



July 2016 (Volume 2; Edition 1)

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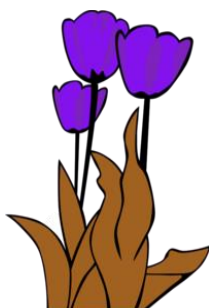
July 2016 (Volume 2; Edition 1)

Editor's Note

With pleasure I bring you the first Edition of the AAUPOC Newsletter (NL) for 2016/17 year. Although the time is of the essence in this 'rushed' life, it is a privilege for me to serve our AAUPOC community, who are eager to write, draw or simply enjoy looking through each Edition. Your continuous support to bring this publication to reality is always appreciated, and the 'unfiltered' feedback received from members and non-members are always welcome. The continuing level of confidence displayed by readers and community members to advertise their products and services in this NL is encouraging and we are grateful for such financial support provided for the AAUPOC scholarship fund. Many thanks for all those who made an effort to contribute to the past publications and the current Edition within their busy schedules. You continue to exhibit your undeniable talents, and I hope you will find moments in your life to contribute to this NL in the future.



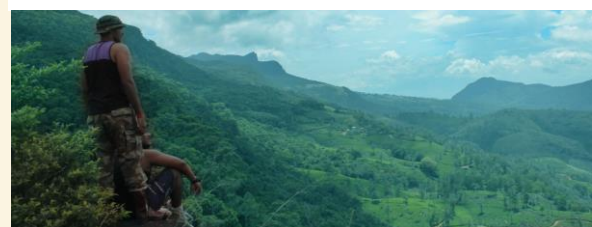
The summer is upon us and I hope you are enjoying everything the summer brings, be it with friends, family, pets or walks by yourself. It really is the time of the year to relax!



Hanthana Mountain Range

The **Hanthana Mountain Range** lies in central Sri Lanka, south-west of the city of Kandy. It was declared as an environmental protection area in February 2010 under the *National Environment Act*. The maximum height of the range is 3800 ft. The mountain range consists of seven peaks. The highest is the *Uura Kanda*. The range is a favorite destination among the mountain hikers in Sri Lanka. *University of Peradeniya* is situated adjacent to the *Hanthana* mountain range. The *Hanthana* Mountain range is a beautiful delightful set of hill tops. If one wants to cover the entire *Hanthana* range, one may start the hike from Kandy.

<https://www.youtube.com/watch?v=XifptbD1MH8>



DISCLAIMER

The contents in this *Newsletter* are for information purposes only. The opinions and views expressed by the writers and artists are their own and may not reflect or represent those of the AAUPOC. Complete confidentiality and security is not yet possible over the Internet, and privacy cannot be ensured. Therefore, AAUPOC will not be responsible for any damages incurred if confidential or sensitive information was included in any published items.

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EXTRA, EXTRA, READ ALL ABOUT IT.....

THE PRESIDENT'S MESSAGE

The *University of Peradeniya Alumni Association Ottawa Chapter-Canada* (AAUPOC) was founded in 2012. This organization was established primarily to support *Peradeniya University* first year undergraduates, the teaching programs and the research projects of individual faculties. Its intensions also included to foster connectivity of the alumni to the parent University, to each other and the Sri Lankan community in Ottawa. Although this establishment is only four years old and has only 45 members, the progress of the AAUPOC thus far exhibits that even a small organization can contribute to the betterment of its *alma-mater*.

In February 2016 the fifth annual AAUPOC general meeting was held. The outgoing president *Sange De Silva* reflected on his term before passing the gravel to me. In his speech, he stated that we all can be very proud of our achievements during the last year and we could look forward to this year with enthusiasm. The most notable achievements of the AAUPOC last year included funding 15 student scholarships, computer donations to two residence halls and providing new text books to various faculty libraries. These donations were made possible thanks to our members, their families, the Sri Lankan community in Ottawa and those alumni who reside in other provinces of Canada. Other noteworthy accomplishments include the launch of the *Newsletter හන්තන පවුල*, brainchild of *Kumudini Nicholas*, which was identified as the 'voice' of AAUPOC by some members, and the screening of the movie *Sakkarang*, where both items helped to raise funds for the scholarship program.

