corporal Silva KHP, a laptop computer and essential school accessories were donated to Manual Sajith, another student, resident at Maliyadewa Children's Home who had been qualified to enter the university. Ms. Ama Dissanayaka educated the attendees on the thematic topic, 'How to be a successful partner to a member of the Armed Forces and Challenges'.

## Visit to Abimansala - 2 in Kamburupitiya

Mrs. Nandani Samarakoon, the Chairperson of the Sri Lanka Electrical and Mechanical Engineers Seva Vanitha Branch, visited Abimansala-2 Wellness Resort Center in Kamburupitiya in order to inquire the well-being of residing differently-abled War Heroes on 28 October 2022.

During her visit the Chairperson gifted each differently able war hero a parcel with confectionaries, beverages and day-to-day essentials with the patronage of Sri Lanka Electrical and Mechanical Engineers Base Workshop.



In addition, a stock of raw materials needed for producing handcraft creations during leisure was also provided at the same occasion. Major General S P A I M B Samarakoon Hdmc Lsc the Colonel Commandant of the Sri Lanka Electrical and Mechanical Engineers along with Senior Officers, Officers and Other Ranks, members of Sri Lanka Electrical and Mechanical Engineers participated in the programme.

## Dry Ration packs for pregnant women



Sri Lanka Corps of Military Police Seva Vanitha Branch launched a donation of dry ration packs and nutrients for 10 deserving pregnant women on 8 November 2022 at 4 Sri Lanka Corps of Military Police.

## Workshop on 'self employment'



Mr. Pasindu Rathnasekera, a lecturer at University of Sri Jayawardenapura, Founder and CEO of Eclipse (Pvt) Ltd educated spouses of Other Ranks of the Sri Lanka Army General Service Corps under 'Empowerment of Self Employment' at the conference hall of Sri Lanka Army General Service Corps Regiment on 12 November 2022. The programme was held with 100 spouses under the guidance of Mrs. Ruvina Mettananda President, Sri Lanka Army General Service Corps Seva Vanitha Branch and the coordination of Mrs. Rukmani Rathnayake a member of Sri Lanka Army General Service Corps Seva Vanitha Branch.

## Visit to the National Institute of Mental Health-Mulleriyawa



Mrs. Shanthi Abesekara the President of Sri Lanka Army Corps of Agriculture Seva Vanitha Branch and members paid a visit to the National Institute of Mental Health, Mulleriyawa on 23 October 2022 with the aim of inquiring about the wellbeing of patients treated at Ward No.5. Refreshments following rhythmic calypso music entertained the resident patients at Ward No.5. Sanitary items, fans and walking aids were also gifted during the event.

## Generous support for a surgery



Rs 52,300.00 sponsorship to a father of a battle-hardened War Hero Lance Corporal Prinyantha Bandara RM of 5 Sri Lanka National Guard who sacrificed his life for the country was extended for his eye surgery as a result of a joint helping hand, lent by the Secretary to the Ministry of Defence and President, Army Seva Vanitha Unit and the Sri Lanka National Guard (SLNG) Seva Vanitha Branch on 3 November 2022.



## Short history of military handheld firearms

The AK-47, also known as the Kalashnikov or just AK, is a gas-operated assault rifle, developed in the Soviet Union by Russian small-arms designer Mikhail Kalashnikov. After more than seven decades since its creation, the AK-47 model and its variants remain one of the most popular and widely used firearms in the world. The model and its variants owe their global popularity to their reliability under harsh conditions, low production cost, availability in virtually every geographic region, with the ease of use. The AK has been manufactured in many countries, and has seen in service with armed forces as well as irregular forces and insurgencies throughout the world. However, did the military handheld firearms develop through time?

The hand cannon, also known as the gonne or handgonne, is the oldest type of small arms as well as the most mechanically simple form of metal barrel firearms without any form of firing mechanism. The hand cannon widely used in China from the 13th century and later Eurasia in the 14th century. These cannons

were loaded from the muzzle. The propellant charge lit through a touch hole. A small priming charge over the touch hole is ignited with a lit piece of slow match. Slow match, also called match cord or twine fuse used by early soldiers to ignite matchlock muskets and cannons. Slow matches were most suitable for use around black-powder weapons as it could be roughly handled without going out, and only presented a small glowing tip instead of a large flame that risked igniting nearby gunpowder. These hand cannons were ungainly: the difficulty being in holding and aiming the weapon while manipulating the slow match needed to fire it. Improvements to the basic design placed the touch hole and a priming pan (flash pan) to the side of the barrel.

An arquebus is a form of a muzzle-loaded long gun that appeared in Europe and the Ottoman Empire during the 15th century. Although the term arquebus, derived from the Dutch word *Haakbus* ("hook gun"), it applied to many different forms of firearms from

the 15th to 17th centuries. It originally referred to "a handgun with a hook-like projection or lug on its under surface, useful for steadying it against battlements or other objects when firing". These "hook guns" were in their earliest forms of defensive weapons mounted on German city walls in the early 15th century. The addition of a shoulder stock, priming pan, and matchlock mechanism in the late 15th century turned the arquebus into a handheld firearm and also the first firearm equipped with a trigger. The matchlock was a lever mechanism that simplified the ergonomics of firing. Slow match would be held clear of the flash pan in a spring-loaded pivoting arm (the serpentine). Actuating the trigger or firing lever would release the serpentine, allowing it to rotate and dip the lit match into the flash pan. This reduced hesitancy at the moment of firing and thereby improved accuracy. The exact dating of the matchlock's appearance is disputed. It could have appeared in the Ottoman Empire as early as 1465 and in Europe a little before 1475.

A musket is a muzzle-loaded



long gun that appeared as a smooth-bore weapon in the early 16th century, at first as a heavier variant of the arquebus, capable of penetrating plate armour. By the mid-16th century, this type of musket gradually disappeared as the use of heavy armour declined. However, musket continued as the generic term for smooth-bore long guns until the mid-19th century. The differences between the arquebus and musket post-16th century are therefore not entirely clear, and the two have

been used interchangeably on several occasions. The matchlock arquebus is considered the forerunner to the flintlock musket and flintlocks are not usually associated with arquebuses. The flintlock used flint striking steel to generate the spark. Slow match was often used from the 15th century until about 1630, when the flintlock started its rise to prominence. Slow match remained in use with limited numbers of matchlocks in Europe until approximately

with the ball in a sealed unit. This eliminated the operation of measuring the powder during loading. The paper also served as a patch in smooth-bore firearms, which fired balls that were smaller than the diameter of the bore, and wrapped a paper patch to make them fit snugly. The Dreyse needle-gun was adopted by the Prussian Army in 1841. The employment of the needle-gun changed military tactics in the 19th century, as a Prussian soldier could fire five (or more) shots, even while lying on the ground, in the time that it took his muzzle-loading counterpart to reload while standing.



1730, and in Japan until the early 1900s. The "true" flintlock, also known as the French lock, appeared in the late 17th century.

