

Rotaract
Puerta de Oro



Rotaract
Achievers Lanka Business School



JOINT BULLETIN



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Rotaract Clubs of Achievers Lanka
Business School / Puerta de Oro



COLOMBIA

Food and Traditions in Colombia



Our tasty food

Our cuisine is very extensive but here are the top 5 that if you visit Colombia, you have to eat!



Colombian fried fish is a varied dish, but it is the most traditional way of preparing fish in Colombia. This is done in all regions of the country, and what will always vary is the fish to choose, depending on the city where you are located. It's easy, fast and delicious. We eat this plate in Barranquilla, our city, on Sundays or when we go to the beach.

The Bandeja Paisa is a characteristic delicacy of the Antioquia área, but that can be enjoyed anywhere in the country. It is quite succulent, made based on 9 essential ingredients: rice, sausages, eggs, ground beef, avocado, pork rinds, beans and arepas.



The Sancocho, its recipe varies by region. It is a broth that is prepared with different types of meat (beef, fish, chicken and pork; something like a mixed grill). These proteins are accompanied by green bananas, potatoes, cassava and corn. A simple but delicious preparation that is among the favorites of Colombia.



The lechona is one of the dishes that most attract the attention of foreigners, thanks to its curious presentation, which in some cases includes the animal's head. It is prepared by stuffing the pig -without removing the skin- with peas, rice and spices. To ensure that the meat is tender, it is cooked in the oven for up to 10 hours and is served with arepas.



The Mote de queso is another of the star wines of gastronomy in coffee lands. It characterizes the Caribbean coast and particularly the

towns of Cartagena de Indias, Córdoba and Sucre. It is made with yucca, garlic, lemon, onion and costeño cheese. In some parts, bleo de chupa leaves are added, which add flavor and aroma to the preparation.

After a short trip on our plates, we can say that Colombian people love to stay with their family and celebrate all the events that we can have. Here in Barranquilla, we do the biggest carnival in the country.

The Barranquilla Carnival is an event in which all the cultural varieties and folklore of the Colombian Caribbean Coast are expressed, as well as the most varied local manifestations,



such as popular music and dance. The many costumes that invoke all kinds of animal species, native and foreign, are cause for laughter and frights; black Africans; bobbleheads; insane; dolls; Superheros; mythological beings, who transcend the limits of sexuality and Death, among an almost endless number of inventions and popular occurrences.

It is considered the second largest carnival in the world and one of the best known internationally, after those held in Rio de Janeiro (Brazil). We choose our queen that represents the highest figure in the festivity.

Also, we have The Flower Fair, is a massive traditional festive event that is held every year in



the city of Medellin, Colombia. This festival is the most emblematic celebration of the city, and constitutes a cultural and historical icon, such as the Rio Carnival in Rio de Janeiro, the October Festival (Oktoberfest) in Bavaria, Germany, or also in Colombia the Manizales Fair, the Barranquilla Carnival, the Cali Fair or the Blacks and Whites Carnival in the city of Pasto, etc.

Colombia is a great place to know, visit, and live. We have more things to tell you about and it would be a pleasure to us having you here. Thanks for reading a part of our Colombian hearts.

Sri Lanka

Presidents Note

Since I was in school, I have been moved by movements such Interact, and when I joined Rotaract I was able to further my desires toward being part of a social movement where young leaders get an amazing opportunity to commit to avenues such as Community Service, Professional Development, and International Services where, individuals get an added advantage to bond with diverse communities over diverse experiences. If I am to share an insight as to myself, I believe that hard work always pays off, and if one makes a commitment, it must always be met. I live by the term "High Risk, High return" whereas the youth of the country, young individuals must always be strong and courageous enough to step out of the comfort zone and do what make oneself uncomfortable until it doesn't anymore. My vision for the year is "Serving by Embracing the Change", where the community will be served sustainably subject to novel means. Accordingly, such will be incorporated into the change which is occurring around the world whereby as individuals in turn ourselves will too be served by improving professional development skills which are required by the changing business world. I would additionally like to mention the importance of maintaining a close relationship with the Rotary family, and for me the most important aspect is friendship, because it is the most basic human need, secondly business development, because rotary helps create network due to the members that come from all walks of life. Another aspect would be personal growth and development and leadership development.

Moreover, it is my privilege to share a few words for the joint bulletin between the Rotaract Club of Achievers Lanka Business School and the Rotaract Club of De Palmas Araguaia Tocantins.