This year the EC, with the support of the members, is continuing their collaborative efforts to meet the AAUPOC mandate. In March of 2016, using surplus funds, 25 scholarships were awarded to first year undergraduates, increasing the support by 7 additional undergraduates compared to the previous year. In addition, the financial support was extended to the *Faculty of Science/International Research Institute* to strengthen their teaching and research programs by donating a flash chromatography column, which is vital for research on biologically active compounds of medicinal plants in Sri Lanka. The generosity of our members was invaluable to complete this project in a timely manner.

To foster social engagements among the alumni members, their families and the Sri Lankan community in Ottawa, the AAUPOC is making arrangements for the annual beach trip in the summer and *Hanthana Night* dinner and cultural show in the fall. The EC cordially invite all members and non-members to attend these two annual events.

I enjoy working with my fellow executive committee members to serve fellow alumni in Ottawa, who share the experience of studying at the *University of Peradeniya*. I am certain that the AAUPOC will prosper continuously to build on the success we have had since the inception of this organization in 2012.



View 2016/17 Executive Committee: <http://operaalumni.com/committee.html>

WITH GRATITUDE: YOU HAVE MADE THIS EDITION POSSIBLE



WRITERS, ARTISTS AND SOLICITORS FOR ITEMS:

Anonymous,
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Dhammika Herath
Sange De Silve (solicited a writer)
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Martin Nicholas,
Kumudini Nicholas,
Don Susil Premaratne,
Nimal Ratnayake,
Sudarma Samarajeewa
Deepani Waidyaratne,
Jaya Weerasinghe

*** A Very Special 'Thank you' to students Dilusha and Donisha of *Peradeniya University* for providing the 'Flash Column in Use' photograph

FINANCIAL SUPPORT FOR THE AAUPOC SCHOLARSHIP FUND THROUGH ADVERTISEMENTS:

*Keller Williams VIP Realtors,
Heruka Kumaratne, Registered Accountant
Francis & Francis (Solicitors, Notaries Public)
Chandimal Nicholas
Festival of India, Ottawa
Priyasantha Fernando, Travel Agent
RANGOLI, Indian Cuisine & Sweets
Ayesha Kumaratne, (Barrister & Solicitor; International Law)*

The Upcoming Event



AAUPOC Annual Summer Beach Trip

The AAUPOC cordially invite you and your family to participate in the Annual Summer Beach Trip. Please feel free to invite your non-member friends to participate in this fun filled outing.

DATE: July 16th Saturday

VENUE: Petawawa Point Public Beach (1086 Island View Dr, Petawawa, ON K8H 2N7- about 165 km).

TRANSPORTATION: your own vehicle or a 50 seat school bus (\$ 10 per seat; To reserve seats please contact: Dhammika: 613-440-0845; Nimal R: 613 825-9370; Ajith: 613 440-0354; Turadewa: 613 824-4944)

LEAVING FROM: Fallowfield Park-N-Ride Bus Station, Barrhaven

WHEN: 9:00 a.m. sharp (bus will be there from 8:30 a.m.)- come early to get the seats you like

MEALS: \$ 12.50 per head (for all participants)

Meat lovers: 1 hot dog; 1 Beef or Chicken Burger, Potato Salad, Vegetable Salad, dinner rolls, 1 pop, Water/Tea

Vegetarian Lovers: 1 veg. hot dog, 1 veg. burger, potato salad, vegetable salad, dinner rolls 1 pop

Water/ Tea

ACTIVITIES: Volleyball, Cricket in the sand, Swimming, Canoeing, Kayaking and Badminton

CANOE/ KAYAK RENTAL/STAND UP PADDLE: Available for renting- \$ 5/hr. or \$ 30/day (bring a life jacket). For booking contact 613-687-5678 EXT: 2102

SNACKS BY VOLUNTEERS: As culinary experts you could bring your own creations to share with others

BOOZE: Strictly prohibited on the beach.

