



January 2016 (Volume 1; Edition 2)

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January 2016 (Volume 1; Edition 2)

Editor's Note

HAPPY NEW YEAR!

It is with pleasure I bring you the Edition 2 of the AAUPOC *Newsletter*. I was truly encouraged by the feedback received from members and non-members who contributed to the Edition 1 and from their friends and relatives who enjoyed reading it. Strong evidence is emerging that many readers are willing to test their hand in writing and other creative pursuits. There seems to be an increased level of confidence displayed by readers and community members to advertise their products and services in this *Newsletter*. Such evidence proves that as a group, AAUPOC could make a difference in society. Many thanks for all those who made an effort to contribute to the inaugural Edition and the current Edition within their busy schedules. Your contributions, which exhibited the undeniable talents, made it easy for me to put both Editions together.



While waiting for the sunny spring to emerge from this gloomy season of winter, I hope the creativity of the writers and the artists who filled the pages of this Edition will bring warmth and joy to your heart and soul!



I wish you the very best in all your endeavours in 2016!

Naming the Newsletter

Naming the inaugural *Newsletter* was exciting but needed careful consideration and planning. The following steps were followed to make it a team effort via a 'friendly competition' conducted within the membership:

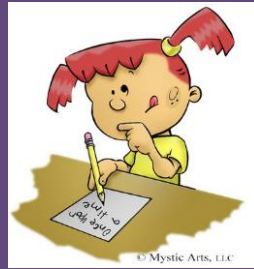
1. Names were solicited from the membership (three per individual/family).
2. The participants submitted their choices directly to the Editor)-anonymous to the Executive Committee members (ECM).
3. The Editor tabulated each name in Sinhala and in English with a brief description to each name without revealing the identity of the submitter.
4. A tabulated information sheet was distributed as a voting sheet to the ECM at a meeting held in July 2015, and the ECM cast their votes individually. For those ECM who could not attend, the voting sheet was delivered to their homes.

Based on the majority vote by ECM, the name *සන්තාන පවුර* won the competition. The winning name was submitted by *Deepani Waidyaratne*. The second place was won by *Jaya Weerasinghe*. Both individuals won prizes for their creativity and participation.

ECM Decision: Based on the majority vote at the EC meeting held for voting, it was agreed that the winning name should be used in both Sinhala and in Tamil as the name of the *Newsletter* in all future Editions.



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WHO WE ARE AND WHAT WE DO

The president's Message

Happy New Year!

My very best wishes and sincere thanks to all, as we wrap up an eventful 2015 and shift our momentum towards 2016. I believe that we all can be very proud of our achievements during the last year, and step forward to the year ahead with enthusiasm.

During the 2015, we concentrated on achieving three objectives: help the needy students of *Peradeniya* University; support the faculty and the university administration in their efforts to promote academic excellence; and foster fellowship among the alumni, between the alumni members and the Sri Lankan community in Ottawa at large.

Providing financial support through the *Alumni Association of the University of Peradeniya, Ottawa Chapter (AAUPOC) Scholarship Fund* has always been the priority of this association. Over the last three years we awarded 48 scholarships by investing SLR 595,270. In 2016, we anticipate to award 25 scholarships, increasing the support for seven additional undergraduates compared to the number we helped in 2015. In response to a request made by the university, the AAUPOC has offered new computers to four residence halls at a cost of \$1800. Thanks to the generosity of several members, we were able to provide new text books to a variety of faculty libraries at a cost of \$3300.

It is heartening to observe that the University of *Peradeniya* has taken tangible steps to enhance its research capacity. The role of our association to support this priority has been both advocacy and advisory. After conducting meaningful discussions with the university administration and the newly created *International Research Center*, a workshop titled *Writing Effective Research Grant Applications* was conducted to provide advice to academic staff, which was well received by the attendees. Our presence at the recently held international research conference at *Peradeniya* has also been conspicuous and well appreciated. On behalf of the AAUPOC, *Nimal de Silva* conducted a pre-conference research workshop on *Experimental Design, Scientific Data Processing and Analysis*. He also delivered an 'invited' research paper at this conference.

Another notable achievement of the association in 2015 has been the very successful launch of the inaugural edition of the *Newsletter හන්තන පවුර*. Brainchild of *Kumudini Nicholas*, the *Newsletter* provided a forum for celebrating achievements and showcasing creative talents of our members and their families. It has also helped to generate funds towards the implementation of the AAUPOC priorities. I am confident that *හන්තන පවුර* will become an important item of the agenda of the association in the years to come.

To foster social engagements among the alumni members and their well-wishers, several events were held in 2015. A 'Summer Picnic' was organized, *Hanthana Night* was celebrated and the movie *Sakkarang* was screened. Thanks to all those who participated with enthusiasm, and the tireless contributions by the organizers, all three events met with success beyond expectations.

The AAUPOC is a great fraternity. Thanks for being an active part of it and for helping to make the past year incredibly memorable. For the last two years it had been my privilege to serve as the AAUPOC president. I most sincerely thank you all for your kind support. I am signing off now but not signing out. As the immediate past president and a member, I will take all efforts to help to achieve the ambitious future goals of our beloved association. I wish you the very best in 2016 and beyond.



AAUPOC Executive Committee- 2015/16

Name	Office
Sange De Silva	President
Nissanka Pussegoda	Vice-President
Ajith Samarajeewa	Secretary
Premaratne Tennakoon	Treasurer
Kumudini Nicholas	Editor
Asoka Vidyarthne	Director, Membership
Renuka Subasinghe	Director, Faculty of Agriculture
Susantha Mohottalage	Director, Faculty of Science
Harini Silva	Director, Faculty of Medicine, Veterinary Medicine & Dental Sciences
Sampath Hennayake	Director, Faculty of Engineering
Kanthi Dias	Director, Faculty of Arts



United: We Performed Achieved & Succeeded



The AAUPOC Annual Summer Picnic



The AAUPOC Annual Picnic was held on Saturday 25th July, 2015 at the magnificent grounds of *Charleston Lake Provincial Park* with its pristine lake and beach for safe swimming. Despite the threat of rain, a large number of participants travelled in a 48-seater school-bus arranged by the organizers to make it a fun-filled journey for those who chose not to drive. The event was also open to non-member friends in the Ottawa Sri Lankan community, and both young and old flocked to the site to enjoy the day.

Three large Canopies lent for the event by the SLCAO were fixed with efficiency, to provide shelter from an uninvited rain



or the sweltering summer heat. Delicious *Kiribath* prepared by AAUPOC members was served with *Lunumiris* and *Seeni Sambol*, to welcome the attendees. After a hot cup of Sri Lankan tea, the activities were commenced. To everyone's satisfaction, the fun filled day unfolded under sunny skies. The organizers went to great lengths to set up a Volleyball court on the grass with a regulation net. That was worth the while as many joined in to play. Canoeing and swimming were available in the *Charleston Lake*, and several participants took advantage of the beautiful weather and companionship to enjoy the clean

and inviting water.

On the BBQ, chicken and hot dogs sputtered in their own fat, and efficient cooks enjoyed the aroma and the comradery while taking turns for 'flipping'. Drinks in cans and '*Horange-juice*' in bottles dipped in an ice bath lay sweating in the happy afternoon air. Freshly cooked meat on buns was served with a variety of salads to the hungry athletes, those who spent time hiking in the woods, and others who sat to enjoy the company of their fellow Sri Lankans. The picnic gave



ladies a chance to show off their baking hands. A series of desserts were spread across a few tables. An impromptu musical group lead by renowned veteran musicians played some lively, sing-a-long music all afternoon. Attendees were also able to learn about wild birds in the area by witnessing a special bird show. Within the busy schedule of the event, time was also allocated to celebrate the 40th wedding anniversary of an AAUPOC member *Wimala* and her husband *Raja*. Also, everyone took a break from their activities to gather around for the prize giving ceremony to recognize the winner and runner-up of the '*AAUPOC*

Newsletter naming competition'. Congratulations to the happy couple and the prize winners.

