

# ஹள்தள சுவர் | හන්තන පවුර | Hanthana Pavura

VOLUME: 4 ISSUE: 2 - DECEMBER 2019

ALUMNI ASSOCIATION OF THE UNIVERSITY OF PERADENIYA - OTTAWA CHAPTER - CANADA



## TABLE OF CONTENTS

Our Progress (Annual Report by the president).....	2
Past Events (Year 2019).....	4
Felicitation to Honor Outstanding Members...	5
Welcome New Alumni.....	7
A Memorable Walk in York.....	8
Periodontitis – A Public Health Concern.....	13
The Best Ever Christmas Gift.....	15
හඩන ඉපතැලි.....	17
Multidimensional Space and Gravity .....	18
Explore the Walking Trails in the Ottawa Valley for Healthy Living.....	19
Delicate Tune (සියුමැලි ස්වරය).....	21
උද්දාලට ස්වර්ණනිලකාගෙන්.....	22
Parents of Alumni Corner .....	23
Alma Mater & News.....	25
Note from the Editor.....	28





## OUR PROGRESS (ANNUAL REPORT BY THE PRESIDENT)

With the annual term of the present Executive Committee of the AAUPOC nearing a conclusion in February 2020, it is with great pleasure we can look back at the accomplishments of AAUPOC over the past year, and present this summary report. It is also a pleasure to see our little Alumni-community has continued to grow with the arrival of few young alumni.

As we mentioned earlier, AAUPOC's objectives fall into two overarching categories:

- *Educational*: Help our alma mater by supporting needy students through scholarships, research equipment, books, short courses, and other philanthropic means
- *Social*: Foster interaction and friendship among our alumni members and the Sri Lankan community living in Ottawa.

As an association, AAUPOC has to achieve both of the above primary objectives synergistically. Thanks to the overwhelming support, generosity, volunteerism and dedication of the Executive Committee, our Members, as well as Friends in the Sri Lankan community in Ottawa at large, we were able to make significant accomplishments, surpassing our expectations in the above directions. Such progress was made possible through a variety of activities that we organized together over the past year, as summarized below:

### ***Spring Social event:***

This event was initiated this year, specifically to promote friendship among our Alumni as well as non-alumni community members in *an informal and fun-filled setting*, and to introduce the new members of AAUPOC. It was held at Barrhaven United Church on April 13, 2019 at the dawn of the Sinhala and Tamil New Year. The event featured traditional indoor games, live music, and delicious food offered by the volunteers of AAUPOC. The evening was enjoyed by nearly 150 young and old members in the Ottawa Sri Lankan community.

### ***Upahara Gee Padura:***

This annual event, a community sing-along in recognition of our late legendary singers' contribution to Sri Lankan music, was held at the Sandy Hill Community Centre, Ottawa on July 13, 2019. Over 135 community members participated in the sing-along with live music and in karaoke singing. The dinner was provided by volunteer members of AAUPOC.

### ***Annual Picnic:***

The annual beach trip was held on August 10, 2019 at the provincial park by the shore of Silver Lake, Ontario. It was well attended by nearly 120 people, both members and community friends. Volunteers coordinated a splendid combination of activities including land sports, water sports, nature walking, live music, dancing, and sing-alongs, as well as food including a BBQ lunch and snacks. While some joined the event with their own transportation, others joined the traditional bus ride with continuous singing, reliving the atmosphere of our good old Pera-batch trips.

### ***Health Walk:***

The annual Health Walk 2019 was held for the fourth year on August 31st at Chapman Mills Conservation Park beside the shore of the Rideau River with the co-operation of Mother Nature for beautiful weather conditions. Nearly 50 participants, including the members, their families, and friends of the Ottawa Sri Lankan Community attended the event.

### ***Hanthana Night:***

The featured annual event of AAUPOC was held on September 21, 2019 at St Monica Parish, Ottawa, and was well attended by over 150 participants. The evening featured entertainment with a traditional cultural show with children's dances, dramas, live music and singing, karaoke, and dancing to DJ music until well past midnight.

### ***Newsletter:***

We are happy to be able to publish two high quality issues of the Newsletter in a timely

manner; thanks to the dedication of the editor, graphic/web designer, as well as all the members, their relatives, and friends, who contributed with their talents in various fields such as poetry, visual art, photography, scientific articles, alma-mater news, etc.

#### ***Scholarships for needy students:***

AAUPOC contributed nearly Rs. 400,000 (~ CA \$ 3000), including processing fees, for providing 10 scholarships at Rs. 3000/month each, to be administered through our parent AAUP.

#### ***Helping Students under Special Circumstances:***

We came to know about a first year student at the Faculty of Agriculture, University of Peradeniya, struggling with her studies due to the loss of both parents and having to take care of a huge debt burden of about Rs. 435,000. As a collective effort and enthusiasm by the members of AAUPOC (along with contributions from the Alumni from Edmonton), and a separate portion by the 89/90 Agriculture Batch, it has been possible to settle all her outstanding loans. Freeing up a student from such a destitute situation to be able to continue with her studies is a significant charitable accomplishment with an invaluable impact to a person's life.

#### ***Helping New Alumni:***

Similar to the last year, this year we welcomed two new alumni and helped them to conveniently settle down and feel at home in their new environment, thanks to the overwhelming support from AAUPOC members, and other friends, who offered contributions with furniture and other basic amenities.

In conclusion, AAUPOC had a very active and successful year with significant accomplishments in both social, as well as charitable aspects.

#### ***Acknowledgement:***

As the present President, I would like to thank and congratulate our Executive Committee and volunteer members, and donors for their generosity with donating money, time, food, etc. This enabled us to, successfully maintain this year the momentum of the progress made by our past

executive committees and dedicated members. Although it is impractical to thank all the volunteers by their individual names, I would like particularly to acknowledge the following community friends, who made significant contributions to AAUPOC activities in various ways:

- Mahinda Piyasiri Herath for his valuable volunteer services as the Auditor of our finances over the past years;
- Our volunteer musicians: Ranjith Wahalawatta, Tansen Edirisinghe, Akhil Edirisinghe, Chalaka Lyanage, Kasun Aththanapola, Ruwan Warnapura and Lakshman Dias (member), who have devoted many hours of preparation for our musical activities;
- Dance teachers, Gayathri Eakanayake and Suvini Sulochana for training children for cultural dances at the Hanthana Night;
- Sumudu Fonseka for setting up and controlling sound at Hanthana Night;
- Anura Ferdinand for setting up and controlling sound at Gee Padura;
- Anura Peiris for sponsorships;
- Sarath Amarakone, Ottawa Cash and Carry, for donating food items;
- Don Susil Premaratne for his dedication in creating permanent visual records, to be maintained on our website, of all our activities with his dedication and excellent photographic skills.

As the present President, I would like to make a humble request to all our members to provide continued support to the future Executive Committees or to even come forward to be an active part of the EC.

Best wishes to all for the New Decade. Together, we march forward!

Thank you all!

**Nimal De Silva, Ph.D.**

**The President, AAUPOC**



## PAST EVENTS (YEAR 2019)



Spring Social Event - April 13



Upahara Gee Padura - July 13



Health Walk - August 31



Beach Trip - August 10



Hanthana Night - September 21





---

## FELICITATION TO HONOR OUTSTANDING MEMBERS

**By Saman Amarakone, B.Sc. (Hon.), Ph.D.**

*(An Alumnus of University of Peradeniya, Faculty of Science)*



Since the inception of the Alumni Association of the University of Peradeniya, Ottawa Chapter (AAUPOC) in 2012, AAUPOC recognizes and bestows honour to our alumni members who have made

outstanding contributions to their field of studies or services at national and international levels as acknowledged by their peers. Over the last 7 years we have recognized and felicitated two of our members

In 2014, Dr. Nimal Ratnayake, our first president, was felicitated at the 2014 Hanthana Night in recognition of the esteemed Queens Golden Jubilee Medal bestowed on him for his significant contributions at National and International levels as applied to research on health of Canadians. In 2015, Dr. Nimal De Silva, who is our current president, was felicitated at the 2015 Hanthana Night for his outstanding contributions to the research on environmental analytical chemistry, as well as his dedicated contributions to our community at large.

This year, AAUPOC decided to recognize Dr. Sange De Silva, primarily for his services rendered to the AAUPOC as a past President and the honour of being bestowed with the esteemed Queens Diamond Jubilee Medal by the Government of Canada for the services he rendered to Canada.

Dr. Sange de Silva is simply addressed as Sange by all who know him. He was born in the Rathgama area and had very humble beginnings.

Sange was admitted to the nearby village school and he continued in this elementary school until he finished his Grade 4. Since this school had classes only up to Grade 4, Sange had to transfer to Grade 5 at Devapathiraja Vidyalaya, Rathgama, which was the first free Buddhist English school in the South.

Sange adapted well to the new school environment, made many friends, and above all, excelled in Grade 5 landing a double promotion, thereby skipping the grade 6! This made his family very happy. Devapathiraja Vidyalaya, at that time did not have a Science stream. So, even though Sange would have preferred perhaps to move into the science stream, he had no choice but to follow the arts stream. He pursued his studies well at Devapathiraja Vidyalaya and obtained good O/Level and A/Level results. In 1963, he brought great pride and credit to his school by becoming the first student to enter the University from Devapathiraja Vidyalaya!