RETURN: 9:00 P.M. (July 16th) to the Fallow field Park N Ride Bus Station



The AAUPOC Scholarship Contributions 2016/2017: The Letter of Appreciation



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ASST. TREASURER
Dr. Hemalie Nandalal

ADDRESS
AAUP office
Students' Center
University of Peradeniya

May 31st 2016

Secretary/AAUP Ottawa Chapter,

Dear Madam,

Re: Letter of appreciation

On behalf of the ExCo of AAUP, I wish to extend our appreciation for your support towards the Studentship program of year 2016, University of Peradeniya. Summary of the expenditure is given in the table below and details of these items are attached herewith for your information. Students from the Faculty of Medicine have not claimed their studentships yet. Please let us know your suggestions.

Item	Amount
Total Received	Rs. 293,603.00
Studentships intended to give-25	Rs. 300,000.00

We look forward to work with you all in the future as well.

Thank you,

Dr. Pradeepa Bandaranayake

General Secretary 2016



A 'Flash Fruition'¹



[Photo: Courtesy of two students at *Peradeniya University*]

At the first meeting of the new AAUPOC Executive Committee (EC) (March 27, 2016), it was agreed to extend financial support to different faculties/departments of *Peradeniya University* to strengthen their teaching and research programs. Based on this decision, EC members investigated feasible options. Their efforts led to an immediate response from *Nedra Karunartne* (Department of Chemistry / the *International Research Centre*) at *Peradeniya University*, requesting financial support for a **flash liquid chromatography column**. This Column is essential for completing research projects of several M.Phil. and undergraduate students, who are investigating the nutraceutical, antibacterial activity, anticancer and cholesterol lowering properties of a number of products isolated from selected medicinal plants.

As this particular request fell within the goals of the AAUPOC, the EC reached out to the members for their contributions on the 9th April, 2016. Because of the immediate response with generous contributions by twelve members of the AAUPOC the necessary funds were raised by 29th April, 2016. The project was successfully completed by the 6th May, 2016, and the *FedEx* delivered the column, purchased from *CHEMGLASS Company, NJ, USA*, to the recipient on the 10th May 2016. Indeed, a 'Flash' Fruition for AAUPOC!

¹ An accomplishment within a very short period of time

Death of a Giant in English: Professor Ashley Halpe is no more

Reflections on a Great life



Renowned professor of English *Ashley Halpe* has passed away. He died at *Peradeniya Teaching Hospital* on 14th May 2016, at the ripe age of 83. He became a Professor of English at the tender age of 31 thus becoming the youngest professor in the country. Professor *Halpe* served in academia holding many positions including the Dean, Faculty of Arts at the University of *Peradeniya*, Head of the Department of English for over twenty-five years, The Head of Fine Arts for several years and as visiting professor in numerous foreign universities. He has authored a number of books, including creative work and academic papers besides translations of Sinhalese works into English, and has directed over a dozen theatre productions.

PROFESSOR WITH MANY PASSIONS



http://www.sundaytimes.lk/081207/Plus/sundaytimesplus_08.html

International Research Centre (InRC) University of Peradeniya

The *International Research Centre (InRC)* was inceptioned under a project of the *University Grants Commission* aiming to transform seven Sri Lankan Universities to an international standard. A unique grant proposal submitted by the *University of Peradeniya* lead to establish the InRC - A unit exclusively dedicated to enhance global relations, promote multidisciplinary collaborative research programs, and support students and staff members by providing and coordinating resources, platforms and scholarly exchanges. Since its inception, the InRC has worked towards achieving its vision to aid the *University of Peradeniya* to be recognized as a fast growing and world-leading hub of research and development.

The *University of Peradeniya* is one of the oldest post-secondary education institutions in Sri Lanka. It is also one of the most academically diverse establishments with continuous links and agreements with various institutions around the world. Notably, most of these partnerships were developed based on personal contacts and common interests in research areas. From the very beginning, InRC has developed significant partnerships with foreign universities acting as a coordinator for international collaborations, through which it has facilitated the global visibility for the *University of Peradeniya*.