The Dreyse needle-gun was invented in 1836 by the German gunsmith Johann Nikolaus von Dreyse. It was his adoption of the bolt-action breech-loading principle combined with the long needle driven by a coiled conchoidal spring which gave the rifle its military potential, allowing, as it did, a much faster rate of fire. The needle gun used a unitary cartridge, containing bullet, powder, and primer in a paper wrapper. Paper cartridges have been in use for nearly as long as hand-held firearms. Their use became widespread by the 17th century. The most common applications of paper cartridges were in muzzle-loading firearms. While these may be loaded with loose powder and balls, a paper cartridge combines a pre-measured amount of powder

Rifles already existed in Europe by the late 15th century, but they were primarily used as sporting weapons and had little presence in warfare. Rifling, the addition of spiral grooves inside a gun barrel, imparts a stabilising spin to a projectile for better external ballistics, greatly increasing the effective range and accuracy of the gun. The balls had to be rammed down the barrel, sometimes with a mallet, because gunpowder residue would foul a rifled bore after a relatively small number of shots, requiring frequent cleaning of the gun. For this reason, smooth-bore muskets remained the primary firearm of most armies until the mid-19th century. The development of the Minié ball, designed by Claude-Étienne Minié in 1849, was significant because it was the first projectile type that could be made a loose enough fit



to easily slide down the barrel of a rifled long gun, yet maintain good accuracy during firing due to obturation by expansion of the bullet's base when fired.

The percussion cap, introduced in the early 1820s, is a type of single-use percussion ignition device for muzzle loader firearm locks enabling them to fire reliably in any weather condition. The discharge is initiated by striking a shock-sensitive explosive material. The mechanism was otherwise constructed similar to that of the flintlock. This invention was gradually improved, and came to be used, first in a steel cap and then in a copper cap, by various gun-makers and private individuals before coming into general military use nearly thirty years later. The flintlock mechanism was readily adapted to utilise this new technology. Cap-locks were generally applied to the British military musket in 1842. The percussion cap brought about the invention of the modern cartridge case and made possible the general adoption of the breech-loading principle for all varieties of rifles, shotguns and pistols. French gunsmith Benjamin Houllier improved the Lefauchaux pin-fire cardboard cartridge and patented in 1846, the first fully metallic pin-fire cartridge containing gunpowder. In 1867 the British war office adopted the Eley-Boxer metallic centrefire cartridge case in the Pattern 1853 Enfield rifles, which were converted to Snider-Enfield breech-loaders on the Snider principle.

The Mauser Model 1871 was updated in 1884 with an 8-round tubular magazine designed by Alfred von Kropatschek, making this the German Army's first repeating rifle. The Lebel Model 1886 repeating rifle entered service in the French Army in 1887, and it has the distinction of being the first military firearm to use smokeless powder ammunition. In 1884, Paul Vieille invented a smokeless powder called Poudre B, white powder. This powder revolutionised the effectiveness of small guns because it gave off almost no smoke and was three times more powerful than black powder. Since less powder was needed to propel a bullet, the cartridge could be made smaller and lighter. This allowed troops to carry more ammunition for the same weight. Subsequently, Poudre B was modified several times with various compounds being added and removed.

In 1908, General Manuel Mondragón patented the world's first gas-operated semi-automatic rifle, the Mondragón rifle, designated the M1908. The rifle was used by Mexican forces in the Mexican Revolution, making Mexico the first nation to use a semi-automatic rifle in battle, in 1911. Shortly after, France had its own semi-automatic rifle, the Fusil Automatique Modèle 1917. The M1917 was fielded during the latter stages of World War I, where it did not receive a favourable reception among troops. However, its shortened and improved version, the Model 1918, gave complete satisfaction during the Moroccan Rif War

from 1920 to 1926. Other nations experimented with self-loading rifles during the interwar period, including the United Kingdom, which had intended to replace the bolt-action Lee-Enfield with a self-loading rifle, but this plan had to be discarded when the Second World War became imminent, shifting its emphasis to speeding up re-armament with existing weapons. In practice, they did not replace the bolt-action rifle as a standard infantry weapon of their respective nations. By the end of World War II, however, semi-automatic rifles had been largely superseded in military usage by their fully automatic counterparts limiting the viability of widespread deployment of semi-automatic rifles.

The first fully automatic rifle to see widespread usage was the German StG 44, which was well liked by troops, as the 30-round, selective fire rifle gave them much more flexibility than their service rifle, the bolt action Karabiner 98k. It was developed during World War II by Hugo Schmeisser. The StG 44 was the first successful assault rifle, with features including an intermediate cartridge, controllable automatic fire, a more compact design than a battle rifle with a higher rate of fire, and being designed primarily for hitting targets within a few hundred metres. Other rifles at the time were designed to hit targets of over a thousand meters, but this was found to be in excess of the range in which most enemy engagements actually took place. The StG 44 fulfilled its role effectively, particularly on the Eastern Front, offering a greatly increased volume of fire compared to standard infantry rifles. The StG 44 largely influenced the Soviet AK-47, introduced three years after the war concluded. The StG's influence can still be seen in modern assault rifles, which, after World War II, became the global standard for infantry rifles.

*Keido Kurubeg*



# SHALL WE STEP TO DIGITAL DETOXIFICATION

*The world is transforming day by day with innovations and upcoming strategies. These innovations have a greater impact on human lives in various means and ways.*

*Especially digitalisation is now at the fingertips of humans.*

*All of us conversing about the Digital era or Digitalisation. Actually what this digitalisation means?*

Digital or Digitalisation includes specific steps from basics. Once an organisation or individual follows those steps then it will convert into Digital or Digitalisation.

It's a technical process that begins with Digitisation. Digitisation means transforming some analog specialties into digital. For example in a company, we have old printed documents that imprinted their essential company policies. When we need to find an old



*By Captain Nisal Rukshan SLSR  
Sri Lanka Sinha Regiment*

document, we have to search through the record room hours. But, if we digitised the documents previously, we can simply scan the documents and could search for them from the place where we saved them in a digital device. (Computer/ tab/ iPad).

Likewise, for digitisation, we can use Scanning, Optical character recognition (OCR), Recording, etc.

Next, we digitalise those digitised details via the internet in an analytical way for the benefit of organisations. It could be a product or a service.

Then this Digitalised product or service we can offer to outsiders for the aces as a product or service through the internet using a simple process.

Today most of us consume digitalised devices for various requirements. It varies one from to another. Not only with a device but even with a purpose. Digital transformation enables us to enhance our effectiveness and efficiency in different stages of life.

But meantime it causes some dysfunctions, changes, and attitudes in the lives of human beings. Such conditions are known as Digital Addiction. It happens automatically due to long stays with digital

backgrounds forgetting, chatting, watching videos, emails, text messages, video games, and watching TV, smartphones, tablets, laptops, and computers. Simply it increases the usage duration of the person with a digital device unknowingly to the person.

This caused a series of issues like **reducing sleeping patterns, causing eye strain and vision problems, leading to the increased occurrence of migraine headaches, attachment anxiety, Depression, etc.**

This has created greater health issues in the world, as well, in Sri Lanka among students, youngsters, middle aged, and sometimes among the aged population too.

The method of overcoming those issues is called **"Digital Detox"** which means "a period when a person voluntarily refrains from using digital devices such as smartphones, computers, and social media platforms".

This context rapidly emerged due to the issues found in the excessive usage of the internet among individuals and it has increased harming mental, physical, and spiritual well-being of individuals.

*What is this social media detox?*



The social media detox explains when a user stays away from the use of social media for a considerable time, that impact improves the mental well-being of individuals who have undergone complications.

Even some studies revealed that the positive impacts of social media detox changes in mood, better productivity, improved sleep, and reduced anxiety.

*How social media affects you?*

As social media, we use Facebook, Instagram, Twitter, TikTok, and so many other applications to stay connected with our friends and loved ones.

However, the invariable judgment and fear of missing, open to highly sensitive content on social media have greater impacts on users.

"Time spent scrolling through social media has the potential to promote unreasonable expectations as we see influencers posting an often filtered and edited version of their seemingly perfect lives.