In 1963, he entered the University of Ceylon, Peradeniya Campus, as our Alma Mater was known then, to read for a degree in Arts. At the university he was resident at the Wijewardhana hall, the biggest hall of residence in the campus. He was very popular amongst his colleagues and was elected to serve as the Honorary Treasurer of the students' hall union. In 1964, he chose to major in B.Com.

Sange was a keen sportsman. He played soccer and Badminton for the hall team. He also represented the university at inter-university events as a member of the Peradeniya wrestling team. In addition to his sports activities, he also

participated in the University politics representing the Lanka Sama Samaja Party.

In 1967, he topped his B.Com. batch and was immediately hired by the Department of Economics as a temporary assistant lecturer. He continued as an Assistant Lecturer until 1971, when he was awarded a 3 yr. CIDA scholarship to complete an MBA at the University of Alberta. Thanks to the excellent quality of training at the Department of Economics at the University of Peradeniya, he found the work very easy going and he managed to complete the MBA in just one year and transfer to a post-graduate program leading to a PhD in Demography.

After completion of his studies, his first appointment as a Civil Servant was as an Assistant Director in Law Enforcement Policy for the Alberta Solicitor General's Department. In 1982 he joined Statistics Canada and was quickly promoted to the Executive rank as Director Education Culture and Tourism, Executive Director, Canadian Centre for Justice Statistics, Director General (DG) at Health Canada and DG at the Canadian International Development Agency. He returned to Statistics Canada in 1995 and retired in 2014 as a Senior Director General.

As an academic, he taught Economics at Peradeniya and Demography at the University of Alberta, and was a visiting lecturer at the University of Ottawa and at the University of Michigan. During his career, he authored several peer-reviewed articles on the Administration of Justice, Demography and Quantitative Methods. As a professional, he also undertook many international assignments either as a delegate or as the Head of a delegation at multilateral organizations such as the UN, OECD, UNECD and the World Bank. He also monitored the SL Presidential election in 2015 as a Canadian Government representative.

After his retirement, he was awarded the Queen Elizabeth Diamond Jubilee Medal in recognition of

his contributions to Canada through the wellness program he developed at Statistics Canada in collaboration with senior federal department leaders, which has now been adopted by several other federal departments as well.

As a lotus would bloom nicely even though it is buried in mud, Sange had humble beginnings, but with a bit of luck and a lot of courage and determination, together with support from his beloved wife Loise, family and colleagues, he overcame all the adversities he faced to reach the high level of academic and professional achievement he managed to achieve not only as an alumnus of the University of Peradeniya, but also as a first generation immigrant to Canada.

Sange has made us all proud and we wish him all the best for a happy, peaceful and healthy retired life.



---

**“The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty.”**

**- Winston Churchill -**

---



## WELCOME NEW ALUMNI



### ***Thakshila Damayanthi Gunasingha:***

Thakshila is from the district of Ratnapura, Srilanka and she graduated from the Department of Mathematics, Faculty of Science, University of Peradeniya in the year 2015. In year 2017, she moved to Lubbock, Texas with her husband Tharindu Samarakoon for her graduate studies. Thakshila completed her Master's degree in Mathematics at the Texas Tech University and she is currently a Ph.D. candidate in the Department of Mathematics at the University of Ottawa. Thakshila likes to listen to music, watch musical programs in her leisure time and enjoys cooking and nature walking.

### ***Tharindu Samarakoon:***

Tharindu's home town is in Ratnapura, Srilanka. He graduated with a Bachelor of Science degree in the year 2013 from the Department of Mathematics and computer science, Faculty of Science, University of Peradeniya. After his graduation, Tharindu joined Virtusa Digital Engineering Corporation as an IT consultant. He moved to Texas, USA with his wife Thakshila for her graduate studies in 2017. Tharindu spends his leisure time watching movies, listening to music and he is interested in watching and playing cricket. Tharindu is currently looking for a suitable job to settle in Ottawa.



## Office Bearers for 2019/20

Nimal de Silva	President
Premaratne Tennakoon	Vice-President
Manoj de Silva	Secretary
Turadeva Ratnayaka	Treasurer
Dayani Mohottalage	Editor
Sampath Hennayake	Director, Membership
Sudarma Samarajeewa	Director, Faculty of Agriculture
Susantha Mohottalage	Director, Faculty of Science
Niroshan Thanthirige	Director, Faculty of Medicine, Veterinary Medicine & Dental Sciences
Asoka Vidayaratna	Director, Faculty of Engineering
Saman Jayathilake	Director, Faculty of Arts
Dhammika Herath	Ex-officio
Deepani Waidyaratne	IT Support and Web Administration
Mahinda Herath	Non-Member Resource Person



# Articles & Creative Submissions

---

## A MEMORABLE WALK IN YORK

By Kumudini Nicholas, B. Sc. (Hon.), M. Sc.

(An Alumna of University of Peradeniya, Faculty of Science)

There are few things in life that can impact a human as much as traveling could. An article published in the local newspaper *Ottawa Citizen* provided some advice in this regard: *get as close as possible to the local people to grasp the essence of the culture of a place one visits.*

Seemingly, I have successfully followed this advice during my recent travels and that has changed my life.

In early September 2019, I toured through Southern Scotland and England for 12 days with a group of wonderful people – 34 to be exact – accompanied by a knowledgeable and compassionate tour director, Peter Askew. My main purpose to tour was to study and enjoy the historical sites associated with the famous British authors, who had written wonderful books that I have enjoyed since my younger days. I visited the birthplace of a few: Robert Burns, William Wordsworth, Bronte sisters, Jane Austin and Shakespeare.

Overall, I had a fantastic time visiting wonderful sites in both countries. Yet, none could hold a candle to the exciting time I had in Yorkshire, which has been included into the tour itinerary. For some mysterious reason, York captivated my heart by its medieval charm, the historical artifacts and remnants, and some unique people.

On the 6<sup>th</sup> of September, our tour bus rolled down a narrow road hoping to enter the Walled City of York, the oldest city in the North-West England. At the entrance, Peter announced over the PA system, “Now we are entering the town which has the most number of haunted houses, not only in England, but in the world. Those who had signed up for the Ghost Tour excursion, please meet me in the hotel lobby at 5:30 pm”. As usual, there was no reaction from the group for his announcement, but my mind started to turn its wheels because I had signed up for this excursion hoping to enjoy the ‘ghosts of York’.

Suddenly, I remembered an interesting monologue I heard on the *Canadian Broadcasting Corporation* radio in Ottawa, delivered by Johnny Harris, a stand-up comedian and an actor: *sometimes when there is not much to see in a place, the locals throw in a ghost walk to intrigue visitors. Only effort that should make to entertain unsuspecting tourists is to tell a good story, as it is easy to fool them when the characters in the story are nowhere to be seen.* After reminiscing on Jonny’s discussion, I was skeptical. I wondered: Could York’s ghost stories be any different to what was discussed in Johnny’s humorous talk?

To my great delight, later that day, York pleasantly surprised me.

\*\*\*

Yorkshire, the historic county of England, is in the North-Central part between the Pennines and the North Sea. In light of the recorded history <sup>(1)</sup>, it is clear that it had witnessed many changes over several centuries from antiquity to modern times. It has been recorded that the story of York (the capital) *is* the story of England, whether it is written on paper, carved on wood or stone, or in chocolate *KitKat*, which is known to have originated in York.

The modern day York had been re-built sequentially by each invader, topping off the several layers below, of those abandoned cities of past establishments. Over the past several years, the major part of the ancient buildings, monuments and roads have been excavated and they are now available for tourists to enjoy the bygone era.



In York, the most famous property of all time is *Shambles* (see the insert), which is being admired as one of the best preserved medieval streets in the world. It is an ancient narrow path situated at the center of the medieval York. Numerous narrow passageways - *Snickle-ways of York* - named by the local historian Mark W. Jones, have sprouted from *Shambles*, spreading out into various directions, like skinny legs of a large centipede sleeping on the narrow path.

Could you believe that along *Shambles*, a number of shops still have meat-hooks hanging outside, and below them, shelves on which meat was displayed during ancient times? Today, the specters could imagine how the sausage store in *Shambles*, that had operated for over hundreds of years, still doling out the same merchandise from the same window, making them believe that nothing had changed since its inception. Therefore, the spirits of the past, if they are still around in their own world, could they live happily in their familiar York forever? I believe they could.

This might be the reason why many spirits still loiter along the roads of medieval York today. If locals could spot one – in true life form – it would not be difficult to name a spirit by its original human name. Perhaps this ‘reality’ would have instigated the ghost hunting and ghost tours in the modern day York.

\*\*\*

In the afternoon of that September day, our tour bus slowly moved through the narrow streets in York to reach the hotel for the night. If we had sailed along the *Ouse River*, much like the Vikings did, we might have witnessed the medieval guildhall and the council chamber. However, since we entered along the road, just like the Romans did, our first sight was the Coach Park, which was once the burial ground for victims of the plague. When the bus continued through narrow streets of York, to view the architectural marvels of the medieval York, it felt as if I had entered the ancient past in slow motion. We reached the local hotel by 4:00 pm.