The InRC promotes collaborations with Industry and International partnerships such as agreements and MoUs and more than 120 foreign universities and institutions, and conducts exchange programmes for researchers and students in order to encourage the academic and cultural exchange between the *University of Peradeniya* and its foreign-partner institutions. The InRC also collaborates with alumni associations of the *University of Peradeniya* such as the *Ottawa Chapter*, in Canada. In addition, it also acts as a coordinating centre and a facilitator for international research conferences, workshops, and

seminars that take place at the *University of Peradeniya*. Furthermore, the InRC took the initiative to launch the Sri Lanka Japan Study Centre (SLJSC) at the *University of Peradeniya*, which now acts as the coordinator for the academic collaborations between the *University of Peradeniya* and Japan. Currently, the InRC is in the process of establishing an *Astrobiology Research Centre* on location, which is expected to be the only one of its kind in the country.

InRC has been instrumental in establishing research groups in the University, and currently, several such groups are actively engaged in useful research. These research groups provide a focal point for researchers around the world who are involved in common areas of study for collaborative efforts. The research groups formed by the InRC include, Business Process Management, SAP Programs, Rabies Control, Astrobiology, and *WaSo Asia*.

Keeping in line with the national policy for higher education in Sri Lanka, the InRC endeavours to establish a unique global-identifier for the *University of Peradeniya* as a centre for excellence in research. And the InRC continues to dedicate itself furthering and promoting research in the University and facilitating international academic exchanges with resources, platforms and thereby catering to the national development.

InRC Website:

<http://www.pdn.ac.lk/uop/inrc/index.php>

Written by Nanda Gunawardhana, the
Director of InRC

See below a Photo-collage of past activities
of InRC:

Past Activities of InRC



University of Peradeniya, the Faculty of Science

By Nedra Karunaratne, Editor in Chief: *Hanthana Vision*



On the 4th of January, the 2016 academic year for the faculty of science was commenced. The usual celebration by the Dean's office and the celebration at the *Post Graduate Institute of Science* (PGIS) heralded in the New Year.

More than 400 students enrolled this year- lower than the usual 550 count. In addition to the existing Physical science and Bioscience streams, two new areas (now more than 5 years old) - Computational Management (CM) and Statistics and Operational Research (SOR) enroll additional 100 students each year, making the first year total student count to nearly 550. The CM program consists of 50% science students and 50% arts students in a unique cross faculty program.

Unlike the previous years, the new-entrants could not make it this time before the start of the academic year resulting in an overlap of the orientation with the academic calendar. The students entered the programs throughout the term at varying times within a 10 week period, unfortunately after the first year lectures have been commenced. Those included small batches of new students and some others transferred from other Universities in the island. This disadvantaged those students who arrived late, as they missed the practical classes based on the lectures already delivered during

that period. In the future, the administration may suggest that this practice should be avoided to the best interest of both the students and the staff, as the established timetables for an academic year cannot be changed. The negative effects of the late admissions: Students tend to memorize some parts of the course rather than learn the subject matter over the designated period of time, resulting in students lacking knowledge in basic concepts; however, obtaining high grades in their course units, thereby portraying erroneous passing grades for some.

In the last Alumni Association of University of Peradeniya, Ottawa Chapter (AAUPOC) *Newsletter*, ආරක්ෂක පිටුව, Nimal de Silva in his article titled *Lateral thoughts on what was Taught* mentioned 'learning without seeing instruments and equipment in the past'. The present day students are more fortunate however, due to the active researchers at Peradeniya, who were able to procure many costly instruments and other items through research grants. Thus, many of the current students who have embarked on higher studies not only appreciate the high quality of the courses delivered, but also the experience they gained through their undergraduate research projects using sophisticated instruments.

[See next Page...](#)

In addition to the organic, inorganic and physical research laboratories in the Department of chemistry, Faculty of Science now has a nanotechnology research laboratory, which was supported by many of the alumni in North America. Because of the efforts of then head of the Chemistry Department- *Veranja Karunaratne*, impressive support was extended by alumnus *Dimuthu Jayawickreme* in New Jersey. We greatly appreciate all efforts, generosity, and support by North American Alumni (mostly chemistry graduates). My sincere thanks to the AAUPOC, who has recently initiated, and completed a project to provide a flash column to the organic research laboratory to support undergraduate teaching and post graduate research. We hope that the younger Alumni would step in to contribute to their *Alma mater* as did the older generation over many years.