The tireless efforts by the organizing committee, which resulted in an enjoyable gathering, and the efforts by the participants to make this a successful outdoor event were recognized by all with gratitude. Everyone had fun while renewing and strengthening their friendships. *Please watch for the announcement of a date and details for the 2016 Annual Picnic!*

Access Photo Gallery: <http://operaalumni.com/gallery/annual-beach-trip-2015/photo-index.html> .





Hanthana Night 2015

After three consecutive successful years, *Hanthana Night*, the annual AAUPOC event of entertainment, was held for the 4th time in Ottawa on 17th October, 2015 at the *Ukrainian Banquet Hall*. Alumni members and non-members, their families, friends and well-wishers filled the hall to its capacity, to celebrate a night of immaculate friendship, culture and beauty.

The night's proceedings began with the lighting of the ceremonial lamp by members of the community, and invited guests: Sange de Silva, the current President of the AAUPOC; Nimal Ratnayake, immediate past President; Nimal Rajapakse, Vice-President (Research and International) Carleton University; Anura Ferdinand, the President of Sri Lanka Canada Association of Ottawa; Lalith Wickramasinghe, General Manager of Sri Lankan Airlines Canada; Hilda Fernando, a major donor towards the scholarship fund, and Sudarma Samarajeewa, one of most dedicated volunteers of AAUPOC. During the evening program, Nimal De Silva, a valuable member of the association, who has been invaluable to the Ottawa Sri Lankan community, was felicitated to recognize his numerous contributions.



Hanthana Night 2015
Photograph by Don Sujit Prem.

A variety of cultural performances highlighted the program, which exhibited both passion and splendor. Before dinner, the talents of all participants, their children and friends were highlighted through a well-thought-out program, which included, but was not limited to, Sri Lankan folk dances, a classical *Kandyan* dance, low country *Kolam* and *mask* dances, *viridu*, and a dramatic representation of the famed radio and tele-drama '*Muwanpalassa*'. This year, a special feature was the performances by the alumni of different Sri

Lankan universities. The crowd received the participants from *Jayawardenapura*, *Moratuwa* and *Colombo* universities with delight, who showcased their talents in a variety of items.

A scrumptious Sri Lankan meal was served to satisfy everyone's appetite. The enjoyment of the dinner was accentuated for the winners of the raffle draw, conducted during the 'dinner hour'. This year's donations for the raffle draw from the community exceeded the expectations of the organizers. The attendees enjoyed spending time with their friends and relatives and the conversations were filled with gratitude and positivity.

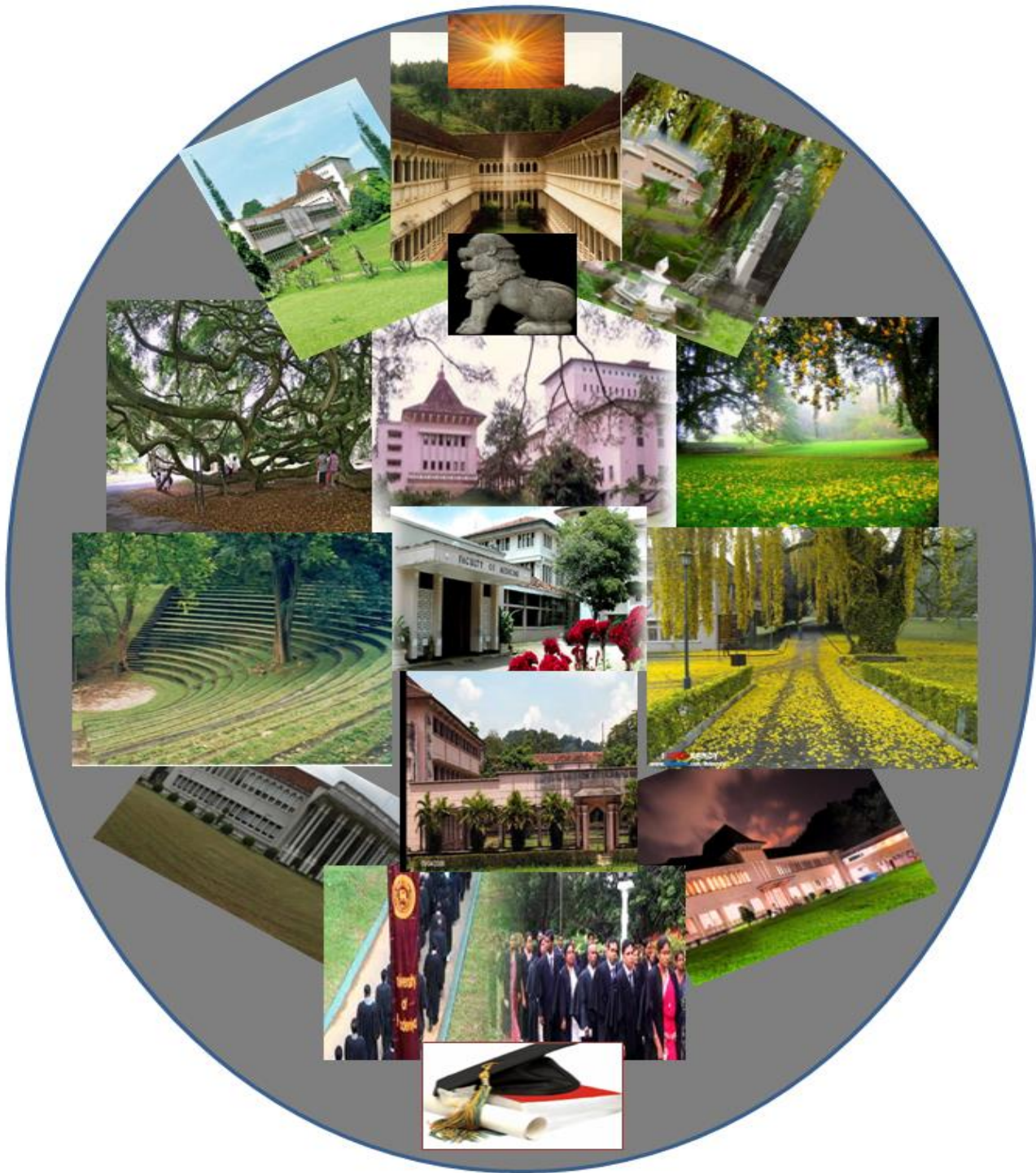
Acts from a series of popular stage dramas presented with the support of a choir of singers and a live band were considered as a 'fabulous after dinner treat' by all attendees. The dramas included *Maname*, *Kuweni*, *Tharawo Igilethi*, *Wessanthara*, *Nari Bena*, *Gajaman Puwatha* and *Rathuhattakari*. The evening moved smoothly and joyfully because of the nostalgia evoked by the cast through these well known, familiar drama items.

Another notable feature of this year's event was the unusually large number of sponsors of the event, who generously supported the AAUPOC *Scholarship fund*. The *Sri Lankan Airlines* provided a return air ticket for travel between London, UK and Colombo, which was raffled to collect funds. Some local and out-of-town industries sponsored the event by advertising their products and services. Also, the members and non-members pledged their valuable dollars in support of scholarships for the needy undergraduates in *Peradeniya University*. The financial success of this event will enable the AAUPOC to increase the number of scholarships offered in the coming years. The organizers offer their gratitude to all.