At around 5:15 pm, I arrived at the hotel lobby as Peter had requested, to wait to meet the local guide for the Ghost Tour. At that time, the beautiful red and orange colours of the late afternoon sky were visible through the entrance to the hotel, and in York that day, it had twilight hues. The deserts and tropics quickly came to mind. It was breathtaking.

Gradually, the group started to gather. Naturally, I turned away from watching the setting sun to speak with some of my new-found friends. We were deep into our conversation when I sensed that I need to turn around to face the hotel entrance again; almost like a telepathic invitation from somewhere.

The local tour guide, Clive Morris, had arrived, and I stood face-to-face with him for the first time.

Clive had a healthy tan, brown eyes and black hair. His smile was gentle and spread from ear to ear, but his stare was blank and it had been focused into oblivion. He did not directly look at any particular person, but I sensed that he saw us all in his own way at that strange but real moment.

He was appropriately dressed for his work. A long black overcoat fashionably covered his black shirt and pants. He kept his hands on his hips making the overcoat to fan-out on his bent arms and drape over his elbows, like a flowing cloak worn by a music conductor ready to direct an Orchestra. A necklace with a Gothic medallion adorning his tanned chest caught my eyes; it confirmed that he diligently had prepared for his job at hand. He was ready to guide us.



Yet, I had to affirm myself that what we were about to embark on was indeed a Ghost Tour, because I had never seen a single ghost in my life.



I joined the group and followed the guide. The first stop was right outside the hotel entrance to see a tall tower which was the keep of York Castle. Later, its name had been changed to *Clifford's tower* (CT) after Clifford was hung to death in 1322 (see insert; CT on a moonlit night). Clive informed us that it had been the site of great tragedy during the Norman occupation, as a large group of Jews who had hidden in it, to avoid the wrath of a violent threatening mob, had either committed suicide or been burned to death. That intentional arson seemingly had resulted in a ghostly red hue, which envelops the complete tower on some evenings. I was happy to view a normal brown tower, instead of the visual effects of human suffering. When the group started to move forward, I turned to take a last look. It was then that I

witnessed the setting sun magically capturing the outline of the tower with a glimmer of a crimson margin – it sent a chill down my spine.

By the time I turned back, Clive had sped down the cobbled streets making me literally run to catch him. At a moment when he slowed down, I was able to ask the burning question.

“Have you actually seen a ghost?”

He looked at me with his signature side-swipe movement of the head and responded. “Yes I have”.

To tell the truth, I was not surprised. Clive's eyes told me that he was sincere. Later I would find out that he indeed saw spirits in full color and as real people.

According to literature, the scientific rationale as to why some humans can see ghosts, while some others cannot is multifold. Among them, the most interesting is the effects of deep meditation. The neuroscientist Andrew Newberg reported<sup>(2)</sup> that brain scans made of meditating Buddhist monks indicated a strikingly low activity in the *posterior superior parietal lobe* (dubbed as the Orientation Association Area), which could lead to blurring the lines between reality and fantasy, and between feeling in body and out of body. Could meditation be Clive's secret to see spirits?

After Clive's affirmation on his ability to see ghosts, I had the confidence to enjoy any story he might share. Still, while the tour continued, my mind kept wondering about Clive's secret for his unusual skill.

The tour continued. At the entrance to *Shambles*, we visited the slab of concrete where the *Seventh Earl of Northumberland* had been executed because he professed to be Catholic and not a protestant, and plotted to overthrow the protestant queen. I was stunned to learn about this religious killing.

At this particular site, in a moment's notice, Clive transformed himself into a story teller and a theater performer. I could still visualize the alternate movements of his hands, from the ground up to his chest, when he graphically demonstrated how the cruel men in medieval era pulled out the guts of many traitors after cutting their stomachs open while they were still alive. It was hard to learn that the traitors' heads were severed and mounted on the city walls before eventually being taken down and buried at the other end of the *Shambles*, while the rest of the bodies were dumped at the site of their death. No wonder the spirit of one Earl is being seen even today, walking up and down *Shambles* looking for his head. I prayed for his soul to escape.

The next stop was the attractively cobbled *Grape Lane* - the most famous passageway sprouted from *Shambles*; popular for the sex-trade (prostitution) during ancient times. There I witnessed an unforgettable dramatic performance of Clive. The focal point of his acting was the ghostly appearance of a particular man on one wintry day at dusk, at the entrance to the lane. The ghost had been seen leaning against the wall at the edge of the entrance (entrance to the *Grape Lane*; see insert below), wearing medieval attire and a top hat, while resting a walking stick with metal endings on his knees.



Clive literally transformed himself into the spirit of this unknown man. He demonstrated the ghost's movements, while detailing how the top hat concealed his face from its shadow making it difficult to recognize him and how the spirit threatened a young woman who intended to cross his path. It was fascinating to see how drama was added to Clive's performance by his black overcoat, which rhythmically moved matching his gestures, reminding me of the cloak worn by Gerard Butler in *Phantom of the Opera*. His performance mesmerized the audience. At the end, Clive casually informed us that soon after the ghostly appearance of this man, the local newspaper *York Press* had reported the occurrence.

The Ghost Tour with Clive is memorable. He provided us great details on York's ghosts and their related history. He had a remarkable talent to engage an audience through theatrical performances. I would highly recommend the Ghost Tour with Clive for anyone.

Although it would be a miracle if anyone could capture 2000 years of history and its ghosts in one afternoon, I wished for more. So, when Clive said goodbye to us, I was not ready to bid farewell to York. Unfortunately, my chances to return to York for further explorations of spirits are slim, but I hope that one day I could see a ghost. Perhaps Clive might decide to reveal his secret; wishful thinking indeed!



**(L-R):** Clive Morris at the *Clifford's Tower*; Peter Askew (Right) with our tour bus and its driver Carl; Clive Morris (Center) on tour in the *Grape Lane*

The Author gratefully acknowledges Clive Morris for his valuable contributions that enabled reporting accurate historical details. Thank you to Clive, Peter and Bob Teasdale for providing photos for readers' pleasure. *Jack Taylor Photography* of York is being credited for the professional photo of Clive Morris, taken at the *Clifford's Tower*.

**Reference:** 1) *York Tour* by Alfred Hickling; 2) *Why God Won't Go Away* by Andrew Newberg (2001)



## බැස යන ඔබ

By Dudula Vilasini Premaratne, MCSP (UK), RPN



බැස යන්න ඔබ  
දැන් දිගු නොකරමි  
රඳවා ගන්න  
එළැඹෙන කථවර  
පලවා දල්වන්න  
අත රැඳි ඉටි පහන්  
රැක ගනිමි

පබැඳුම:  
දුදුලා විලාසිනී ප්‍රේමරත්න

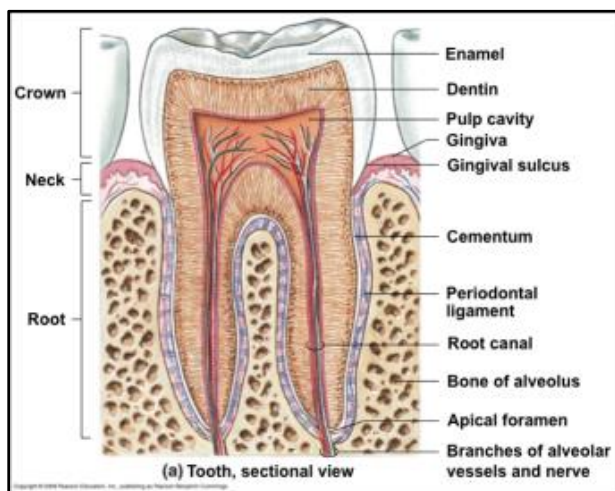


## PERIODONTITIS – A PUBLIC HEALTH CONCERN

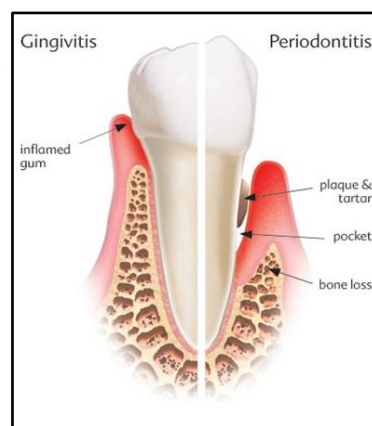
By Achini Adikari, BDS, MD

(An Alumna of University of Peradeniya, Faculty of Dental Sciences)

The periodontium collectively refers to the specialized tissues that invest and support the teeth. It consists of four components, namely, the gingiva, periodontal ligament, alveolar bone, and the cementum. Each of these components, with their distinctive location, architecture, and biochemical properties, act together to protect teeth from biting forces and infection, thereby maintaining the teeth in their optimal function.