This can trigger feelings that others are having more fun or living better lives than you are, potentially harming your mental health. The increasing popularity of photo filters has also been linked to poor self-esteem and self-image as we manipulate our photos to change our reality online," says Myra Altman, who holds a Ph.D. and is VP of Clinical Care at Modern Health.

*Signs of need for a digital detox*

If anyone has symptoms of, need of checking their smartphone every few minutes, feeling of social withdrawal, unable to concentrate on their task due to social media effects, stress, anxiety or feel depressed after checking social media, imposter syndrome, or feeling insecure about where you are in life, feeling obligated to respond immediately



to emails and text messages and disturb in slumber recommended and warned to go for a digital detox with the guidance of medical health experts.

*How to do/identify a digital detox*

Most people need to detox but they don't know how to start it. It's important to keep an understanding of why you're detoxing from your digital devices. The aim is to form limitations that guaranteed the use of technology in a way that returns and mechanism for.

In the end, the person needs to decide about a good time you are dedicating online.

*Setting out achievable goals*

This can be a goal of staying away from using the technology of digital screens, and social media by limiting daily screening durations.

#### *Boundaries and limits*

Distracting from electronic devices is sometimes impossible. However, setting up boundaries will have a better impact on spending time with electronic devices. Those limits can be one of the followings:

#### *At a time working out*

Instead of online music during workouts downloaded music with disconnected data may help you to concentrate on tasks without receiving notifications consisting of distractions.

#### *During the time of sleep*

Sleep experts advise directly from the digital screens at least 30 minutes before going to bed.

#### *Time of waking up*

Soon after you wake up, if you check your mobile it may consist of some unexpected news.

So it could affect anxiety and stress leaving you feeling the anxious whole day. So it needs to wake up soundly without outside distractions and stay fresh in the present moment.

#### *During having meals*

A time you are having meals, you may scroll your screen up and down. So then you may not be conscious of how much you are eating, you are eating. Then you will miss mindful eating which creates complications during digestion.

#### *The times spent with loved ones*

Distractions of smart devices during conversations with loved ones may create spaces and less strong interrelation. So it needs to keep away those devices or set boundaries to have better communication, and strong and deep interrelationship among relatives, family members, or loved ones.

#### *Some tips like*

New hobby without a digital base, walk run or hiking, going to the house of a friend closer to you which you haven't gone a long time, read a book (new or old one again) journal about how you're feeling right now, joining for charity works, try to cook the new meal and practice mindfulness can achieve digital detox systematically.

With all of these attempts then you can gain the benefits of decreased anxiety and depression, Improved focus and enlarged productivity, Better sleep, Significant connections in real life and more freedom to enjoy life.

## *Sanitary facilities for orphaned children at Embilipitiya*



Troops of Air Mobile Brigade of the 53 Infantry Division with sponsorship received from expatriates erected a set of new sanitary facilities and washrooms for the benefit of orphaned and physically-handicapped children at 'Meth Sevena' Children's Home in Embilipitiya and vested them in the administration on 28 November 2022.

Brigadier P S Subath Sanjeewa RSP psc Commander of Air Mobile Brigade of the 53 Infantry Division under the guidance of Major General P G P S Rathnayaka RWP RSP General Officer Commanding of the 53 infantry Division carried out this project with sponsorship provided by the US-based philanthropists, Mr. Sarath Kalupahana and Ms. Pinidi Kalupahana.



# Save your life from the harmful effects of alcohol

Alcoholic beverages are widely consumed today by youth and adults. Alcoholic drinks are more popular in the festive seasons. With the massive rise of alcohol usage more than a practice of social drinking is getting popular in society as a remedy to overcome a number of difficulties including economic hardships. However, Lord Buddha had included refraining from any toxic alcohol as a guide to a healthy mental and physical life. This article, however, does not try to force you to stop your habit of social drinking, instead it attempts to help you to recover or minimise the effects of alcohol using the things around you. You will surprise by these natural supplements to prevent the health problems caused by alcohol consumption.

## 1. Balanced diet

A balanced diet always keeps you away from harmful chemical development inside your abdomen. The harmful inputs of alcohol can be controlled with the frequent consumption of fruits such as green olives (veralu), purple berry (dan) lovi, wood apple, blueberry, blackberry, raspberry, orange, apple etc.



*By Captain Lakmali Kudaligama SLAGSC  
Directorate of Psychological Operations  
Army Headquarters*

If you are already having these, all you have to do is increase the amount you consume. Fresh fruits are rich in anti-oxidants which are inevitable to maintain the health of the liver. Fruits such as wood apples also have the ability to remove heavy metal residues accumulating in the intestine. Onion and garlic are rich in sulphur and can help the liver in detoxifying the body.

## 2. More cabbages

The toxins may enter your body in various ways but mainly from food preservatives or recommended chemicals you put into your food such as 'Ajinomoto'. These artificial ingredients are harmful to your intestine and the taste buds of your tongue. Also, this led to damage to your

liver if you consume these preservatives added foods continuously. Vegetables such as broccoli, cauliflower, cabbage, beetroot and sprouted grams are rich in enzymes that can strengthen the detoxifying functions of the liver.



### 3. Choose less sweetness

In the same way, glucose or what you often know as sugar is needed for the body to derive energy, but excess glucose will be converted to fat and stored in the body. This extra glucose will later weaken the functioning of glands such as the liver. An alcoholic person, whose liver over-worked detoxifying alcohol, must take extreme care to protect the liver from damage. Packaged drinks which contain high quantities of sweeteners and preservatives therefore must be avoided.



### 4. Try Natural foods

Natural vegetables or vegies produced with zero chemical fertilisers are best always. Banana blossom is best example which can illustrate as it is rich with sources of many polyphenolic compounds that have antioxidant properties. It has also revealed that Banana blossom has higher content of polyphenols, flavonoids, total dietary fibre, insoluble dietary fibre, lignin, hemicellulose,

cellulose, antioxidant capacity and free-radical scavenging capacity. Therefore, try to add more wildy grown vegies than chemically grown. It will save your day and life. Bitter goad is also efficient in the treatment of neurodegenerative diseases, diabetes, inflammation, viral infections, autoimmune diseases and disorders of the digestive system. In the case of treatment of harmful effects of alcoholism, the juice of the fruit of bitter gourd has the capacity to repair damaged liver cells.



### 5. Try homemade herbal drinks

It is said that 90% of our body is consistent with water. It shows that our body needs more water than food. Youth and adults are now trending to use more short drinks of favourite brands. However, the added preservatives have never made a good impact on your body. Therefore, always try to consume homemade drinks by boiling some herbs such as coriander, a lover juice, or boiled lunuwila.

Aloe vera, contains molecules of glucose and mannose as linear chains, in which mannose is more concentrated than glucose. It also contains Anthraquinone, Aloesin, and Aloe emodin which is an oxidative product of Aloin. The gel of Aloe vera helps to strengthen the liver and improves its functions. Aloe vera effectively detoxifies the body. Intake of a glass of aloe vera juice every day helps in fighting against alcoholism. It is traditionally used to treat arthritis, skin cancer, burns, eczema, psoriasis, diabetes and cosmetic problems. It also prevents the formation of cirrhosis, where normal liver tissues are replaced by fibrous tissue.



## 6. More rainbow Salads

The rainbow salads which consist of a number of natural leaves and vegies in a fresh mood will always add extra benefits to your immune system. The antioxidants improve your blood circulation and develop positive response to your internal organs. Leaves such as Gotukola (centella asiatica) Lunuwila (Bacopa monnieri) contains alkaloids lie brahmin, saponin, nicotine, herpestine, betulic acid, stigmastanol, beta-sitosterol, bacosides and nacosaponins. It is said that it enhance three basic functions of the brain, such as, the power of learning, power of retention and the power of recall. These salads with leaves are also a powerful remedy for the treatment of addiction to alcohol.