This year, the event was breathtakingly colorful, diverse and incredible. In the future, AAUPOC hopes to develop new ideas, create innovative performances and reach greater heights through the upcoming *Hanthana Night* events. Hope to see you all there! <http://operaalumni.com/gallery.html>

'Paradise Framed'



Lentils Here, Lentils There...

By Sudarma Samarajeewa

A Graduate of University of Peradeniya; Faculty of Agriculture, Economics

Over the life span of a Sri Lankan, can one count the number of times one had included lentils in their meal or how many kilograms of lentils one had consumed? It has been estimated that an average Sri Lankan eats about nine kilograms of lentils in a year. Lentils (පරිප්පු), which is known as '*Lens culinaris*' in the scientific world, could be the most frequently utilized dish in a Sri Lankan meal.



Versatile use of Lentils

Lentils are generally used as human food. They are being marketed as packaged, canned, and whole or split. They could be processed into flour to be used in soups, stews, salads, snack food, etc.

Also, lentil-flour is added to wheat flour to make breads, cake and baby food. Lentil flakes are being used in cereal bars or breakfast cereals. Pureed lentils are a great addition to muffin and loaf recipes. In addition, a small volume of lentils are being used in livestock feed.

Health Benefits

Lentils contain inexpensive, high quality vegetable protein. They are an excellent source of the B vitamin folate which is an essential nutrient for humans.¹ Lentils may be beneficial to prevent coronary and cardiovascular disease, lowering blood cholesterol due to their high fiber content. Lentils can also help to manage type-2 diabetes, due to their low glycemic index of 55 or less. In addition, lentils are a unique food based on their ability to reduce the 'environmental footprint' in our grocery carts.

Lentils from Canada

Did you know that Canada is the largest lentil producer and the exporter in the world? The lentil industry in Canada grew very rapidly over a short period of time, and it is being considered as a marketing success story.

Ideal soil and climatic conditions in the prairies, innovative research and development, and international marketing strategies have led Canada to emerge as a world leader in the lentil industry. Canada now produces nearly two million tons of lentils in a year and sells 80% of its production to over hundred countries around the world. Almost all Canadian lentils are grown in the province of



Saskatchewan. In 2014, Canada used more than 2.3 million hectares to grow lentils and other pulse crops. Lentils grow best in cooler temperate zones of the world. Unfortunately, the tropical climatic conditions prevent growing lentils in Sri Lanka, although there is an extensive local demand for it.

Canadian Lentils in Sri Lanka

You may wish to know that Sri Lanka is Canada's 6th largest lentil export destination. In 2014, Sri Lanka imported 153,000 tons of lentils. Out of that, Canada supplied about 69,000 tons or 45% of total lentil imports to Sri Lanka valued at fifty two million Canadian dollars. Therefore, it is a real possibility that you may eat Canadian lentils during your next visit to Sri Lanka, which will be the newest and the most realistic connection between you and Canada while you are there. If such is the case, imagine that your loved ones sharing the same taste with you when eating 'Canadian lentils' in Sri Lanka every day, similar to you consuming it in Canada.

¹ Lentils as a Functional Food to Improve Glucose Tolerance and Decrease Cardiovascular Disease Risk in Hypercholesterolemic Overweight Individuals <http://www.sbrca.ca/clinical-research/clinical-trials-research/>
<http://www.express.co.uk/life-style/health/451062/Lentils-are-key-to-beating-high-blood-pressure>



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REMEMBERING PROF. G. P. WANNIGAMA

By *Ranjith W. Dharmaratne*

A Graduate of University of Peradeniya, Faculty of Science, Chemistry

Nearly two year ago, after a brief illness, Professor *Wannigama* peacefully passed away at a ripe old age. As one of his students and an associate, it is my privilege to pen some thoughts about this brilliant, charming, kind, and indeed, no-nonsense gentleman.

I first heard his name in the early seventies when I was preparing for my G.C.E. A.L. Many students considered Chemistry as the most difficult subject and within it Organic Chemistry as the toughest. During this period, there were only a very few reference books in Sinhala-medium for Chemistry. Students struggled to secure a place in a university, as the career opportunities for those without a university education was rare.

In 1973, කාබනික රසායනය by G. P. Wannigama was published, and there was a great demand for it. Locating a copy was like 'finding a needle in a hay-stack'. I was fortunate to secure a copy from a good friend. This book was a gold mine, and after reading it many realized that notes from school or those from popular tuition classes were useless. Many considered him as a messenger of god who simplified the complex jargon of Organic Chemistry. Thanks to the knowledge imparted through this book, many passed Organic Chemistry with ease to enter the University, and it became my favorite subject. My heartfelt gratitude is offered to the author of this indispensable text book.

As a first year undergraduate, we were eager to meet him, but were disappointed to find out that he was on his sabbatical leave in France. We met him only during our second year. Chemistry special students were fortunate to associate with him more closely than any other undergraduate.

Just like his writing, his lectures and lab-work too were methodical, simplified and at a high standard. For the

next three years, we enjoyed the guidance of Prof. *Wannigama*, as a lecturer, the Head of the Department, and the French teacher.

After graduating, I associated with him more closely while working as a research assistant. We all had to work with limited facilities towards a post-graduate degree, and he was kind and helpful to all. Later, I met him again when I joined the Chemistry Department as a lecturer in the early nineties, and he willingly offered me to take over to teach one of his courses: *Organic Synthesis*. Although it was challenging, his fatherly advice helped me immensely. He was a great mentor who cared a great deal about his students.

After joining the Institute of Fundamental Studies (IFS) in 1993, I collaborated with him to co-supervise graduate students, and he volunteered to be the co-supervisor for my first graduate student. There, he was colleague. His contributions to the IFS made it one of the esteemed research groups in Sri Lanka. Even at an old age, he visited the Department frequently. His sacrifices and his simple and open-minded nature were well recognized by his peers and students. He was jovial and was impartial politically and socially. I miss him greatly. May he attain the supreme bliss of *Nibbana*.



ශීශිරය එපා !

ජයා වීරසිංහ



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Romance on Campus: A Peradeniya Story

By **Sarath Chandrasekera**

A Graduate of Peradeniya University, Faculty of Arts;
Sociology

From its inception, the University of Ceylon, Peradeniya campus, has been known around the world for its academic excellence. It is also known for its beauty and the inviting romantic setting. According to Robert Merton, a well-known sociologist, there is also a "latent" function (unintended consequence) universities tend to fulfill. Although it is not the main reason why Peradeniya campus was established, with its breath-taking scenery, location and architectural designs the campus created an environment for the young people to fall in love and to freely express their romantic feelings without being inhibited by the vibrant culture outside the campus.

In Sri Lanka an open expression of intimate love was culturally frowned upon, therefore, university campuses such as Peradeniya with its enormous "personal freedom" could provide a playing field for young lovers. It has been recorded that of the 522 people who enrolled at



Peradeniya campus in 1967, almost half of this cohort found their marital partners on campus. The following sociological discussion is based on my interviews and observations on 40 campus couples who got "hitched" while reading for various degrees. It is my intention to highlight the 'campus romance', related surrounding

concepts and patterns which I observed during 1967-1974 period. It is interesting to conclude that although the patterns of expressing love may have changed over the past 30-40 years, some of my observations tend to hold water even today.

Terms and "framing" of love: There were many terms used in the day to day vernacular to denote romance. The word "psycho" connotes a boy who spends notable time think or talk about a girl, because he does not have enough courage to express his love up front. He may use the best friend or a roommate of the intended girl to convey his feelings.

The 'Warnapala Method' was an extreme case of the 'psycho' expression, which involves a boy imparting hints out loud whenever the girl passes his residence, with a group of his friends to conceal the identity of the one who has the "crush". An example of such a hint: "I saw you talking to so and so with a craving look and an admiring countenance". One time the girl in fact started inquiring about the boy who was referred to in the hint. Eventually they met and got married, which led to name this method after the boy who won the girl. Some boys used the "chit method": *writing his feelings on a piece of paper and passing it to the girl in the library*. Match making by a third party also played a significant role to produce a couple.