Periodontal disease refers to pathological conditions affecting the periodontal tissues, with two basic disease entities namely, **Gingivitis** and **Periodontitis**. While gingivitis is the inflammation of the gingiva (gum), which alone is a completely reversible process, periodontitis involves irreversible disease of deeper structures that include periodontal ligament and surrounding alveolar bone. Unattended periodontitis eventually results in tooth mobility and ultimate tooth loss.



Initiation and progression of periodontitis are dependent upon the presence of pathogenic bacteria in **dental plaque**. Plaque refers to the deposits that are constantly formed on the tooth surface

and are largely composed of bacteria embedded in an organic matrix. Over 300 bacterial species have been isolated from the periodontal plaque, yet only a small percentage of these is considered to be causing disease (Preshow et al, 2004).



Health vs Disease

Presence of microbial plaque elicits protective immune response (host response) by the surrounding structures to eliminate these bacteria and their toxic products. Therefore, presence of a defective immune response as in certain diseases such as diabetes, increases the susceptibility for periodontal disease. Also, quite unexpectedly, presence of excessive levels of protective response, in addition to destroying bacteria, also destroys the own tissues, supporting the tooth, leading to clinical signs such as tooth mobility (AAP, 1999). Therefore a fine balance of the above reactions maintains health of the periodontium.

Although bacteria are essential for periodontitis to develop, the individual susceptibility is a major determining factor in progression of the disease. The risk factors for periodontitis can be of genetic or environmental in origin. **Genetic risk factors** are largely unmodifiable and may include





Bone loss following periodontal disease

defective neutrophil function or enhanced cytokine production. Modifiable risk factors include

#### **Poor oral**

**hygiene, Smoking, Psychological stress** and metabolic diseases such as **Diabetes mellitus** (Newman et al, 2012).

Diabetes mellitus has been unequivocally confirmed as a major risk factor for periodontal disease (Salvi et al, 2008). Most importantly, existence of a bidirectional relationship between periodontal disease and poorly controlled diabetes mellitus has been well described in the literature (Mealey & Ocampo 2000/2007). That is, not only does diabetes increase the risk for periodontitis, but periodontitis also can have a negative effect on diabetic control.

Current approaches to the treatment of periodontal disease is aimed at reducing the bacterial burden in the periodontium and creating an environment conducive to healing. Once established successful management requires a detailed diagnosis and comprehensive staged treatment by a periodontal specialist.

Yet, what is more important is the prevention of the disease before it occurs. The single most important cause of periodontitis is dental plaque. Therefore, optimal self-performed plaque control plays an important role in both prevention and treatment of the disease. In order to maintain periodontal health, one must disrupt plaque deposits whenever it accumulates. This is simply achieved by twice daily tooth brushing and flossing. Self-assessment of level of cleaning can

help identify early disease. One must be aware that bleeding and tenderness of the gums during oral hygiene practice could well be a sign of disease rather than overzealous cleaning. Regular dental visits, professional assessment and dental cleaning can optimize the periodontal health.

Not uncommonly, one may also have to think of lifestyle modifications in view of prevention of periodontal disease. Healthy lifestyle habits such as not smoking, exercise and healthy diet can help eliminate the disease risk factors such as smoking, stress and diabetes mellitus.

In summary, periodontal disease is a complex but a preventable disease entity. Understanding the disease, compliance with oral hygiene and motivation towards a healthy life style can be helpful in prevention of periodontal disease and ultimate tooth loss.

#### **References**

1. American Academy of Periodontology. Informational paper. The pathogenesis of periodontal diseases. J. Periodontol. 1999;70:457-47
2. Mealey BL, Ocampo GL. Diabetes mellitus and periodontal disease. Periodontol 2000. 2007.
3. Newman MG, Takei HH, Klokkevold PR, Carranza FA. Carranza's clinical periodontology for south Asia. 11th ed. Saunders, St. Louis, Missouri 2012
4. Preshaw PM. Antibiotics in the treatment of periodontitis. Dent Update 2004;
5. Salvi GE, Carollo-Bittel B, Lang NP. Effects of diabetes mellitus on periodontal and peri-implant conditions: update on associations and risks. J Clin Periodontol. 2008;35:398-4
6. Illustrations and photographs are extracted from the internet

---

**- Life is short. Smile while you still have teeth -**

---

---

## THE BEST EVER CHRISTMAS GIFT

**By Martin Nicholas, Ph.D.**

*(An Alumnus of the University of Colombo, Faculty of Science)*

I began to write on Christmas day 2019. Christmas is the season to be charitable and also exchange gifts with friends and family.

Saint Nicholas (born in 270 AD) started gift giving in the 3<sup>rd</sup> Century. He died on December 6 (343 AD) which then became his Feast Day. After he lost his parents, when he was still a young man, he used his inheritance to help the poor and the sick. The news of his gift giving spread across the world. Since then, he has been identified as *Nicholas the Wonderworker*, and his kindness has been extolled for two Millennia. He also had a reputation for secret gift-giving, such as putting coins in shoes. In America, the St. Nicholas name had gone through several changes and eventually Sinter Klaas became Santa Claus where he now has become an integral part of the Christmas holiday.

I grew up with a belief in Santa Claus and later wanted to emulate him. Over the years, I had several opportunities to be charitable in Sri Lanka and also in Canada. But, here I will be sharing information about the most memorable charitable activity I had the privilege to perform in December 2019.

I moved to Ottawa in May 1999 from Halifax Nova Scotia. I worked at Tunney's Pasture until I moved to the 123 Slater Street in 2002. Working downtown gave me many choices of eateries to have lunch, and over the next several years I experimented to find the best.

Around 2010, I heard of great lunch options in the L'Esplanade Laurier, a 23 Story Twin Tower which had been purposely built for federal government employees. Since then, 300 Laurier Avenue West (Photo # 1), and its food/deli place (Photos # 2 and # 3) became my favorite lunchtime place. I became a regular there and had the practice of having my daily lunch seated on the octagonal bench (Photo # 4). For several years I continued this practice, and I had seen many visitors to this location, some regulars and many public servants from other buildings. In 2013, I moved even closer to the Eatery when my office moved to the 269 Laurier Building, which was right opposite 300 Laurier.



# 1 – 300 Laurier



# 2 – The Food/Deli Place or Eatery



# 3 – Food Choices



# 4 – The Octagonal Bench

Over several years, among the throng of visitors, mostly federal employees, who arrived at lunch time, one man stood out. His clothes were in a poor condition through long or hard use; he wore faded blue jeans which were frayed but not torn. From his attire, I could tell that he was not a federal employee. Some days his long hair was a bit dishevelled after perhaps being blown around by strong winds. But, he was neither scruffy nor slovenly in his appearance. Once, I noticed him combing his hair; it was good to see him making an effort to groom himself. Several years went by and I noticed that when winter came he wore the same coat, and it was not thick enough to keep him warm on some frigid Ottawa wintry days.

This man would sometimes sit beside me or walk around and look at me intently. He never approached anyone for money, possibly because panhandling was strictly prohibited. The building was under constant surveillance by Government Commissionaires who walked around officiously while being vigilant for potential threats to security. He did not ask anything from me either.

In 2015, while having my lunch one day, the poorly dressed man caught my attention again because he was looking straight at a well-dressed person sitting next to me on the octagonal bench. Suddenly, the well-dressed man - in a business suit and tie - started speaking on his cellphone in Sinhalese. As soon as he finished talking I said hello. He turned to look at me and then just kept staring. It was only when we exchanged names that I realised that he was Michael, whom I knew from Sri Lanka. Our families were friends. I used to escort his two younger brothers and him in the school bus from St. Joseph's Colombo to their home in Nugegoda for about a year in 1969, before the family moved to Kandy. In fact, I first got interested in Canada after listening to the experiences of Michael's parents' life in Canada in the early 1960s (*Perhaps, I may not have chosen Canada for my post-graduate studies if I had not met this family*). After introducing ourselves, Michael asked: *Is this shabbily dressed man looking at us a panhandler?* I said I didn't know. But, Michel's question made me think. Since then, I wondered: If I gave money to the man, could that cause problems for his access to the building if identified as a panhandler? I kept wondering, until several months later when I finally saw someone quietly handing the man a Loonie without having negative consequences.

From then on I offered the poorly dressed man some money every time we met. I learned that he was living in the *Salvation Army* Shelter about a mile away. With time he became comfortable with me and would sometimes ask me to buy him a cup of coffee. He seemed to value the personal social encounters with me. He had a difficulty speaking possibly due to a medical condition. His voice was soft and hoarse. He frequently pulled at the skin on his throat while making a throat-clearing sound. Given his life on the street or in shelters, it is possible that he has mental health challenges as well. One morning, he did not respond when I said hello to him at the entrance to the Shaw Centre in the Rideau Mall, perhaps because he was preoccupied with something or did not recognize me outside of 300 Laurier. However, he never failed to show his great appreciation verbally and through facial expressions to acknowledge my charitable gestures. Finally, one very cold day in the winter he asked me to buy him a cup of soup. I was happy to oblige. Later one day, I tried to buy him some surplus items of clothing that were sold at times in front of the eatery, but he always refused such offers from me. The only thing he readily accepted was money for a coffee.