## 5. Good portion of natural spices

Natural spices such as garlic, clove, goraka and tamrine are rich with anti oxidents same as the fresh fruits. Using these spices into your curry has hepato-protective effect against alcoholism. It can lower the levels of FAAs (fatty acid amides) and can protect the liver by reducing the levels of liver-specific enzymes and lipids. It can also have an effect on the brain and nervous system of the addicted person through its intervention in dopamine metabolism. Using a rasam drink ones at every month also helps to clear the extra chemicals produced and purify your body.



## *SLEME Officers educated on 'Best Practices in Vehicle Servicing'*



Officers with mechanical and engineering background serving the Sri Lanka Electrical and Mechanical Engineering Regiment (SLEME) had the privilege of participating in a two day-long workshop, organised by the Associated Motorways (Private) Ltd on 'workshop management and good practices in vehicle servicing', at the AMW auditorium at Union Place, Colombo-02 from 24-25 November 2022 following arrangements, made by the Major General J A R S K Jayasekera USP psc Director General Electrical and Mechanical Engineering, 20 SLEME Officers attended workshop, dwelt on a variety of aspects, connected to the above topic. Director General Electrical and Mechanical Engineering also attended with Officers and few Other Ranks.



# Battle of Pooneryn

Nothing is impossible for the brave warrior of the nation who was born from a heroic mother. Several heroic sons were born on this island to eliminate this peril from the suppressed communities of terrorism. When the time where the country was passing years of blue, the region of Pooneryn was not affluent with the fear of terrorism, which was instilled in every corner of the Northern area of the country.

It was 14 November 1993 and the battle of Pooneryn took its fearsome form with its enemy. LTTE code-named 'Operation Leap Frog' was the battle between Liberation Tigers of Tamil Eelam (LTTE) and the Sri Lankan military in this Pooneryn attack. LTTE mounted a surprise attack after encircling Pooneryn camp. In the first phase of the operation, Army and Navy troops broadened their presence in the Pooneryn area establishing a permanent base in 1991 to counter LTTE movements across the Kilali



*Lt Col  
Ranjith Silva*



*Lt Col  
KWT Nissanka*



*Maj  
Upul Lanarol*

lagoon from the Jaffna peninsula which was under its control. At the time, the Army camp in Pooneryn comprised troops from the 1 and 3 Battalions of Sri Lanka Light Infantry, Gajaba Regiment, and 4 Regiment of Armoured Corps. Due to this security circle, military bases in Pooneryn and Elephant Pass effectively obstructed LTTE movements between Wannai and Jaffna.

On 24 September 1993, the Army troops launched Operation Yal Devi and 108 soldiers killed during the operation. Several

weeks later, the LTTE launched Operation Frog Leap to destroy the isolated military base in Pooneryn. This was the time when LTTE had begun to launch its brutal illicit activities day by day. On 11 November 1993, the LTTE launched a massive land attack by destroying the Nagathevanthurai naval detachment and the army defence lines in Pooneryn. The LTTE were able to capture the Punarin camp letting the Army soldiers face an unexpected assault from the lagoon and all the defence lines became under the control of the LTTE.

Not only this affects the Army troops but also the naval detachment and its installations including a radar station were also destroyed within hours by the brutal terrorists. Heavy fire from LTTE anti-aircraft guns prevented air support dispatched by the Sri Lanka Air Force. Within two or three hours large parts of the base were invaded. Due to heavy anti-aircraft fire from the LTTE, air support was also very difficult. However, the destiny of the LTTE was not allowed to keep that happiness for long. The navy executed an amphibious landing on 14 November 1993 enclosing fire from fast gunboats with the support of the newly formed Special Boat Squadron.

Heroes never waited as a mule before the threat. They are ready to exhibit heroism at any cost no matter what. The LTTE withdrew by the evening of 14 November 1993 and the army re-established its base in Pooneryn once again. The military had to suffer heavy casualties. 8

Officers and 225 other ranks were killed, 17 officers and 545 soldiers were wounded and 302 soldiers missing in action since presumed dead.

Major T T R De Silva of the 1st Sri Lanka Light Infantry was given a field promotion for preventing the complete fall of the garrison. Two officers, Lieutenant A W M N M. De Silva of the 1st Sri Lanka Light Infantry and Lieutenant K W T Nissanka of the 3rd Gajaba were posthumously awarded the Weera Wickrama Vibhushanaya second highest award for combat bravery, in 1996, Nissanka's award was elevated to the Parama Weera Vibhushanaya the highest decoration awarded by the Sri Lankan military. Further, Lieutenant Nissanka, platoon Commander of the 3rd Battalion, Gajaba Regiment, which held the forward defence line till dawn, sacrificed himself.

At the time, the country was hampered by the terrorism that was spreading in every corner of the country taking several lives of innocents; many brave warriors had sacrificed their valuable lives for the sake of the country's sovereignty and territorial integrity. Patriotic sons descended from the generation of heroes bade farewell to the nation but their sacrifices shall forever remain in our hearts.



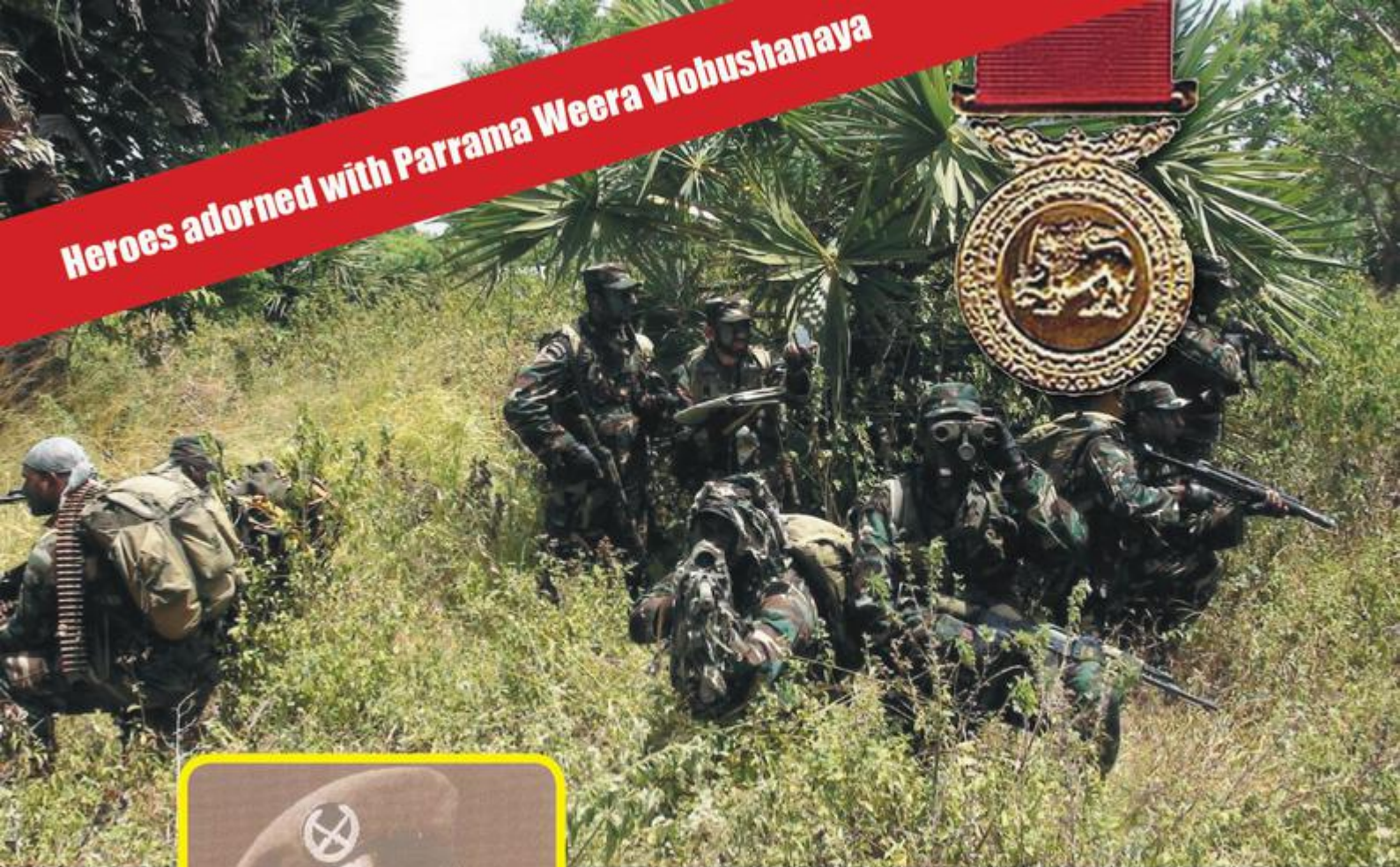
By  
Lieutenant M Katugampola  
SLAGSC  
Directorate of Media  
Army Headquarters