"Frusa" (frustration) is a commonly used term to identify a situation where a boy has been rejected by a girl. This term also is being used to explain when the boy gets frustrated over not seeing the girl friend for a few days when she goes home for a short while.

Continued on page 13



Shared happy moments & tearful treasured memories

By Anonymous



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Photo Credits: [Kutub Uddin](#) (Bognor Regis, West Sussex, U.K.)

Song by Milton Mallawarachchi

Continued from page 11...

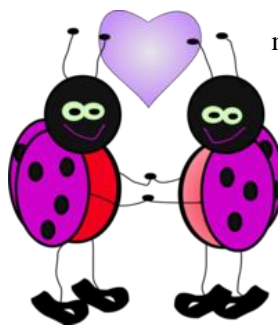
Satya Prema Brunga Rajaya (SPBR) is an interesting term which refers to a boy who dedicated himself to one girl, day in and day out. Not every girl admired SPBRs due to their incessant attachment to a girl, curtailing her freedom to associate with other boys and even roommates. When the individual is flirtatious, he is referred to as '*Sevalaya*', who prefers spend a lot of time in the midst of any girl. Among the girls, the most known type was "*Bath-Amma*", who dedicates her attention to one particular boy and habitually cooks and feeds him frequently.

The first love on campus usually takes place during the beginning of an academic year, mostly during the "*Ragging season*". The seniors look forward to the arrival of a new '*ship*' (*Newak*) to pick a "*goodie*" (*Badiwak*), although such terms carry derogatory sexist undertones. Unfortunately, some seniors believed that this was also a time to change the old girlfriend and replace her with a new one!

Behavioral Expressions of Love: Campus romance involves conversations, gossiping and poetic expressions of love. Women spent hours in the dorm, the library, on the way to classes, discussing who was attractive and why, who was going with whom, who wanted to go out with whom, what couples were doing when they went out, how well matched members of a couple were, what was needed to become more attractive, and so forth (Holland and Eisenhart: 1990: 86). However, boys took a different approach. They had the audacity to tell roommates about their sexual adventures, the beauty of the nudity and sexual responses they received from the girls. Many of the girls, according to my respondents, have had no sexual intercourse experience before they came to the campus, and many did not wish to experience it while on campus either.

The first outing with one's newly acquired partner was called "*launching*" (*Dakkanawa*). It was a common scene that a particular couple would walk along the *Galaha* road placing them close to one another, which hinted to those who knew them as being "*Hitched*". If the girl or the boy in the pair was popular, the couple would receive a "*bucket bath*" upon their return to the residence. This ritual was popular among both males and females.

Campus Romance-Gender Differences: There appeared to be a remarkable difference between how

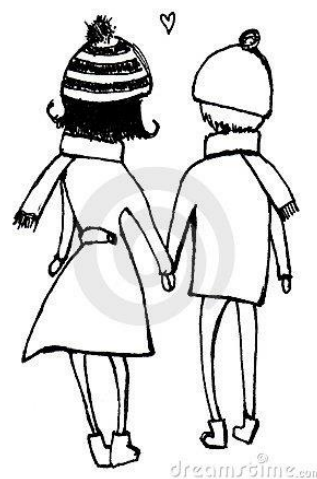


men and women thought about campus romance when choosing the future partner. For many women, they were looking for a partner to eventual marriage, and so did some boys. Yet, there were some others who looked for sexual encounters with their newly acquired girlfriends, without having any intention of marriage.

Some of the locations on campus supported the realization of the innermost desires of boys. For example, the "*kissing Bend*" was an ideal place for many couples to experiment their kissing methods. The "*Lovers' Lane*" was created by architects seemingly to promote romantic adventures among students. It was interesting to know that many boys would describe and discuss their '*Lover's Lane*' adventures, while the majority of women kept their activities a top secret. Boys rarely considered going to the '*Lovers' Lane*' as inappropriate but it was considered dishonorable for girls.

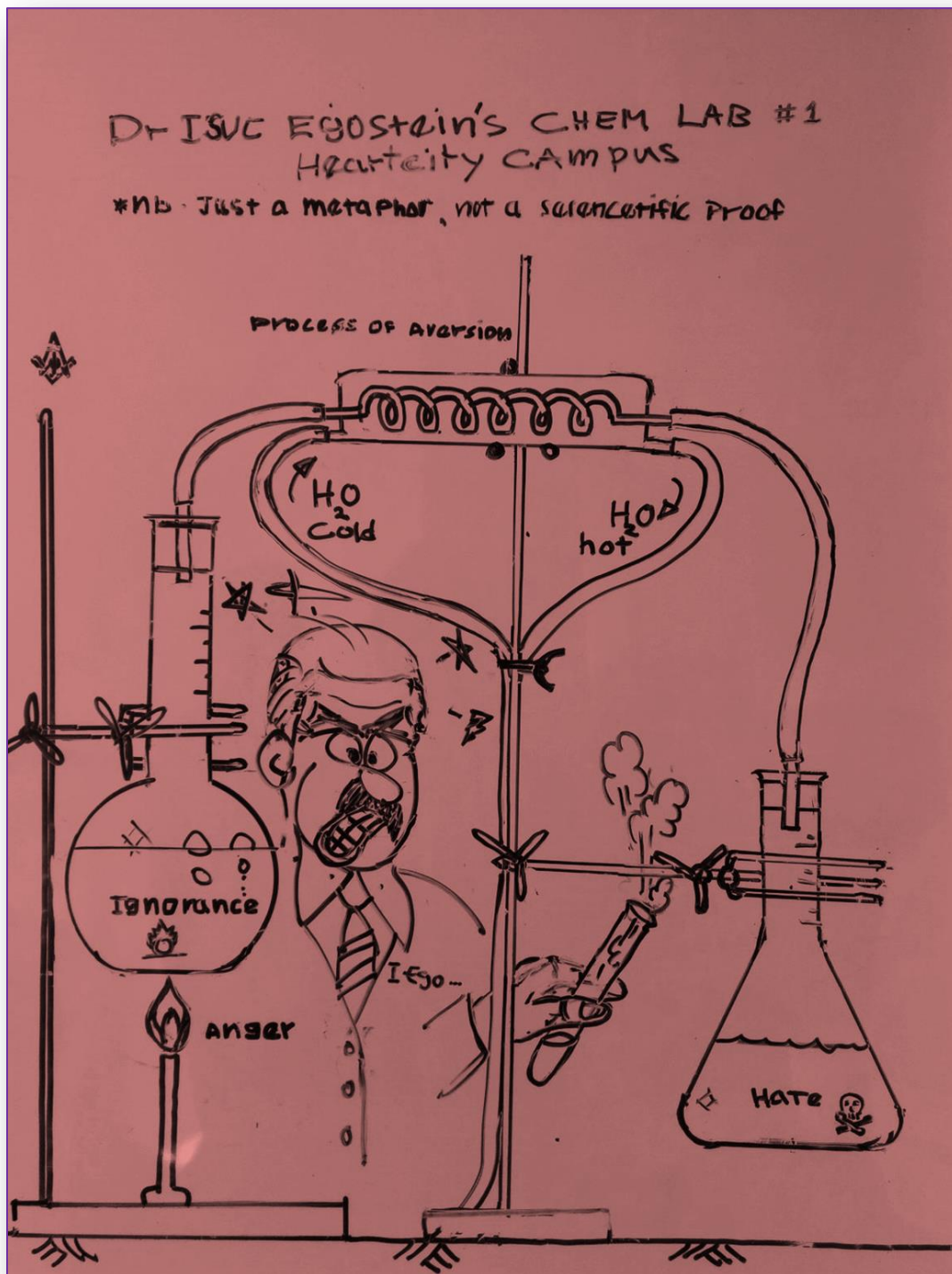
In the 70s discipline on campus was strictly observed. At the *Ramanathan* residence, girls were expected to return to residence by 7.00 pm. The penalty for not meeting the scheduled time after a *rendez-vous* would be the subjection to a physical examination at the health center.