On the 5<sup>th</sup> December 2019, at lunch time he looked at me and pointed to his shoes and softly said *socks*. After confirming that he needed socks I responded. "I will bring you socks tomorrow." I brought him two thick pairs of socks packaged in a paper bag. He took out the blue pair and put it in his jacket pocket and returned the other pair with the bag. Surprisingly, I had to coax him to take the second pair as well. The next day, he was seated at the *octagonal bench* and had a beaming smile. When I approached, he pulled up a pant leg to reveal the blue socks I had given him. I had succeeded in helping the man to stay warm in the Ottawa winter. Suddenly, I felt an electrifying, and yet comforting, warmth tingle through my body when I realised I had given the gift on December 6<sup>th</sup> 2019 - St. Nicholas's Day. I felt so privileged to fill someone's need on the day we celebrate and honour the original Santa Claus. That made it the best ever gift I have given!

---

**"We make a living by what we get, but we make a life by what we give."**  
**- Winston Churchill -**

---



## හඬන ඉපතැලි

By Don Susil Premaratne, B.Sc. (Eng.)

(An Alumnus of University of Peradeniya, Faculty of Engineering)



ගණ දෙව් පුදා නැකතට කිරි උතුරාලා  
ගල පලු ගහේ බෝම් අතු එල්වාලා  
ගිනි සැර වදින සතුනට හු තුන කියලා  
ගිනි යාතිකා නවදැලි හේනක් මවලා

සිරිපොද බිනර අක් වැහි කාලෙට පුරලා  
සරු පස සිනාසුණි ඉඳලොලු තරු පිපිලා  
සිව් පෙනි දෙපෙනි උස්වි කර දඩු ලියලා  
සිහිලැලි දමන් වැස්සේ නිල්ලඹ නෙළලා

අඹරා මයිල කඹ අම්බරුවන් කරට  
බැන්දේ කරට වියගහ උන් මනාපෙට  
දුන්නේ සත්ත භීයේ හීවැල ලන්ට  
මතකේ තිබේ හැවා යල කැකුලමට

හෙප්පුව රිදී හවඩිය සෙත් පිරිත් පොතයි  
සුම්බර සරම බැනියම සේසත මේකයි  
දහඩිය ඔබේ මැව් අස්වනු අහස උසයි  
පෙව් ගුණ අපේ රුහිරට සමනොළ කන්දයි

හානා හීය පානා අඩහැර නෑසේ  
හේබා හේන් වැහි නැතිදෝ ආකාසේ  
පානේ එළිය දෙවියෝ කෝ නැති වාසේ  
රැනේ ගිරව් ඉගිලි ගොස් දුර අහසේ

හඬන ඉපතැලි  
දොන් සුසිල් ප්‍රේමරත්න

Art work & Lyrics by;

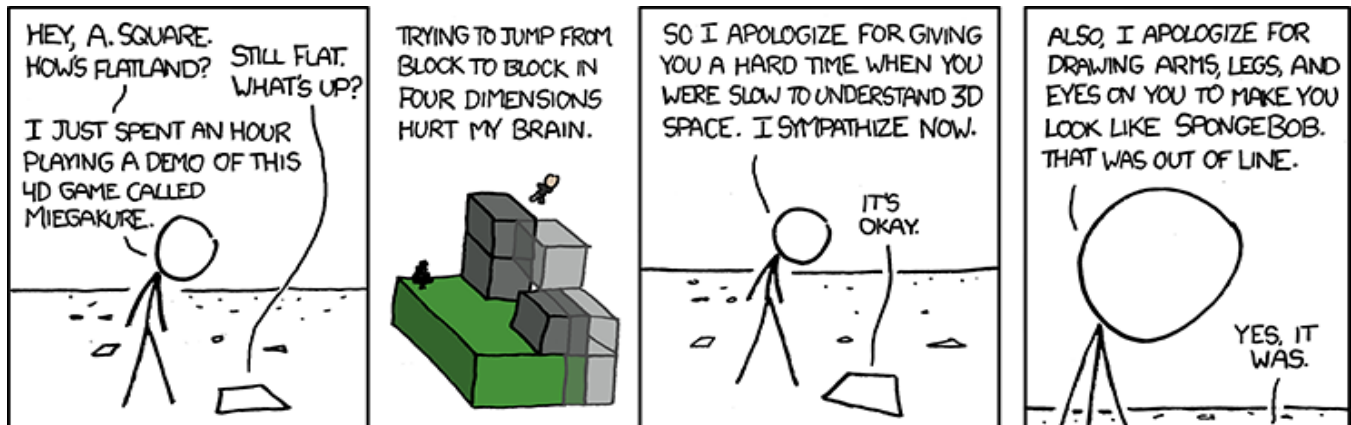
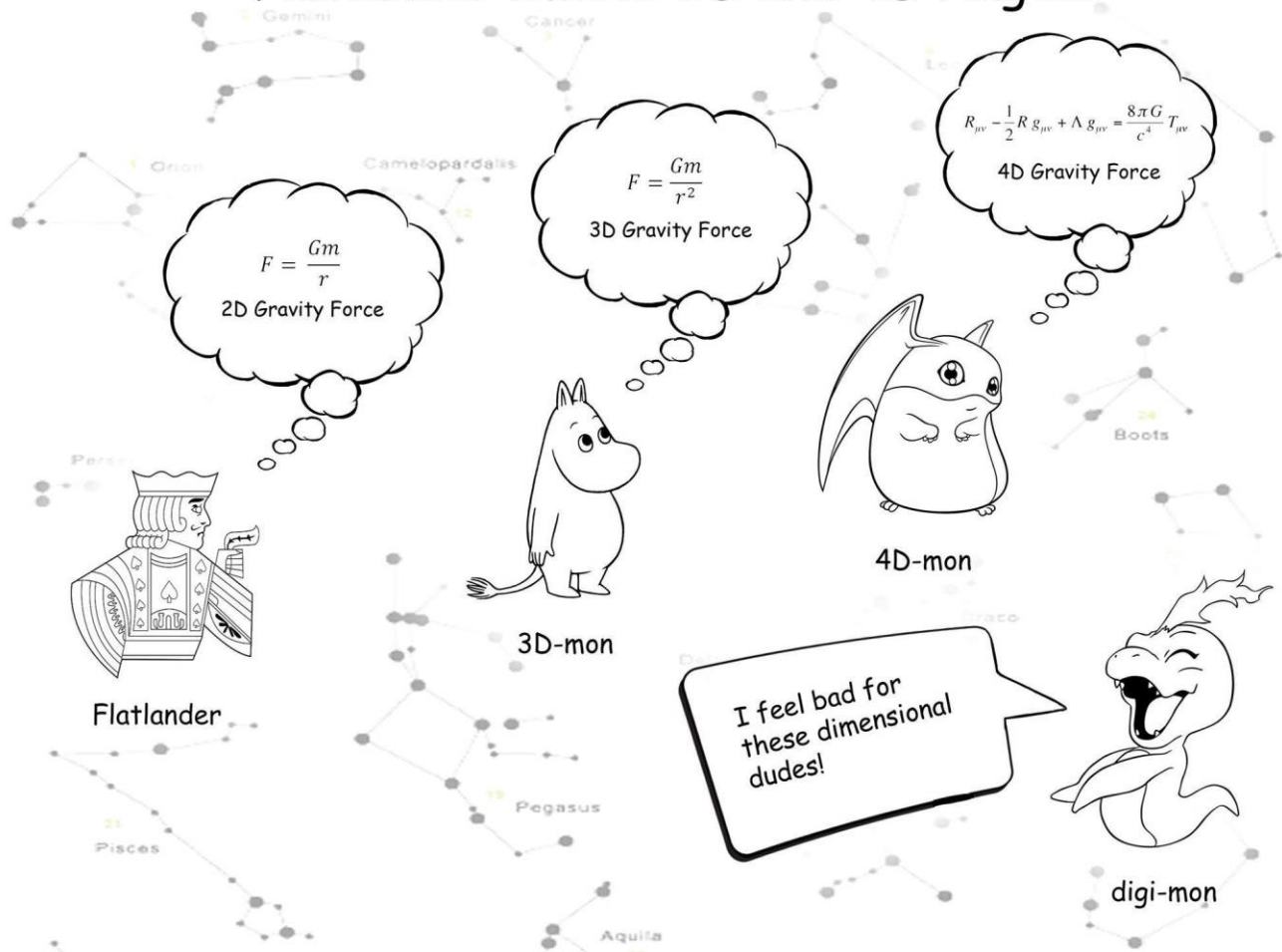
Don Susil Premaratne - A graduate of University of Peradeniya - Engineering Faculty

# MULTIDIMENSIONAL SPACE AND GRAVITY

By Ashoka Vidyaratne

(An Alumnus of University of Peradeniya, Faculty of Engineering)

## Flatlander Meets 3D and 4D Angels



Reference: [https://www.vice.com/en\\_uk/article/aendbj/impossible-4d-puzzle-game-defies-physics-and-lets-you-walk-through-walls](https://www.vice.com/en_uk/article/aendbj/impossible-4d-puzzle-game-defies-physics-and-lets-you-walk-through-walls)



---

## EXPLORE THE WALKING TRAILS IN THE OTTAWA VALLEY FOR HEALTHY LIVING

**By Janaki D. Amarasinghe, MBA**

*(An Alumna of University of Peradeniya, Faculty of Agriculture)*

Step into the calmness of nature and step away from stress, for some fresh air and exercise by taking a walk on the trail or a forest. You may be surprised what changes that could make in your life. Research shows that walk therapy in Nature improves mood, focus and creativity, lowers blood pressure and reduces levels of stress hormones. It is known that the benefits of walking extend the many aspects of mental and physical health. Here, I would like to share stunning reviews of a few trails in my neighborhood.