## Method of Instructions Course No. 61 successfully ended



Method of Instructions (MOI) Course No 61 conducted by Combat Training School, Ampara culminated on 3 November 2022 at the Combat Training School premises under the patronage of Brigadier R P Minipura RWP RSP Commandant, Combat Training School, Ampara. In line with the same event, certificates of Junior Instructor Course No. 99 were awarded to followers. Officers and candidates of the course attended the event.

Heroes adorned with Parrama Weera Vibushanaya



*S/Commando 552511  
Sergeant Gunasekara KPDT PWV RSP  
Commando Regiment*

Offering parenthood to Mr. K P D Gunasekara and Mrs. A P D Nandawathie, third time, young baby boy Thissa was born on 26 August 1974 at Nagollagama, Athugapura at Maldeniya Delivery House. He was brought up amid the cherished care of his brother and sister. Unlike the other children of Gunasekara family, young Thissa was playful and active. At the age of 6, Mr. Gunasekara sent Thissa to the Rannagala pre-school before the start of schooling. Thissa entered Ranasingha Primary School, Giriwulla in 1982.

During school, he was interested not only in studies in particular but also sports such as high jump and long jump. This enthusiasm

## Act of gallantry exhibited at Pudukudiruppu

for sports paved his way to participate in sports events of School Sports Meet hinting an assured future of developing athletes. His talents were also showcased as a junior prefect of the school and as an energetic member of the school literary association, without neglecting the entrusted duties as a young gentleman. There had been no event the school held without his generous assistance until he passed out from the school. It was not only his school where he was concerned but also his village as a leading future leader. Thissa, was a compulsory member of any event held at the village no matter day or night. His participation in Sinhala and Tamil New Year Marathon was a frequent segment that villagers enjoyed.

His commitment to his Dhamma School was illustrated in various events where he associated including perahara possessions.



*with his comrades*

However, his urge interest to learn martial arts and self-defence training never faded away. In time he decided to join the self-defence training class held at Kurunegala.

When little members of the family gradually grow, the family faced hardships as the father's livelihood as a carpenter was never adequate to run a three-member family. Young Thissa with his blooming ideas of assured youth, decided to find an income to ease the family's burden. During this time, he had been a carpenter, and operator of coconut oil production factory. In the meantime, his growing enthusiasm compelled him to join the Sri Lanka Army. He begged his parent's permission to join the security forces, but his beloved mother never had given her consent to the youngest child of the family as she shared a close bond with him. However, continuous appeal of the youngest son melted her heart. After taking their parent's permission, this brave young man joined the Sri Lanka Army on 30

September 1997 under Direct Recruitment batch No. 15 and was recruited to Sri Lanka Army Commando Regiment.

He completed his preliminary military training from Combat Training School, Ampara on 20 October 1997 to 30 December 1997 under Recruit Training No. 29 and scored the highest marks at competitions held during the training. The teams under his leadership always excelled a victory. This fact later served to send him to Commando Training School where the excellence is designed.

After successful completion of the commando training from 21 September 1998 to 28 October 1998, he was diverted to Commando Higher Course No. 26 on 24 March 1999 and exhibiting his warriorship he successfully passed out on 13 August 1996 earning the maroon beret opening a new chapter in his life. Thissa tuned to Private Gunasekara and excelled in any task he was assigned in. Within a short time, he earned the Poorna Bhoomi Medal, North and East Award for the illustrious service he rendered to rescue Muttur from the enemy grip under Operation Rivikirana I, II, and III and Jaffna, Kilali, Palai, Muhamalai under Operation Agnikheela. In 2000 Private Gunasekara was promoted to the next rank in recognition of his excellence at the battleground on various occasions. After promotion to the rank of Lance Corporal he was appointed as an instructor at Commando School, Uwa Kuda Oya. His strong bond with parents was always assured and there he decided to build a house for his parents.

Making his life more responsible, the young and bold Lance Corporal Gunasekara wedlock with young Miss Pradeepa Thilakarathne on 2 March 2005 and the young couple was blessed with a baby on 7 December the same year. At the time Lance Corporal Gunasekara was engaged in the operation launched to rescue Wakarai from the LTTE grip.

The first Commando Regiment was entrusted with the task to rescue the civilians kept as hostages by the LTTE in Mahindapura, Eechalanpattu, Verugal aru, Muttuaru areas.



*I am very proud of my husband. Thissa became battle casualty from the operations. But he was not afraid to perform his entrusted duty. As soon he recovered he again went to the battleground. He had to sacrifice his life for the motherland. He was able to free all of us and country.*

Based on the information he received, a small team of Commandos planned to take the LTTE bunker line under control to secure the access without any hustle laying an ambush to surprise the LTTE. Lance Corporal Gunasekara with a small team planned to take control of the other bank crossing Verugal Aru. Amid LTTE fire with RCL, Mortar and Artillery, the team bravely marched forward. During the initial stage, Lance Corporal Gunasekara was hospitalised as a result of strong LTTE retaliation. Soon after recovering from severe injuries, he joined the operation illustrating his deep bond towards the motherland an example for the rest of the soldiers without considering the threat to his life. Due to this exceptional bravery, Lance Corporal Gunasekara was awarded Ransura Medal.

As a result of his incredible gallantry exhibited at East Humanitarian Operation, he was awarded Deshaputra Medal in the name of motherland. Consequently, he was promoted to the rank of Corporal due to his dutifulness and professionalism. At the time, Commandos were deployed at Mullaitivu area and launched a number of operations to rescue the area from the fatal terrorism. Pudukudurippu was a highly important strategic location for the LTTE, and they used it to lower the momentum of the government forces. Taking Mullaitivu under control was also entrusted to the team of Corporal Gunasekara of Commando Regiment. Following instructions of the Commanding Officer Corporal Gunasekara left the camp with 8 of his men in B team. Facing the ruthless

battles his team bravely countered and marched forward protecting his team members.