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Laboratory Analysis of Human Emotions

By Ashoka Vidyaratne



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Although these restrictions had been imposed in order to avoid unnecessary pregnancies for women who did not have free access to contraceptives, they were a reflection of double standards and a condescending attitude towards women in Sri Lanka at that time.

During the 70s, men were reluctant to engage in sexual intercourse for fear of pregnancy, and women to maintain their dignity. However, there were a few cases of unwanted pregnancies rumored on campus which were known to have been terminated secretly.



Selecting a Partner; Interference by the Social

Differences: There were many cultural requirements a couple had to adhere to, with respect to romantic affairs or marriages. They may include being in a similar caste, religion, locations/regions or socio-economic standing. Such measures lead to what sociologists call “homogeneous marriages”. In order to avoid facing related social issues prevalent in Sri Lanka, a few notable patterns were visible among campus residents when finding the appropriate partner.

Mostly the partners were selected from their own faculties. Inter-faculty romances were rare, except for a few instances where a girl from the arts faculty would try to partner with a boy in the Medical or the Engineering faculty. Several Science faculty boys fell in love with “pretty” arts faculty girls. In addition, it was ostensible

that the factors such as ‘from what school each received the education, e.g., Colombo or Kandy, whether the both were from down south or how well each versed in English’ needed to be considered. Such factors created a number of interesting couples. There was a greater demand for “Kandyan” girls and for bright boys who had a higher probability of becoming assistant lecturers on campus after graduation. In addition, singers, musicians, actors who participated in drama, and known artists or poets were also in high demand. A classic example of finding a partner with common interest was the actors and singers of *Sarachchandra* drama ensemble who fell in love and/or eventually marrying their partners.

There may have been exceptions to these standard rules as how a couple would decide to get hitched and eventually get married. Nevertheless, most of the couples formed during 1967-74 were able to realize their dreams of married their campus sweethearts.



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“Poovarasu” flower

By *Don Susil Premaratne*

Beyond the “**Kalladi**” bridge
On the burning sands of the desert
Flames creates crimson clouds
Wind blows under the waves of heat
On the lonely red earth with muddy cracks
I remember
The “**Poovarasu**” flower bloomed
With the sweet smell of ‘**Jasmine**’

Arctic cold and icy winds
Blow through the snowy hills and glaciers
Soft white crystals glistening in the sky
Trees are whispering for dangling icicles
The “**Montreal**” Valley
In the beautiful land of Canada
Wears a sky blue silky veil
Of treasured “**Veronica**” Flowers
With the sweet smell of ‘**Jasmine**’

Beyond the “**Kalladi**” bridge
In the “**Panama**” valley
“**Poovarasu**” flowers blooming
Without sweet smell of ‘**Jasmine**’
And sizzling without withering
As the sweet smell of ‘**Jasmine**’
Flew away with you

You walk away from us
And the tears start to fall.



Rain drops somewhere in the globe
Over the Atlantic Ocean
To the “**Montreal**” Valley
In the beautiful land of Canada
Because you are there
Our dearest “**Arundhathi**”
Please visit us
Your siblings
To feel the rain
To fall upon the thirsty earth
Of the “**Panama**” valley
“**Kalladi**” is waiting for you
To feel the rain

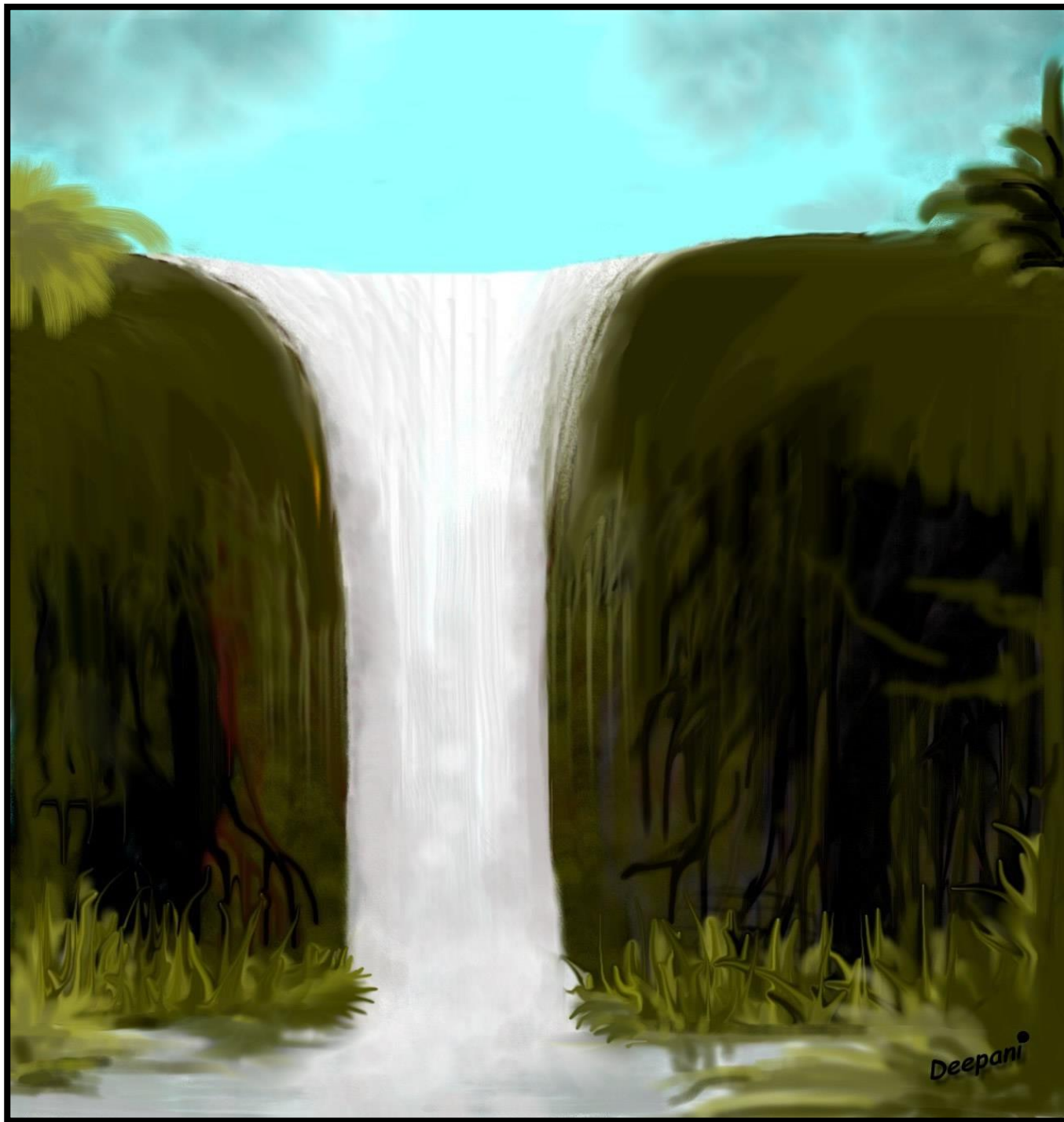


Photographs & lyrics by Don Susil Prem.