Most times everything is better when done together than alone, because as we all know the more the merrier. Therefore, I'm a firm believer that Twin Club Agreements is a massive opportunity for two diverse clubs to partner with each other and find a middle ground where everyone can instantly connect and share cultures and ideas. This helps communities be more accepting and understanding of each other. When two very different entities get together and work toward one goal, it creates barriers due to differences of views and opinions but the beauty of pushing through is that as individuals we learn how to work side by side regardless of differences by finding a middle ground. This helps create humans that are selfless, caring, patient and kind. This helps create humans that are more susceptible to changing environments. What I think is most important in this time of day is acceptance and understanding and I believe that working with another club of a different district established in an entirely different country would help both communities respect cultural differences, and understand how to accept what each community have to offer. As a final note I would like to convey my sincere gratitude to everyone involved who tirelessly worked with dedication and commitment to make the join bulleting a success. As I always say, Rotaract although is a Voluntary Organization but it is a commitment that is taken up to serve ourselves by serving the community.

Regards,
Rtr. Bipash Suriyage,
President 2022-22,
Rotaract Club of Achievers Lanka Business School, RID 3220, Sri Lanka and Maldives.

Food and Traditions in Sri Lanka



Our Cuisine

The flaming curries, sweet caramelized onion in seeni sambal (onion relish), and sour lime pickle are all dominating, overpowering sensations that shock awake senses numbed by the thick, steamy tropical air. While tourists to the island may encounter watered-down versions, most Sri Lankan cookery is unashamedly, punch-you-in-the-face, adrenaline-pumping flavorful.

Rice is a constant remedy to these strong tastes. In Sri Lanka, a meal is known as "rice and curry," a word that is nearly synonymous with eating in general. Of course, there's rice, and generally a curry with a thin broth and huge pieces of the featured protein (chicken, fish, and so on), with an array of side dishes—anywhere from four to nine or ten, depending on the time and place. There are "short eats," a Sri Lankan word for snacks—often a coconut roti with lunumiris, a newspaper cone of fried spiced chickpeas, or even a samosa.

(Rice and Curry)



All of the food bears traces of Sri Lanka's geography and culture, whether it's coconut sambal made from coconut plucked from a nearby tree and served with rice and curry, or a shrimp vadai purchased from a vendor through a train window and wrapped in his children's old schoolwork.

The best of all is Kotthu, another Sri Lankan delicacy born on the streets. Sri Lanka has always been known for its street food and quick bites, the most popular of which was kotthu. If you haven't tried it, you aren't a true Sri Lankan.



(Kotthu)

If you're still hungry after all of that, Sri Lanka has you covered with desserts. It's difficult to go far in Sri Lanka without encountering a sugary treat, thanks in part to the Dutch and Portuguese sweet traditions, and in part to the British and Malays. Watallapan is the

most common dessert served in restaurants. It's similar to flan, but made with coconut and coconut palm sugar jaggery, as with any good island dessert.

Our Traditions & Culture



The culture of Sri Lanka has been influenced by many factors but has managed to retain much of its ancient aspects. Mostly it has been influenced by its long history and its Buddhist heritage. The country has a rich artistic tradition, embracing the fine arts, including music, dance, and visual arts. Sri Lankan lifestyle is reflected in the cuisine, festivals, and sports. South Indian influences are visible in many aspects. There are some influences from colonization by the Portuguese, the Dutch, and the British. Sri Lankan culture is best known abroad for its cricket, food, holistic medicine, religious icons like the Buddhist flag, and cultural exports such as tea, cinnamon and gems. Sri Lankan culture is diverse, as it varies from region to region.



Sinhala & Tamil New Year



The Sinhala and Tamil New Year ("Aluth Avurudhu"; "Puthiyathandu"; in Tamil) is a major cultural festival on the island. The event takes place in April (also known as the month of Bak), when the sun travels from the Meena Rashiya (House of Pisces) to the Mesha Rashiya (House of Aquarius) (House of Aries).

Unlikely, the end of one year and the beginning of the next occur at separate times determined by astrologers, with a period of several hours between (the "nona gath"; or neutral period) being a time when one is expected to refrain from all types of work and instead engage solely in relaxing religious activities and traditional games.

The Dalada Perahera



The Sacred Tooth Relic, which is housed at the Temple of the Sacred Tooth Relic in the city of Kandy, is being considered and worshiped as the living Lord Buddha. For this very reason, there are daily, weekly and annual poojas and rituals. Dalada Perahera famously known as the Kandy Esala Perahera held in the month of Esala (July) annually is among them. It is considered as the epitome of the country's Buddhist

celebrations and is blessed with divinity. According to Maha Parinibbana sutta of Deegha Chapter, among few other sacred relics, the four sacred tooth relics remained intact following Mahaparinirvana. Lord Buddha's left canine tooth out of the four Tooth Relics which was blessed with Sri Saddhamma for 45 years was brought to Sri Lanka due to the continuous conflicts during the reign of King Mutaseewa in the kingdom of Kaalinga. Princess Hemamala and Prince Dantha brought the Tooth Relic to Sri Lanka during the reign of King Kithsirimevan, seeking protection for the Sacred Tooth Relic. This incident took place in 310 A.D.



Colombo Sri Lanka

THANK YOU !!!