Gunasekara realised the threat coming from the enemy is gradually escalating and is posing a risk to the lives of his comrades rather his. He instantly decided to ease this burden by targeting the enemy bunkers alone. He bravely attacked the LTTE cadres walking towards them while they were firing at him. However, a strong retaliative fire injured him during this engagement with another 18 comrades of B team of Commandos. 9 brave sons of Mother Lanka bravely sacrificed their lives for the wellbeing of the nation at this ferocious attack. With the difficulty to summon the reserve, amid the approaching LTTE, Corporal Gunasekara was firmly determined to save the remaining members of his comrades from the LTTE. Taking the LMG weapon into his hand Corporal Gunasekara bravely encountered the LTTE facilitating safe cover to own troops injured. A sudden unexpected LTTE attack took his life on 16 February 2009 ruthlessly. 15 July 2013, Corporal Gunasekara was posthumously awarded the Parama Weera Vibhushanaya for his individual acts of gallantry and conspicuous bravery of the most exceptional order in the face of the enemy performed voluntarily whilst on active service with no regard to the risk of his own life thereby safeguarding the lives of his comrades.



Extracted From  
"Uththamachara" Published  
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Headquarters

# THE LITTLE LAMB

*Beatings.. Shouting..  
Strenuous routines..  
Endless duties..  
Exceeds the space in the tiny heart of  
the little lamb..  
Hence, with swollen eyes..  
And an exhausted mind..  
He rests under the shade of a tree..  
Inviting the tears to lighten the heavy  
little heart..  
Praying for a way to escape from the  
hell..  
Love..Faith..Loyalty..Friendship..  
All seems regardless in a world full of  
broken promises..  
Fortune favours the bold they say..  
Forgetting the fate of the innocent  
lamb..  
With swollen eyes..  
And an exhausted thoughts..  
He rests under the shade of a tree..  
Inviting the tears to lighten the heavy  
thoughts..  
Praying not to see the daylight again..  
Once upon a time..  
He too dreamt of having a  
glamorous little life..  
To love.. To hope..  
And to see the stars with her..  
All seems like a forgotten dream now..  
Faded in the twilight within seconds..  
Thus, with swollen eyes..  
And an exhausted mind..  
He rests under the shade of a tree..  
Inviting tears to lighten the aching  
little heart..  
Praying the God to release his  
parched little soul....*

*By Captain R Kumarihami  
SLAGSC*





## A Great Press Baron, who was a Lieutenant in Ceylon Defense Force

Do you know that the Great Press Baron who once owned the Associated Newspapers of Ceylon Ltd (Lake House) in Sri Lanka was a Lieutenant in the Ceylon Defense Force (CDF) during the Colonial period in Sri Lanka? But I'm certain that most of the Sri Lankans are not aware about it. However, it is the truth that, Don Richard Wijayawardena, well known as D. R. Wijayawardena who was a successful businessman, entrepreneur, Press Barron and also later involved in the Independence Movement in Sri Lanka was a Lieutenant in the Ceylon Defense Force and he served in the Ceylon Light Infantry during the period of 1915 to 1917.

D. R. Wijayawardena was born on the 23rd February 1886 as the third son of a family of seven sons and two daughters. When junior Wijewardena grew up, his father Don Philip Wijayawardena, a well established timber merchant in Sedawattha and his Mother Helena Weerasinghe, both of them wished their son to obtain his secondary education at St. Thomas College, after he completed his primary education at Sedawattha School like all his brothers.

When the time passed by, young Wijayawardena enrolled at the University of Cambridge for his higher studies. He became a barrister after graduating with Bachelor of Arts and Bachelor of Laws from the University of Cambridge in England.

After returning to Sri Lanka (At that time Ceylon) young Wijayawardena started legal practicing at Hulftsdorp. During this era, in 1913 he entered into politics and he was unanimously elected as the secretary of the Ceylon National Association. While joining hands with W A Silva, young D. R. Wijayawardna became the joint secretary of the Ceylon Reform League. While showing his professionalism as a barrister, he took part in the notable Attorney General Vs Basnayake Nilame Case which almost led to the riots of Ceylon in 1915.

However, he too, was a crack shot and naturally, young D. R. Wijayawardena wanted to join the Volunteer Unit of the Ceylon Light Infantry and after the training period, he was commissioned



as a Second Lieutenant. During this era, young Wijayawardena was mobilised for the war service during the World War 1. While in the Military Service, young Wijayawardena got married to a beautiful young lady, Miss. Alice Gertrude Ruby Meedeniya in a grand Military Wedding Function which took place on 26th January 1916. Bride was the daughter of Mr. Meedeniya Adigar and Mrs. Cornelia Magdeline Senanayake. Blessed with two sons Ranjith and Seewali and three daughters inclusive of Nalini, Rani, and Kusuma, Lieutenant D. R. Wijewardena served as a Lieutenant until he had forwarded the papers for resignation on his own accord in 1917.

After withdrawing his commission from the Ceylon Light Infantry of the Ceylon Defense Force, young Wijayawardena had a very comfortable lifestyle with his pretty wife and with the private income flowed to him from his family estates and landholdings. As he was not depending on legal practice, he had the time to manage these assets and gradually moved towards business activities. As a result of this, D. R. Wijayawardena was able to purchase the Sinhala Daily paper called Dinamina with the financial support of his brother D. C. Wijayawardena. Later, he was able to acquire another newspaper which was called 'The Ceylonese' from its proprietor, Sir Ponnambalam Arunachalam, for an amount of Rs 16,000/- (This was a very huge amount of money comparing to that Era) which published daily in English language. After renaming the newspaper as 'Ceylon Daily News' the very first issue of the newspaper came out from the press on 3rd January 1918.

However, as per the far sighted vision and the management skills of D. R. Wijayawardena, the "Ceylon Daily News" became one of the premier morning newspaper in Ceylon. When the time passed by, D R Wijayawardena was able to buy the Tamil language daily called 'Thinakaran'. In 1923, he managed to purchase the rights of another English Newspaper called 'The Observer'. Accordingly, the seven newspapers inclusive of "Sunday Observer", 'The Observer' 'Daily News' 'Dinamina' (Sinhala Daily) 'Silumina' (Weekend

Paper published in Sinhala) 'Thinakaran' (Tamil Daily) and 'Sunday Thinakaran' (Weekend Paper published in Tamil) were consolidated under one roof by the name of 'Associated Newspapers of Ceylon Ltd (ANCL)'.

Under the guidance and instructions of D. R. Wijayawardena, then management of the ANCL started its operations to build a building along the banks of the 'Beira' Lake. Later, the proposed building was named as 'Lake House'. Also later on, D. R. Wijayawardena started several bus services to the remote areas of the country, with the intention of promoting and delivering of all the newspapers published under ANCL. This bus service later became a very popular public transport mode to the remote areas such as Kataragama.

D. R. Wijayawardena's family was a recognised prominent family in successful enterprises and Politics in Sri Lanka. Also two Chief Justices, two Prime Ministers and two Presidents of Sri Lanka came through the roots of D. R. Wijayawardena family. Also the present President and former Prime Minister of Sri Lanka, Hon. Ranil Wickremasinghe too, is one of the grand sons of the Great Press Baron and former Lieutenant D. R. Wijayawardena.

Following the demise of this iconic character, D. R. Wijayawardena in 1956, as an honor to him, a street running along the banks of 'Baira' Lake was later named as the D. R. Wijayawardena Mawatha. However, in 1973, then Prime Minister of Sri Lanka, Mrs Sirimavo Bandaranaike had taken steps to nationalize the Company (Lake House) under the special provisions Act No:28 of the Associated Newspapers of Ceylon Ltd.