Waterfall

A Digital painting

By *Deepani Waidyaratne*



Maname – ‘Standing on the Shoulders of Giants and of the Dwarfs’: A Point-of-View

By Dhammika Herath,

Graduate of University of Peradeniya, Faculty of Agriculture, Economics

My purpose to write this article is to introduce our readers to a debate recently published in a few issues of the *Island* newspaper about the ‘giants’ and ‘dwarfs’ on whose shoulders our good professor *Ediriweera Sarchchandra* stood when he created “*Maname*”. Not only did I immensely enjoy reading this debate, but I also learned a lot about the process that brought forth this monumental creation. So I thought the debate is shareworthy.

Most of us enjoyed Professor *Sarchchandra*’s creation *Maname*. Most of us yes, but may not be all of us! After watching it at the “*Wala*” in 1980s, I overheard someone uttering with great disappointment, “මේකේ කිසිම අගක් මුලක් නැහැනේ” (“*I could not figure out head or tail of this thing*”). In my opinion, that fellow got it right! The ending of *Maname* left the viewer dangling and the ending alluded to one of such “giants” on whose shoulders the professor stood. Many believed that the ending of *Maname* was crafted after *Akira Kurasowa*’s 1950 movie *Rashomon*:

<https://en.wikipedia.org/wiki/Rashomon>. In his autobiography *පින් ඇති සරසවි වරමක් දෙන්නේ*, Professor *Sarchchandra* acknowledged that *Rashomon* influenced his creation. After seeing *Rashomon*, one will see that much like in *Maname*, the director intentionally left the viewer dangling to make his/her own interpretations. While the plot of *Maname* is directly from the *Chulla Dhanuddara Jathakaya*, one will note a remarkable parallel in the *Rashomon* movie to this *Jathaka Kathawa*.

The debate in the *Island* is about such influences and the extent to which they should or are apt to be acknowledged by the creator. This debate was originated by the responses to a well-balanced account by *Kamalika Pieris* on the roles of various artists in creating *Maname*. The contemporaries of *Sarchchandra*, such as *H.L. Seneviratne*, *Bandu Silva* and *Shyamon Jayasinghe* (original *Potheguru*) contributed to the

debate and gave intimate details of this great creation. See the debate here:

<http://operaalumni.com/creative-corner.html>

An artistic creation of great caliber such as *Maname* could not be conceived in complete isolation or in a vacuum. The applause from the general public and acclaims from the theatrical critics it received at the inaugural screenings during 1956 is clearly linked to the fact that its cultural, aesthetic, musical and dramatic manifestations were effortlessly transfused and mellowed into the Sinhala Buddhist psyche. Understanding and pacifying the cultural, aesthetic, musical and dramatic yearning of a nation which has been conditioned over thousands of years is no small accomplishment.

Charles Silva, *Gunasinghe Gurunanse*, *Eyleen Sarchchandra*, and *Akira Kurosawa* have contributed towards the aesthetic creativities of *Sarchchandra*. Such artistic influences can be described as ‘beautifully and gracefully flowing small creeks that fed the ocean’. Though, the ocean is fed by these individual creeks, none of them could justifiably claim that they created the ocean or that any one of them is the main constituent of it. To me, Professor *Sarchchandra*’s grasp of the Sinhala Buddhist psyche, his creation of this theatrical masterpiece by drawing upon others’ creativity, and gracefully fusing of it all with that Sri Lankan psyche is simply genius.



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Being left-handed: Does it mean you are smart, sinister or just in a minority?

By *Martin Nicholas*

Hands up if you are a leftie by birth! I am proud to be one and be often considered as the odd one out. Coincidentally, I know a family in the Ottawa Sri Lankan community where the parents and the children are all left-handed.

Some surveys say that Lefties make up about 10 percent of the population. In reality the number should be more as many of us, while growing up, would have been coaxed by our families to switch over and use the right hand. History reports some not so pleasant stories of children being forced to change. The English language has been used to give the impression that the right is correct and the left is sinister or crazy. Seemingly, the society, driven by market values have forgotten about the lefties with gadgets and cooking tools designed for the right hand. This was evident to me while helping out at this year's AAUPOC picnic barbecue.

Some organizations and websites make efforts to help lefties live in a 'righty dominated' world. August 13th has been designated as the [international left hander's day](#). It is noteworthy that four of the last seven US Presidents have been lefties – i.e., President Obama, Bill Clinton, George H.W. Bush, and Gerald Ford!



[Reports on the internet](#) suggest that people who use their left hands tend to be more affected by fear and anxiety than those who use their right hands, but in general, we should not generalize about lefties based on reports on the internet as those may not be scientifically validated. [A fascinating study](#), by Researchers in the Georgetown University Medical Center (GUMC) has found evidence that Lefties hear speeches differently. From personal experience I have found that I can follow a talk better if I hold a pen in my left hand.

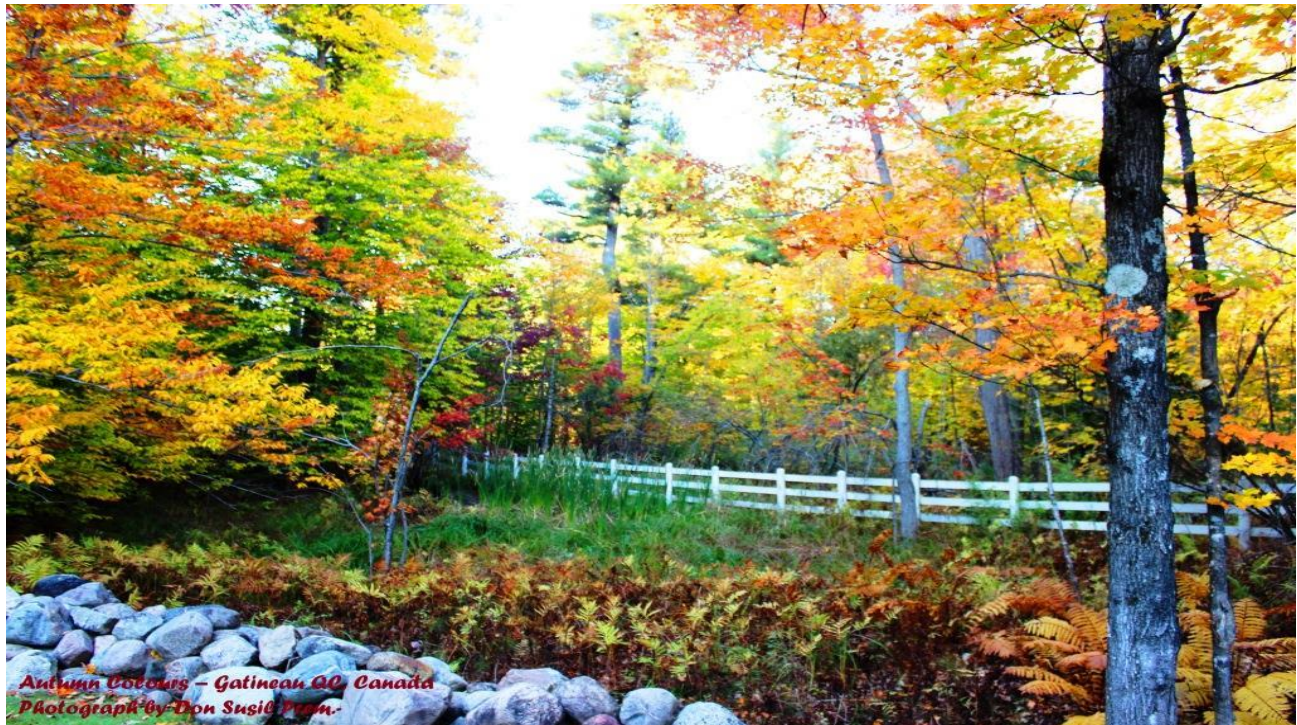
The claim by GUMC: People who use their left hands when listening may hear slowly-changing sounds more easily than those who use their right hands. The researchers who conducted the study, which was presented at *Neuroscience 2012*, found that the left and right hemispheres of the brain specialize in different kinds of sounds. The left hemisphere, which controls the right hand, is more sensitive to rapidly-changing sounds like consonants, while the right hemisphere, which controls the left hand, is more sensitive to slowly-changing sounds like syllables or intonation.