### 1. Chapman Mills

This trail is in the Chapman Mills conservation area near Woodroffe Ave and Waterbridge Drive. The trail is 3.1 kilometer long, along the shore of the Rideau River.

The pet friendly lightly trafficked walking path has picnic areas, hiking and paddling options, free parking and docks for fishing. There are also lots of interesting boardwalks and periodically set benches. The marsh is full of birds (red winged blackbirds, various sparrows, mallard ducks) and flowering plants. This is a great trail for a family walk, picnic or cycling. The Chapman Mills trail has an amazing view of the Rideau River, bridge. One does not have to go too far to experience the natural beauty of the surroundings. The bug sprays and sun protections are recommended depending on the season and the time of the day of your visit.



Link:

<https://www.alltrails.com/trail/canada/ontario/chapman-mills-trail>

### 2. Pink Lake

Pink Lake Trail Loop is a 2.1 kilometer popular trail and it is located near Gatineau, Quebec of Canada, which features a lake. The trail is primarily used for hiking, walking, nature trips and bird watching and is best used from March until October. Pink Lake Trail is a hike that most people can do in about an hour, which provides one with beautiful views of the blue green lake. This hike involves many steps to climb; therefore, one may consider leaving a bicycle or a stroller behind.

Pink Lake is a unique lake; its water has a bright green color, especially in the summers, due to algae. Pink Lake has been identified as a 'meromictic lake', meaning that the layers of water do not mix, which has caused the bottom layers of water free of oxygen. Some of the fish species in the lake are believed to be prehistoric; for example the freshwater three-spine stickleback fish.



Link: <https://www.alltrails.com/trail/canada/quebec/pink-lake-trail-loop>

### 3. Lime Kiln Trail

Lime Kiln & Chipmunk Trails is a 4.0 kilometer loop trail (also called trail 25 on National Capital Commission maps) near Ottawa, that features a great



forest setting and is good for all skill levels. The trail is primarily used for hiking, walking, and running and is accessible year-round.

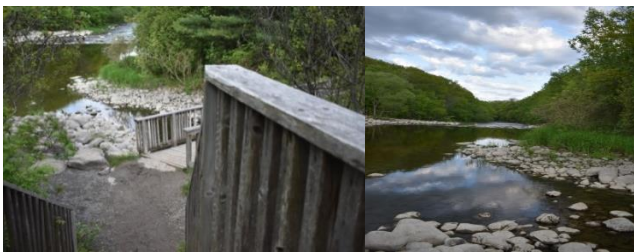


Link: <https://ncc-ccn.gc.ca/places/stony-swamp>

#### 4. Stone Bridge Trail

Built on a former rail bed, dating back to the 1850s, the Stone Bridge Trail provides a crushed limestone pathway through rural countryside. A highlight of the trail is passage on Stone Bridge over the scenic South Kinnikinnick Creek. Built in 1882, the double-arch bridge is included on the National Register of Historic Places.

The trail passes both the Stone Bridge and Roland Olson Forest Preserves. The latter is more developed, offering athletic fields, picnic tables and restrooms. On its eastern end, the Stone Bridge Trail is being connected to the paved Long Prairie Trail, continuing the journey through gently rolling hills, wooded areas and farmland.



Link: <https://www.traillink.com/trail/stone-bridge-trail/>

#### 5. Hog's Back Falls and Trail

The Hog's Back Falls, officially known as the Prince of Wales Falls, but rarely referred to by this name, are a

series of artificial waterfalls on the Rideau River in Ottawa. The falls are located just north of Mooney's Bay and the point where the Rideau Canal splits from the Rideau River. This park is my favorite because it has many trails, with wonderful shade, for a comfortable walk.



Link: <http://www.capitalgems.ca/hogs-back-falls.html>

#### 6. King Mountain trail Gatineau

From the top of the Gatineau Park's King Mountain Trail, provides a spectacular view of the Ottawa River Valley. It is a 1.9Km long trail; it has interpretation panels and 10 lookouts. Along this trail, the variations in soil had created a visible change in the types of trees. Based on the available water and light, the colors of the landscape vary from dark evergreen forest, to rich deciduous forest, to a windswept plain with stunted oak trees. The north-facing slope of King Mountain is steep and rocky, only a few plants other than moss are visible, while long living hemlock trees are prominent.



Link: <https://ncc-ccn.gc.ca/places/king-mountain>

---

## DELICATE TUNE (සියුමැලි ස්වරය)

By Janaka Elangage, M. Eng., P. Eng.

(An Alumnus of University of Peradeniya, Faculty of Engineering)



### සියුමැලි ස්වරය

යසයි දියණි ගීය  
රසයි සොදුරියෙ කවිය  
සුවයි මව් නැලවිලිය  
ඇයයි සියුමැලි ස්වරය

Daughters charm with  
the sweetest song...  
Loveable serenade in a  
night with the moon...  
Ever-loving lullabies and  
motherly croon....  
Lady.. you bring the  
delicate tune !

\*\*\*\*\*

*Poem & the art by  
Janaka Elangage*

\*\*\*\*\*



---

“Every artist dips his brush in his soul and paints his own nature into his paintings”

– Henry Ward Beecher –

---

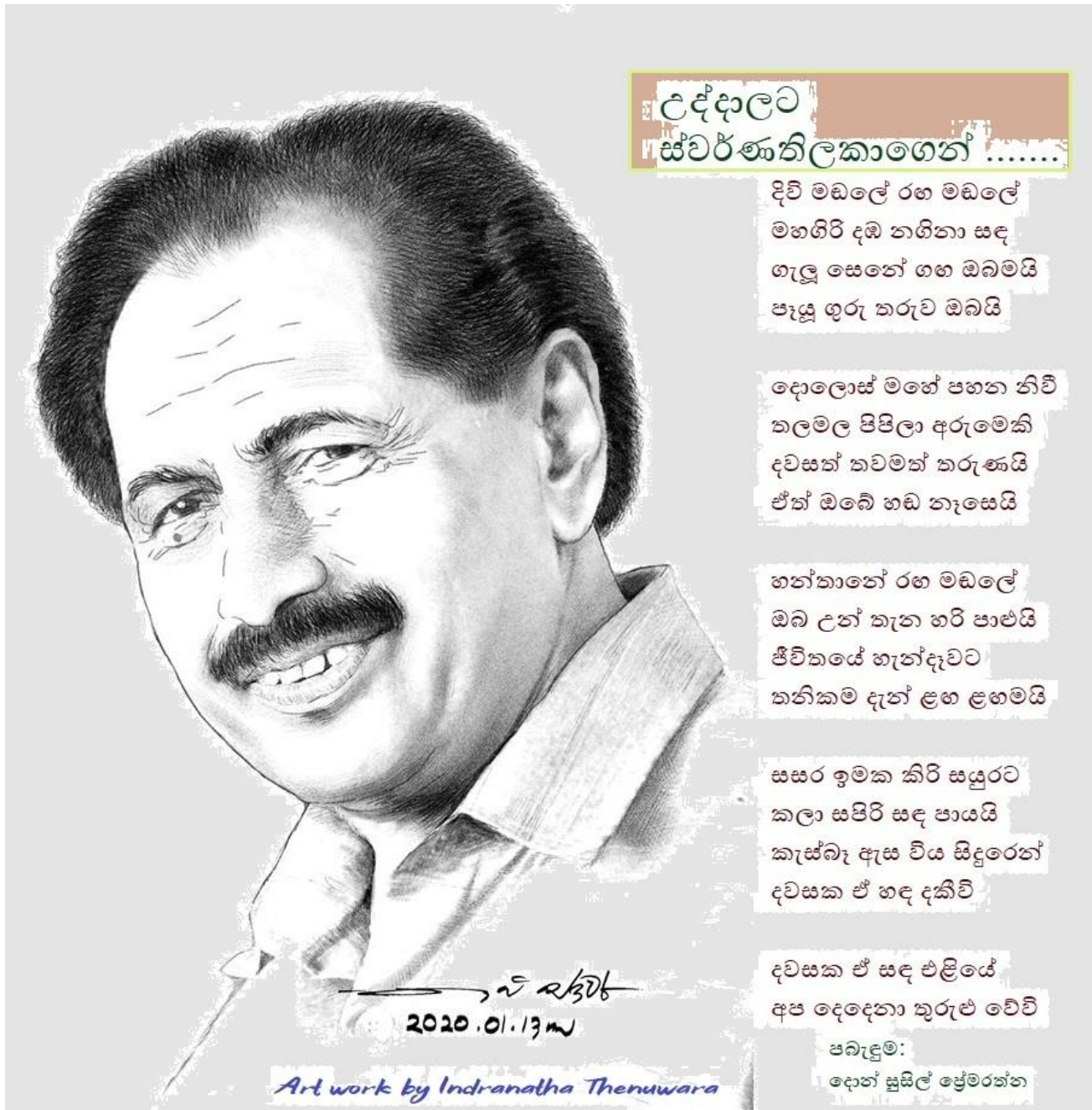




## උද්දාලට ස්වර්ණනිලකාගෙන්

By Don Susil Premaratne, B.Sc. (Eng.)