By Lieutenant  
Duminda Senarath  
SLAGSC  
Directorate of Media  
Army Headquarters

# SPORTS

## We lead the sports too...

### *Army weightlifters carried the championship in national event*



The Weightlifting National Championship - 2022, held at Polonnaruwa, Gallella National Sports complex from 10 to 13 November 2022 enabled Army weightlifters to clinch the championship, defeating counterparts from 11 island-wide sports clubs, including Navy and Air Force teams. Sri Lanka Army men's team scored 34 points winning the overall championship while the Sri Lanka Army women's team secured the runner-up slot in the championship tournament.

Army weightlifters won 4 Gold Medals, 9 Silver Medals and 4 Bronze Medals in total to reach the Championship. Sergeant Kumara YDI of 2 Sri Lanka Army General Service Corps was adjudged the Best Competitor in the event.

### *Softball cricket tournament in Jaffna*

553 Infantry Brigade of the 55 Infantry Division of the Security Force (Jaffna) with the objective of further cementing existing bonds of goodwill and understanding between civilians and members of the armed forces, organised a softball cricket tournament among civil sports clubs in the peninsula from 15 to 22 November 2022 with the participation of 8 teams of those clubs. Barathi Sports Club and Sri Murugan Sports Club were the finalists.



Sri Murugan Sports Club after a close encounter won the championship. M K U P Gunaratne RSP ndu psc IG General Officer Commanding 55 Infantry Division as the Chief Guest gave away trophies and certificates to the winners at the end of the tournament.

## Army rowers earned National Rowing Championship



Sri Lanka Army Rowers in a stunning gesture claimed the overall Championship in both Men's and Women's categories with a tally of seven Gold Medals in total in each category in the 37th Senior National Rowing Championship -2022, held at Diyawannawa Rowing Centre on 5 November 2022. 12 top teams of tri services, clubs, universities and schools competed the three-day event, organised by the Amateur Rowing Association of Sri Lanka. The competition included 10 events and Army Men and Women rowers won 7 Gold Medals out of all 10 events.

## 23 VIR team won 64 Infantry Division football tournament



The 64 Infantry Division from 13 to 23 November 2022 organised a football tournament to improve the sports skills of under command Brigades and Battalions at the 23 Vijayabahu Infantry Regiment (VIR) playground in Oddusuddan. 8 football teams representing Brigades and Battalions under command to the 64 Infantry Division participated in the competition. The 23 Vijayabahu Infantry Regiment team after a close tussle won the championship pushing their rival 662 Infantry Brigade team. Lance Corporal De Silva WPM received the trophy as the Best Player of the tournament.



## Army cricket team shined in first class major cricket tournament



Cricketers in the Army Cricket team won the third place in the 1st class Major League Cricket tournament, organised by the Sri Lanka Cricket Control Board. This tournament was held from 19 August to 15 November at a number of first-class Cricket grounds in island-wide under two groups as A & B where 26 well-known island-wide teams participated in the tournament. The Sri Lanka Army team secured second place in the 'B' category points table achieving third place in the overall tournament. Gunner Nanayakkara KWKSK of the Sri Lanka Artillery took 66 wickets and emerged to be the second as the most leading wicket-taker in the tournament.

## Army Commander's Football Trophy held Kilinochchi



The Army Commander's Football Torphy (Northern Province) vied by 25 football teams of Jaffna, Mullaitivu, Kilinochchi, Vavuniya and Mannar districts held its final tussle on 28 October 2022 at the Kilinochchi Northern Province Sports Complex playground. Two teams, 'Saint Mary's - Kilinochchi' (KLN) and 'Urithipuram Kilinochchi' competed during the final battle. The tournament, launched with the intention of uplifting spirits of reconciliation and goodwill following a concept of Commander, Security Force (Mullaitivu) and Commander 57 Infantry Division.



The final match however concluded with a tie, 1-1 goal each after a close encounter. Both co-champions were awarded trophies and medals along with Rs. 150,000.00 for each team and 4 referees were also awarded special awards with mementoes. This was a glamorous event of such magnitude in the former battle-hardened Kilinochchi.

## *Army water polo team placed 3rd in National Water Polo Championship - 2022*

Sri Lanka Army Men's Water Polo Team secured the 3rd place in the National Water Polo Championship-2022 held during 18 to 20 October at Sugathadasa Stadium Swimming Pool. Ten island-wide sports clubs vied in the tournament. Major General S U M N Manage WWV RWP RSP psc, Chairman of the Sri Lanka Army Aquatic Sport Committee closely monitored the progress of those players and encouraged them. Sri Lanka Aquatic Sports Union organised the event.



## *GR players won Inter Regiment Squash Tournament- 2022*



The awards ceremony of the Inter Regiment Squash Tournament - 2022 took place on 10 November 2022 at Panagoda Army Sports Complex with the participation of Major General L M K S Gnanaratne RWP RSP USP Chairman, Sri Lanka Army Squash Committee, Commander 1 Corps and Colonel of the Regiment Commando Regiment as the Chief Guest.

Players from 16 regiments competed amongst and Gajaba Regiment clinched the Championship trophy placing Sri Lanka Electrical and Mechanical Engineers Regiment and Sri Lanka Light Infantry Regiment to 1st and 2nd runners-up respectively. Lance Corporal Daniel SN of Gajaba Regiment became the winner of the Men's Open Category whilst Private Jayamali PRN of Sri Lanka Army Service Corps emerged the winner in the Women's Open Category. Chief Field Engineer, General Officer Commanding 14 Infantry Division, Director of Sports and several other Senior Officers along with sports lovers watched the finals.

## Army billiards & snooker players clinch championship



Warrant Officer I, Susantha Wickrama SP playing 'Billiards and Snooker' in the 12th Defence Services Games (DSG) in the '1 Hour' Competition, Lance Corporal, Mudeen MM in the '100 Mark' and the 'Pot Black Snooker' competitions, Lance Corporal Chandrasekara CMP in the 'Snooker-1', Lance Corporal Dilruwan SS in the '6 Red Snooker' and Private Fernando MSMN in the 'Red Snooker' competitions won first places in the tournaments held from 2 to 4 November 2022 at Air Force Base Katunayaka with the participants of tri service competitors.

13 Sri Lanka Army Billiards and Snooker players participated in the competition. Beating Navy and Air Force Players, Army Billiards and Snooker players won the overall championship for the third consecutive time (2018, 2020 and 2022).

## Friendly volleyball match attracted many volleyball fans



A friendly volleyball match between 'Kachchai Kings' and 'Meesalai Ayankaran' volleyball teams held at the 52 Infantry Division's volleyball court in Mirusavil, Jaffna on 5 November 2022 as a gesture of goodwill and cooperation between Security Forces and young sportsmen and players in the area.

The 'Meesalai Ayankaran' Volleyball team clinched the championship beating the 'Kachchai Kings' Volleyball Team after a close tussle. Both teams were awarded trophies and cash prizes at the end of the match.

## Inter Battalion Basketball Tournament held in Kallady



The Inter Battalion Basketball tournament-2022 of the 23 Infantry Division was held from 29 to 30 October 2022 in the Sivananda Collage Basketball Court at Kallady with the participation of Basketballers in 4 Gemunu Watch, 12 Gemunu Watch, 11 (Volunteer) Sri Lanka Sinha Regiment and 12 Sri Lanka National Guard. 11 (Volunteer) Sri Lanka Sinha Regiment won the Championship by defeating the 12 Sri Lanka National Guard team. Commander, 231 Infantry Brigade organised the tournament following the conceptual layout of General Officer Commanding 23 Infantry Division.