In their study, the researchers found that if you're waving a flag while listening to a talk, the speech will sound slightly different to you depending on whether you're holding the flag in your left or right hand. [These researchers' findings](#) could ultimately result in better treatment for stroke and language disorders. Personally, I think we could become even better listeners by holding items in both hands. Try it for yourself and be the judge! Also, visit the following web page for brain exercises:

http://www.kativik.qc.ca/sites/kativik.qc.ca/files/documents/40/Brain_breaks_compiled_document.pdf

Finally, whether you are a lefty or righty:

"Let the river of life flow smoothly down mountains and through valleys bringing peace and happiness while you encounter enriching engagements with both lefties and righties and have hope for a better tomorrow."



Autumn Colours - Gatineau Qc, Canada
Photograph by Don Susie Prem.

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Ottawa - ඕටවා
By Don Susie Prem.

Lateral Thoughts on what was Taught

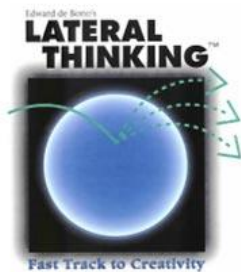
By *Nimal De Silva*,

A Graduate of Peradeniya University, Faculty of Science, Chemistry

I came to Canada in 1976 to pursue post-graduate studies in Dalhousie University NS. That year, out of the fifteen graduate students enrolled, five of them were Sri Lankans (all *Hanthanians*, no *Colombians*!), while the rest were mainly from developed countries. First, to be able to register for courses, all enrollees had to write four exams similar to Graduate Record Exam (GRE), but at a more specialized level to evaluate the basic competencies in all areas of Chemistry. Pre-requisite to sit for the exam: *learn how to use a calculator* (which Sri Lankans hadn't seen before). Yet, all *Hanthanians* were rated at the top in percentile ranks. Although our success could be partially attributed to the individual's academic skills, the collective success clearly demonstrated our extraordinary strength in basic Chemistry at an international level. Indeed, such success is credited to our teachers at *Peradeniya*, as they educated us without the availability of sophisticated instruments or sufficient resources. Therefore, I offer my heartfelt gratitude to all my teachers who built a solid foundation, not only in Chemistry but also in Physics, Mathematics, etc., which led me to find employment as a researcher and an academic in Canada.

During our undergraduate years, the education was more focused on fundamental theories without much hands-on experience with instruments. For example, without even having seen a picture of an instrument, we developed expertise in interpreting Nuclear Magnetic Resonance Spectra for identification of chemical compounds using libraries of old spectra collected elsewhere. Such an under equipped teaching environment nudged us to find solutions to practical problems, with mediocre devices and more so to develop *lateral thinking*. Lateral thinking is solving problems through an indirect and creative

approach, using reasoning that is not immediately obvious. It involves an approach beyond the use of the traditional step-by-step logic, which could be used to find practical solutions when there is a scarcity of equipment or facilities.



An example of *lateral thinking*:

Recently, a graduate student wanted to measure viscosity of several liquids (for those who are not familiar with the term *viscosity*, honey is more viscous than water). If one applies traditional '*vertical thinking*' to this situation, a commercially available *Viscometer* is required to generate results. Therefore, if a *Viscometer* is not around, the options are either purchase one, or not do the experiment.

Looking around the lab, I located some plastic tubes. That reminded me of the late Prof. *Osmund Jayaratne*'s teaching: *viscous liquids move slower through a tube based on its qualitative properties that could enable one to determine its quantitative relationships*. After explaining the theory, I suggested to the student to siphon the same volume of different liquids from a beaker through the tube and measure the time taken to empty the beaker. By knowing the viscosity of water, this student determined viscosity for all liquids with accuracy and precision while gaining knowledge on basic fluid mechanics.

My '*lateral*' opinion is that there are silver linings in being educated with limited exposure to sophisticated equipment. Because of the strong theoretical scientific background, in combination with the education offered at a surrounding with minimum resources, '*lateral*' or '*out-of-the box*' thinking is being ingrained into our psyche, which is profitable not only in science, but also in solving day-to-day problems to make life more interesting.

My thoughts expressed here on '*lateral thinking*' are not to advocate deliberate encouragement to do research with mediocre equipment, but to avoid the '*unavailability of resources*' as an overemphasized excuse for not conducting experiments in a lab or in life. This appears to be the case everywhere, including in Sri Lanka. ***Thank U Pera U!!***



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பூவரசு மலர் (Poovarasu Flower)

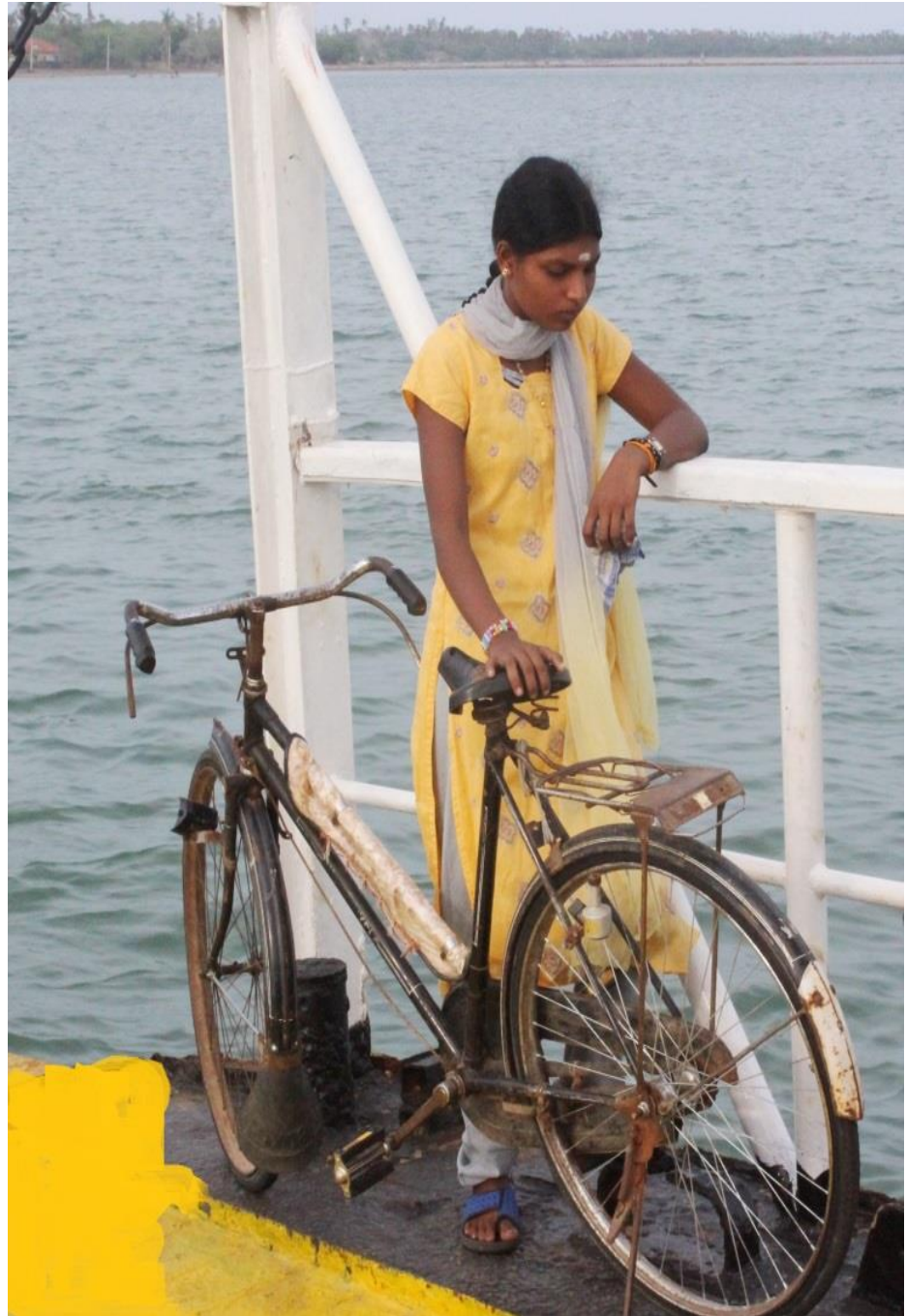
Photograph & Lyrics by Don Susil Premaratne

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Mirror, Mirror on the Wall.....