(An Alumnus of University of Peradeniya, Faculty of Engineering)



“The theatre was created to tell people the truth about life and the social situation”

- Stella Adler -



## Advent of New Year 2020

Ding Dong Bell Ding Dong Bell  
Ringing in every religious place  
To welcome the New Year  
Temples churches, Kovils and mosques  
We see devotees to receive blessings  
Having cleaned their bodies  
Dressed in new clothes  
Smile in every face  
What a sight to see...  
Meals we brought to the priests  
Receive their blessings  
Sweet meats smile on tables  
There is singing and dancing everywhere  
Lighting crackers playing drums and Rabans  
Hope and pray 2020  
Will have peace and harmony  
To you and me

By

**Charlotte Gardiyehewa**

*(Mother of alumna Nayana De Silva)*

## The Season of Winter

Winter has come  
Seeing mounds of snow everywhere  
All places are covered with snow  
All of us shun this weather  
Winter goes for about four months  
Last quarter of the year  
All living beings are inactive  
We go about wearing boots and jackets  
Schools are closed  
Because they can't stand snow and strong winds  
Some are happy enjoying skating  
Animals and Birds hide in safe places  
After storing food for the season  
Universities Institutes are busy lecturing  
All hospitals are crowded with  
Patients having colds and fever  
Because of the temperate climate  
Surveyors and architects are not happy  
Places of worship are crowded with  
Devotees praying and singing hymns  
Gratitude for the cleaners  
Engaged in removing snow  
We should get used to any weather  
For our wellbeing and prosperity  
It is the effort and determination  
We need for our salvation

## Beauty of the Nature

In the morning we enjoyed the natural sounds that greeted the dawning of a new day  
The enchanting songs of birds and their merry chirping in the morning sunshine  
Nature is more than the flowers that paint our fields and clouds swim through our air  
Tickling the leaves of trees  
It's the rhythm the rain makes  
Water falls on the hill tops flawed into silvery streams as the sun rose in the distant  
The sky would light up with bright beautiful colours  
It's the land we've decided to live on and the untouched  
Hideaways ducked into the corners of the earth  
Nature is our biggest secret and our most treasures discovery  
Its our home, our mother and it's our life

By

**Latha de Silva**

*(Mother of alumnus Manoj De Silva)*

බිමත් සැමියාට

සුන්දරයි හරි සුන්දරයි කිය කියා රහමෙර ගිලිනවා  
ගින්නදරයි කළුපියි අනා ගෙන ගෙදර උන් බත් බුදිනවා  
සුන්දරයි ඇගෙ මදුසමය ඔහු සමග අනිනත් ගත් එදා  
ගින්නදරයි පුළුන්වයි වගේ වුනි ඇගේ ජීවිතයම සදා

කාරා කෙල ගසා එනවා ඇසුන විට  
පොඩි උන් දුටයි හැඟෙන්නට ඇද යටට  
ඉන් පසු, කිමද වෙන්නේ ගෙයි සාමයට  
ඇයි මෙය නොතේරෙන්නේ බිමත් පිරිමින්ට?

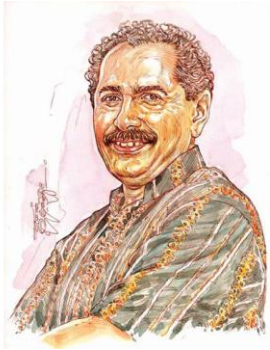
සාමය සතුට සහ සැම සම්පත් ඉසුරු  
නැති කලේ ඔබේ බිමයි මගේ මිතුරු  
එලවා දමා ඔය මත් රකුසා රුදුරු  
මිනි පහනක් වෙන්න ගෙයි දුරු කර අඳුරු

මදයත් පමා වීමත් එයි එකට බදා  
ඔබ ගිලි ගිලි මතු වෙයි එක තැනම සදා  
බුදු හිමි කියා දුන්නේ මේ බවයි එදා  
නිවනින් සැනසෙන්න පත්සිල් රකිනු හොදා

**කුසුමා විද්‍යාරත්න**

*(Mother of alumni Indu and Ashoka Vidyaratne)*

(1948.06.12 - 2020.01.12)



ජේරාදේණිය සරසවි ආදි විද්‍යාර්ථී ප්‍රජාවට මහත් අභිමානයක් වූ ශ්‍රේෂ්ඨ කලාකරු කලාශූරී, කලා කීර්ති, ආචාර්ය ජයලත් මනෝරත්නයෝ (මනෝ ) නොබෝදා අභාවප්‍රාප්ත වූහ. එක්දහස් නවසිය හැටේ දශකයේ අවසාන කාලයේ (1966-69) ජේරාදේණිය සරසවි සිසුවෙකු වූ එතුමෝ එදවස පටන් දශක ගණනාවක් තිස්සේ විවිධ කලා හා අධ්‍යාපන ක්ෂේත්‍රයන්හි අමිල මෙහෙයක් ඉටු කරමින් ශ්‍රී ලාංකික සංස්කෘතිය පෝෂණය කළ අදින ශ්‍රේෂ්ඨ වියත් කලාකරුවකු ලෙස සම්භාවනාවට පාත්‍රවූ අතිවිශිෂ්ඨ ජේරාදේණිය සරසවි ආදි විද්‍යාර්ථියෙකු වූහ.

දෙහිපේ නම් සුන්දර ගම්මානයේ ඉපිද, හැඳී වැඩී, එහි ප්‍රාථමික පාසල හා පොරොඬුල්ල මැදි විදුහලෙන් ප්‍රථම හා ද්විතීය පාසල් අධ්‍යාපනයද, ජේරාදේණිය සරසවියෙන් ශාස්ත්‍රවේදී උපාධියද, කොළඹ සරසවියෙන් පශ්චාද් උපාධි ඩිප්ලෝමාවක්ද, ශ්‍රී ජයවර්ධනපුර සරසවියෙන් ශාස්ත්‍රපති උපාධියක් සහ පළමුපෙළ ආචාර්ය උපාධියක්ද ලබා ගත්හ. බොහෝ ඇසු පිරු තැන් ඇති වියනෙකු වූ එතුමා විශ්වවිද්‍යාල ආචාර්ය වරයෙකුද වූහ. දේශීය නාට්‍ය කලාවේ උන්නතිය උදෙසා කරණලද මහඟු සේවය වෙනුවෙන් ජේරාදේණිය සරසවිය විසින් ගෞරව ආචාර්ය උපාධියකින් එතුමන් පුදනු ලැබිණ.

පාසල් අවධියේ පටන් රඟපෑමට, ගායනයට, ලේඛනකලාවට, ක්‍රීඩාවට හා ඉගෙනීමට උපන් හපන්කම් දැක්වූ එතුමෝ අසාමාන්‍ය සහජ කුසලතා රැසකින්ද, උසස් අධ්‍යාපනයෙන් ලබාගත් ශාස්ත්‍රීය ඥාණයෙන් හා ප්‍රායෝගික පුහුණුවෙන්ද, මහඟු සරව්වන්දු වැනි ශ්‍රේෂ්ඨ අයුරන් හා කලාකරුවන්ගේ මගපෙන්වීම හා ආහාෂයෙන්ද, සමකාලීන සමාජ, සංස්කෘතික හා දේශපාලන වෙනස්කම් සමග බඳුණු ජීවන අත්දැකීම් වලින්ද, පුළුල් සමාජ හා සංස්කෘතික මෙහෙවරක් කිරීමේ උදාර පරමාර්ථ වලින්ද, ඒ සඳහා කැපවූ අප්‍රතිහත බෙදේයයෙන්ද සන්නද්ධව, ඉතා අගනා කලා හා ශාස්ත්‍රීය නිර්මාණ රැසක් දැයට දායාද කළහ. සාහිත්‍යය, සිනමා, රූපවාහිනී හා වේදිකා රංගය, ගුවන්විදුලි, රූපවාහිනී හා වේදිකා නාට්‍යය, ලෙස නිර්මාණ විශිෂ්ඨත්වය උදෙසා පිරිනැමෙන රාජ්‍ය සම්මාන ඇතුළු ජාතික හා ජාත්‍යන්තර සම්මාන රැසකින් පිදුම් ලැබූහ.

සම්ප්‍රදායික හෙළ ගැමි සංස්කෘතියේ උතුම් ගති පැවතුම් වලින් පොහොසත්, ප්‍රතිපත්ති ගරුක අදින සරල සොදුරු මිනිසෙකු වූ මනෝ සැබැවින්ම ඉතා දුලභ ගණයේ ශ්‍රේෂ්ඨ පුරුෂ රත්නයක් වූහ .