## Friendly cricket clash at Security Force (East)



223 and 222 Infantry Brigades of the 22 Infantry Division under the Security Force (East) organised two separate cricket tournaments at Valaththottam playground and Sampur public playground from 25 to 27 November 2022, aiming to promote harmony and reconciliation among multi-ethnic communities in the region with tri service, Police and Civil Security Department. Accordingly, 8 teams representing the Army, Civil Security Department, Sinhala and Tamil Sports Clubs of the area competed in the tournament. Civil Security Department, cricket team at Serunuwara carried away the Championship while the Kaveri Sports club in Soornagar was the runners-up. Commander 222 Infantry Brigade and Commanding Officer 24 Vijayabahu Infantry Regiment, Senior Officers, Officers, Other Ranks and cricket fans in the area thronged there to witness the finals and the awarding ceremony of the 222 Infantry Brigade Cricket Tournament.

## Cricket and Futsal Tournament at Jaffna



With the prime intention of developing civil military relationships and coordination, 51 Infantry Division troops of the Security Force (Jaffna) organised Cricket and Futsal tournaments among Jaffna civil sports clubs at the CIMIC Park in Kopay 20 November 2022 under the guidance of General Officer Commanding, 51 Infantry Division. The General Officer Commanding of 51 Infantry Division attended as the Chief Guest for the final encounter of the tournament along with Staff Officers and Other Ranks.



# Ranaviruwa Extends Heartiest Wishes for the Newly Appointed Officers



**Major General G R R P Jayawardena RWP RSP ndu**

assumed office as the Quarter Master General of the Sri Lanka Army

on 28 November 2022



**Major General W R M M Ratnayake RWP RSP USP ndu**

assumed office as the Commander Security Force (Central)

on 17 November 2022



**Major General H M U Herath RWP RSP USP psc Hdmc**

assumed the office as the General Officer Commanding 61 Infantry Division

on 14 November 2022



**Major General R A J N Ranasinghe RSP USP**

assumed office as the General Officer Commanding 62 Infantry Division

on 13 November 2022



**Brigadier G J Munasinghe RSP ato**

assumed office as the Director Ordnance Services

on 21 November 2022



**Brigadier P P A Perera psc Hdmc**

assumed office as the Director Overseas Operations

on 04 November 2022



**Brigadier I H M R K Herath USP psc**

assumed office as the Director Media

on 06 November 2022



**Brigadier A P Wickramasekara USP psc**

assumed office as the Director Psychological Operations

on 21 November 2022



**Brigadier T M Hettiarachchi RSP**

assumed office as the Director Performing Arts and Music

on 28 November 2022



**Brigadier S P G Gamage RWP RSP USP**

assumed office as Brigadier General Staff Security Force Headquarters (Wanni)

on 17 November 2022



**Brigadier W M L S Dayawansa**

assumed office as the Commander, 112 Infantry Brigade

on 18 November 2022



**Brigadier H P I Perera RWP RSP**

assumed office as the Commander, 612 Infantry Brigade

on 9 November 2022



**Brigadier  
L G B Kariyawasam RWP  
RSP USP**

assumed office as  
the Commander,  
141 Infantry Brigade

on 15 November 2022



**Colonel  
K P P Karunanayake**

assumed office as  
the Commander,  
662 Infantry Brigade

on 21 November 2022



**Colonel  
A M S D B Adhikari RSP**

assumed office as  
the Commander  
533 Infantry Brigade

on 25 November 2022



**Colonel  
K A D T P Wimalasena  
RWP RSP**

assumed office as  
Commander  
572 Infantry Brigade

on 5 November 2022



**Major  
R M L I Rathnayaka USP**

assumed office as  
the Commanding Officer  
6 Gajaba Regiment

on 24 November 2022



**Major  
K C K Jayasinghe psc lsc**

assumed office as  
the Commanding Officer  
3 Sri Lanka Army Service  
Corps,

on 16 November 2022



**Major  
H P I Kumara**

assumed office as the  
Commanding Officer  
9 Sri Lanka National  
Guard,

on 13 November 2022



**Major  
D M N Pathmasiri**

assumed office as the  
Commanding Officer  
11 (V) Sri Lanka Sinha  
Regiment,

on 16 November 2022

## 8th Anniversary of 17 Engineer Services Regiment



17 Engineer Services Regiment remarked 8th Anniversary on 11th of November 2022. Series of colourful events held under the patronage of Major E A D P Edirisinghe Lsc the Commanding Officer. The occasion was fulfilled with a number of entertainment events organised for troops and civil servants. The unit day celebration itinerary included an all-ranks lunch followed by a musical evening. Officers and other ranks belonging to Garrison Engineer stations that spread over the Security Force (Central) area participated in the event.

## Strength to cross the hurdles of life



9 Sri Lanka Artillery troops of the 233 Infantry Brigade extending the Army's helping hand towards deserving students gifted 60 pairs of school shoes to students in schools under Dimbulagala Educational Zone after inviting the beneficiaries to the office premises of the Zonal Education office at Dimbulagala on 2 November 2022.

The project was organised on instructions of the General Officer Commanding, 23 Infantry Division. At a request of Major General (Rtd) Channa Goonatillake, Ceylon Leather Products PLC Limited sponsored the project. 5761 pairs of school shoes distributed under several phases of the project.

The distribution got underway in the presence of Major General S A Kulathunga RWP RSP USP psc as the Chief Guest, Mrs. Chandimala Wasalamudali, Zonal Educational Directors, Commander 233 Infantry Brigade, Commander, 232 Infantry Brigade, Commanding Officer 9 Sri Lanka Artillery, Principals, teachers, parents, Officers, Other Ranks and representatives of the donors.

# RANAVIRUWA



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## ‘Nawaloka Virusuwa Sarana’ privilege card to Army members & families



The introductory launch of the ‘Nawaloka Virusuwa Sarana’ privilege card that offers a wide variety of sophisticated and most modern health benefits to Army personnel and their family members took place on 23 November 2022 at Nawaloka Hospital premises, attended by Lieutenant General HLVM Liyanage RWP RSP ndu Commander of the Army as the Chief Guest, Mrs Janaki Liyanage, President, Army Seva Vanitha Unit (ASVU) and Dr Jayantha Dharmadasa, Chairman, Nawaloka Group of Companies Private Limited.

The ‘Nawaloka Virusuwa Sarana’ privilege card introduced as an initiative of Mrs Janaki Liyanage, President, Army Seva Vanitha Unit with the conceptualisation assistance of Dr Aruna Dammika Karunarathna, a veteran social activist in order to turn it to be a privilege for War Heroes and their dependents.

This special card enables Army personnel and their family members to receive considerable discounts and other prioritized facilities for expensive medical investigations, therapeutic practices, consultations, sophisticated and advanced medication and surgeries which are generally not available at other places.

At the inaugural ceremony, the first few ‘Nawaloka Virusuwa Sarana’ privilege cards were symbolically handed over to Army personnel by the Commander of the Army. The occasion was joined by Lieutenant General HLVM Liyanage RWP RSP ndu Commander of the Army, Mrs Janaki Liyanage, President, Army Seva Vanitha Unit and Dr Jayantha Dharmadasa, Chairman, Nawaloka Group of Companies Private Limited, Major General TJ Kodithuwakku RWP RSP ndu Chief of Staff, Major General CD Weerasuriya RWP RSP ndu Deputy Chief of Staff and members of Army seva Vnaita Unit.



# The right beret fits the right head...

*The quintessential chapeau has served as a symbol than a typical headgear in the military, as a compulsory component of attire reflecting unique identity of incredible patience, endurance, and will power. However, in the society few will be lucky enough to wear the military beret as soldiers. Amongst the few of them, a fewer of chosen are privileged to wear snugly round maroon berets during their service as a signature of “Nothing is Impossible”...*