By Kumudini Nicholas

Life without companionship is like a waterfall unsupported by appropriate rock constructs to manifest its true cascading nature. Naturally, we crave for the true essence of our lives, which would not unfold without privileged companionship to make it more meaningful, interesting, and albeit 'bumpy'. This is a true story related to this nature of life.

It was the year 1989. I joined the *Water Resource Center* (WRC) in *Halifax* to seek employment. The head of the institute, Dr. Hart, was a large man who possessed a booming laugh and a gentle touch on all aspects of work as well as in life, which contradicted his 'giant' appearance. He owned a property in a wooded area close to *Bedford*. He preferred seclusion over a crowded sub-division, based on his love of nature and his personality: *stay with people only when you have to!*

Another reason for his secluded life was to have as many pet animals as possible in his property, and indeed he owned many. The most interesting was a pair of peacocks he kept in his garage named *Mark* and *Lucy*. The two beautiful birds were fed and loved well, and we spoke of them very often during lunch breaks at the WRC. We were told that the playful nature of the pair, how they spent time with each other, most often cuddling and pecking one another was unusual. His conclusion: *They must be in love!*



The summer of 1989 was unusually hot in *Nova Scotia*, which some regarded as 'uncharacteristic' to Canada's *Ocean Playground!* Therefore, it was not unusual for Dr. Hart to leave his garage door opened to make the peacock pair feel comfortable. Even with such caring,

Mark unfortunately could not withstand the heavy humidity and heat and died in the arms of his owner. That was when the commotions started in this household.

A week after *Mark's* death, *Lucy* sat at the corner of the garage and refused to eat for two days. On the third day, she has disappeared through the garage door. Dr. Hart became agitated as he did not know where to look for a peacock,

because the wooded area surrounding his home stretched to a far distance ending at the *Bedford basin*. He asked his closest neighbors whether they had seen a peacock, but no one could help him. He felt that he should pray for *Lucy's* return.

A week went by without any trace of *Lucy*. Suddenly a stranger called and informed him that a peacock had been seen in the adjacent county and that the bird seemed to be 'disoriented'. Dr. Hart immediately drove to the location and found *Lucy* in a very bad state: dehydrated and starved. He carried her on his lap all the way and treated her with much care. A few days later, *Lucy* was back to normal, but was still in a lousy mood without much appetite.

As the weather did not improve over the next few weeks, the garage door was kept ajar to help *Lucy*. Unfortunately, that was when the second escapade happened. This time Dr. Hart was furious at the bird. After locating *Lucy*, he picked her up by her tail and screamed at her all the way home!

Surprisingly, a distant-neighbor came to know about the 'peacock ordeal' and informed the owner that these birds get lonely and therefore, they escape to seek companionship. His advice was to leave a mirror in the garage to see whether *Lucy* would accept her image as her companion.

Low-and-behold that worked! *Lucy* sat next to the mirror all day long, cuddling with her own image, pecking it once in a while as if she had found her former companion *Mark!!* She never left home again.

One would say that a mirage of a companionship may be sufficient to get through difficult or lonely times in life!



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*I've never heard anyone say
"I wish I hadn't forgiven."*

-Katerina Stoykova Klemmer

Kola Kenda



Ingredients: Green leaves loosely packed in a 500ml container (Gotukola, Mukunuwenna, Ranawara, Welpenela, Polpala, Iramusu, Hathawariya, Elabatu, Aligetapera, Erabadu or a mix).

1 1/2 cup of cooked rice (white or red); About 1 L of water

7-8 tbsp (heaped) of coconut milk powder; 1 tsp of salt

Preparation: Crush the cooked rice with 1 cup of water for 10 second in an electric blender and put in to a pot. Dissolve the coconut milk powder in 1/2 cups of water and add to the pot. Add salt and bring to boil in medium heat. Blend the green leaves with 1-2 cups of water in the electric blender and strain the juice well. Add the juice to the boiling mixture and stir continuously. Add the rest of the water. Remove from heat when the mixture just starts to boil. Leave for few minutes to cool. Serve with a piece of *jaggery*. Serve four.

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Taraxacum officinale

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Quotable Quotes

"I like nonsense; it wakes up the brain cells"

Dr. Seuss



"It is the mark of an educated mind to be able to entertain a thought without accepting it."

Aristotle



"Service to others is the rent you pay for your room here on earth"

Muhammad Ali



"An eye for an eye only ends up making the whole world blind"

Mahatma Gandhi



"Kindness is the language which the deaf can hear and the blind can see"

Mark Twain



The Solution for the AAUPOC Cyber Quote Puzzle (Edition1): *One of the objectives of the association is the following:*

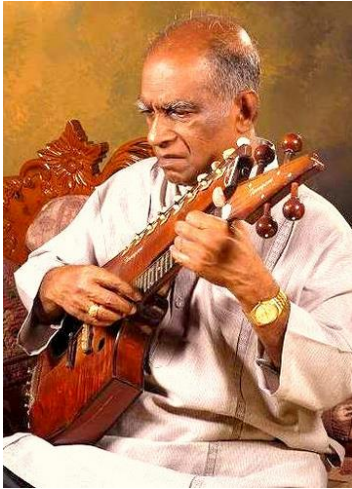
To guide and assist the alumni who have recently completed their courses

Sing-Along...

හන්තාන සිහිනේ

SUNG BY W D AMARADEWA / UMARIYA SINHAWANSA

<https://www.youtube.com/watch?v=iKe4pLvYcZw>



A Korean Teledrama Theme Song in Sinhala:

අනන්තයෙන් ආ තරු කුමරා

Became Very Popular in the Recent Past in Sri Lanka



<https://www.youtube.com/watch?v=Xinl9GcnaUc>

Editor's Sign Off

Dear Contributor/Reader,

George Orwell (1903-1950), an English novelist, essayist, journalist and critic, classified motives for writing under four headings, one of which is the aesthetic enthusiasm (perception of beauty in the external world, or in words and their right arrangement), and he wrote an essay titled *Why I Write* (1947) detailing his reasons. If one may ask why one would write, each one of you who wrote for this *Newsletter* would have had your own reasons to express the inner thoughts. Whatever those reasons were, it was a privilege for us all to read your creative expressions. For those who created artistic impressions of their inner thoughts, in my opinion, deserve a joyful applause. Their talent indeed is unique.

I write to bid farewell to you all as this memorable AAUPOC year ends, and thank you from the bottom of my heart, for the loyal support and your valuable creative expressions submitted to make this AAUPOC publication a success:

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Kumudini Nicholas,
Editor, AAUPOC



The link to *Hanthana Vision* magazine November issue: <http://www.pdn.ac.lk/uop/inrc/rm/v1i2/index.html#/0>