විමල් රත්නඩුව  
ශාස්ත්‍රවේදී, විද්‍යාපති, ශාස්ත්‍රපති, දර්ශන විශාරද  
ආදි විද්‍යාර්ථී, ජේරාදේණිය විශ්වවිද්‍යාලය, කලා  
පීඨය.

(සංස්කාරක සටහන: ජාතික ඉලක්කුඹුර මහතා විසින් අදින ලද ඉහත පළවන මනෝරත්නයන්ගේ ආලේඛ්‍ය චිත්‍රය ජනවාරි 18, 2020 දින සිළුමිණ පුවත්පතින් උපුටා ගැනිණ)



# In Memory of Late Professors ...

## PROFESSOR M D DASSANAYAKE (1922-2020)



It was with deep sadness that we learnt of the passing away of Professor Dassanayake last month. He would have been 98 this year and has left behind his dear wife, Ms Chitra Ratwatte and two children.

He was at Dharmaraja College, Kandy when he successfully completed his London Matriculation Examination in

1938, qualifying to pursue a medical degree; only 17 years and was underage to enter Ceylon University College. He took a gap year and opted to do a science degree at the Ceylon University College, Colombo. After having completed an MA at University of Cambridge, he obtained

his Ph. D. (1955-1957) from the University of Manchester, where he researched on "Aspects of Morphogenesis. His first appointment was to the Botany Department of the University of Ceylon in Colombo. In 1967, he joined the Peradeniya Campus and served until his retirement in 1988.

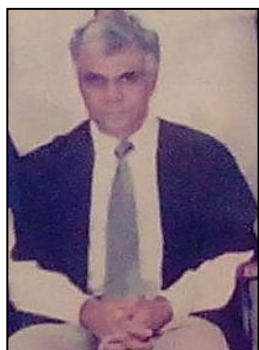
The wealth of knowledge and understanding of the plants of Sri Lanka he possessed is an epitome of botanical supremacy exhibited in the fifteen volumes of the series 'Flora of Ceylon' which he wrote using an ordinary typewriter.

He was a legend, and will always be for the people who knew him, and will know him in the future by reading the volumes of his books as we all have done in the past.

**By Kumarini, B.Sc. ('67 - '70)**

*(An Alumna of University of Peradeniya, Faculty of Science)*

## PROFESSOR DTB TENNAKOON (1947-2019)



It is with deep sorrow that I recall the death of Prof. DTB Tennakoon in October 2019 at the age of 72. His sudden death lamented by his friends, fellow colleagues and students at the Department of Chemistry, University of Peradeniya. He is survived by his wife Vihara, daughter Charunee, son Rashitha and granddaughter Prasadee.

He was an old boy of St Joseph's College, Bandarawela and Science College, Matale, graduated from the University of Ceylon (Current University of Peradeniya) in 1969 with a B.Sc. Honors Degree in Chemistry. Soon after graduating, he joined the Department of Chemistry, as an assistant lecturer and then in 1970, proceeded to the University College of Wales for his doctoral studies in Physical Chemistry. On returning to Sri Lanka, he continued serving as a lecturer at the Department of Chemistry, University of Peradeniya.

In October 1980, he went on sabbatical leave to perform further knowledge in Physical Chemistry at the University of Cambridge in UK. After completing one year of advanced research, he resumed his position at the University of Peradeniya. In 1981, he was promoted to the position of Senior Lecturer followed by Professor of Physical

Chemistry in 1987. He served as the Head of the Chemistry Department from 1990 to 2001. He became a senior professor in Physical Chemistry in 1995 and continued his service till he resigned from the University of Peradeniya in May 2008. Soon after his resignation, he commenced his next academic career at the University of Brunei, Darussalam and continued his service till his retirement.

Professor Tennakoon was a dedicated academic and a conscientious professor. He was a well-respected teacher and went the extra mile to fulfill the academic needs of his students. The meticulous manner in which he prepared and delivered his lectures has been widely acclaimed by all his students across several decades, who still remember for his extraordinary teaching skills and innovative approach to scientific research in Physical Chemistry. He published his research findings extensively in national and international journals. Professor DTB Tennakoon was a very kind-hearted teacher and above all an extremely humble human being. Despite his enormous academic achievements, his humility and dedication to work were exemplary. He will be dearly remembered by all his students and colleagues as an affectionate and beloved teacher who gave his best to his students. At his permanent departure, the fraternity of Physical Chemistry has lost one of its stalwarts.

**By Manawadevi Y. Udugala-Ganehenge, B.Sc., Ph.D.**

*(An Alumna of University of Peradeniya, Faculty of Science)*

---

## PERADENIYA ALUMNUS APPOINTED AS THE GOVERNOR OF THE CENTRAL BANK



Sri Lankan economist, academic and author Professor W.D. Lakshman has assumed duties as the new Governor of the Central Bank of Sri Lanka (CBSL). Prof. Lakshman is the 15th Governor of the Central Bank. He received his post primary and secondary education at Vidyaloka Vidyalaya in Galle and is a proud alumnus of the University of Ceylon (Peradeniya), where he obtained his Bachelor of Arts degree in Economics specializing in Money and Banking in 1960.

Professor Lakshman received his Doctor of Philosophy (D. Phil) from the University of Oxford, England in 1968. He served the University of Peradeniya as a Senior Lecturer in Economics, Professor (Chair) of Economics and became the Head of the Department at the University of Colombo in October, 1982. He was appointed as a research Professor at the Faculty of Graduate Studies, University of Colombo in March 1991 and as Dean of the Faculty in September, 1991. Professor, W.D. Lakshman served as the vice chancellor of the University of Colombo from 1994 to 1999.

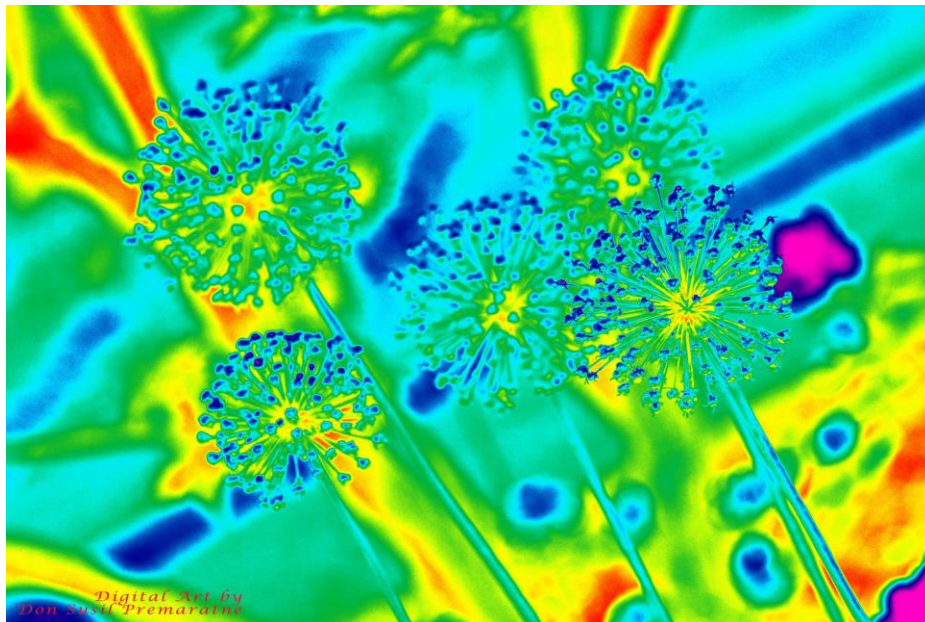
He is one of the foremost and eminent Economist in Sri Lanka who has contributed in various areas and aspects of the field.

In recognition of his contribution to the field of education, he was honoured with Deshamanya title in 2005.

We congratulate Professor W.D. Lakshman on well-deserved arrival of a new stage of his career and wish him success!

**(Excerpt of news from Adaderana.lk, December 24, 2019 12:43 pm)**

---



**Digital Art By Don Susil Premaratne**

---

## NOTE FROM THE EDITOR

*We are delighted to bring you the second edition of the Volume IV of AAUPOC Newsletter.*

*As in our previous issues of the Newsletter, here in this issue we have been able to bring our readers the variety of multidisciplinary articles, poems, cartoons and news from our valued contributors who have candidly and thoughtfully shared public health information, various creations of their own, personal experiences and perspectives, etc.*

*I would like to express my sincere gratitude for the extended editorial support and reviews by Nimal de Silva, Nimal Ratnayake and Kumudini Nicholas for making this issue a success. I must also take the opportunity to express my deep appreciation for Deepani Waidyaratne for her time and dedication for the digital illustration of AAUPOC Newsletter.*

*Needless to say, all the contributions of all of our writers, creators and readers have made AAUPOC Newsletter an excellent publication. As always, we welcome and encourage your comments, suggestions and feedback for further improvements of the Newsletter and please do not hesitate to forward them to [aaupoc@yahoo.ca](mailto:aaupoc@yahoo.ca).*

***Dayani Mohottalage,***

***Editor, AAUPOC***