One of the successful programs that the science faculty has conducted for nearly 10 years is granting a degree for Applied Science. For this particular program, students who completed a general degree are being selected. This serves a dual purpose: to provide an opportunity for those who missed to follow a special degree program, to specialize in industry oriented courses ensuring them a local job; enable to retain the graduates in Sri Lanka, as the tendency is high for those who graduate with a special degree is to seek further studies abroad.

On a different note: The Alumni Association (AAUP) began a new activity for its members in 2015 - *Thursday forum*- in which an imminent individual would deliver a speech on a topic of general interest. The first forum began with *Palitha Abeykoon*, alumnus of Peradeniya, now the Chief Engineer of the Kandy Municipal Council, explaining the New Kandy Development project. Nearly 50 participants assembled at the *Kandy Garden club* to learn the benefits from this project to those reside in Kandy. The event ended with a fellowship dinner, and many of the participants reveled with the music provided by a live band. The second forum was held at the *Faculty Club*, where Commissioner of Elections- a Peradeniya alumnus- *Mahinda Deshapriya* delivered an enlightening and informative talk on 'New electoral reforms in Sri Lanka' and numerous questions were raised by the

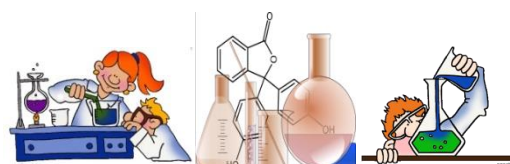
attendees, until a request was made to end questions to attend the dinner. Following that, Prof. *Savitri Gunatilleke* provided a comprehensive account of the forest scene in Sri Lanka over the past century with a description on sustaining the forest reserves and the related research, with fascinating details of her contributions towards conservation of the ecosystems. The gathering ended after enjoying a dinner at the *Oak Ray* restaurant in *Getambe*.

In 2016, *Jayantha Dhanapala* delivered a talk for the January *Thursday Forum* on the current trends in international affairs and gave a brief overview of the present status of our international relations. Unfortunately, this year only tea and cakes were offered at the end of the forum, as many preferred an early departure rather than late-night travel.

At the *Thursday Forum* in March, Prof. *Gananath Obeysekara* spoke: *A note on the Fate of the Kandy Lake complex, circa 1808 - 1815 and thereafter*. Prof. Obeysekara's analysis of the events that led to the development of the lake and its creator, *King Rajasinghe*, was enlightening.

We hope that the new Office bearers of the AAUP would continue the *Thursday Forum* – a valuable gathering that brought together the (mostly) retired gentry in Kandy. More young and enthusiastic alumni appointed at the March 2016 AGM are expected to infuse new blood to the organization. Thus, under the able leadership of *Rupika Rajakaruna* supported by a very active past president, *Jayalath Edirisinghe*, not to mention five other formidable vice presidents, the new committee is expected to galvanize the association into new heights.

<http://www.pdn.ac.lk/uop/inrc/rm/v2i1/index.html>:
Hanthana Vision May Issue



History of University of Peradeniya: Memorable Milestones (Part 1; 1921- 1954)

Consolidated by Dahammika Hearth

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

"Education is what remains after one has forgotten everything one learned in school" -Albert Einstein



My alma mater (in Latin nourishing and bountiful mother) is *University of Peradeniya*. Ironically, the cherished memories of my seven-plus years at *Peradeniya* as an undergraduate (1984 to 1991), more specifically the latter part of it, is strewn with bone-chilling experiences and memories. This period was considered as one of the darkest in our country. As expressed in Einstein's quote, I have forgotten almost everything that I learned at *Peradeniya* except the 'Education', which encompass the history of this great educational institution. I believe such 'Education' is of interest to all alumni of *Peradeniya*; therefore, the purpose of this series of articles is to share that colorful history with you.

1921: Due to the demands for a national university education in Ceylon by the leaders such as Sir Arunachalam Ponnambalam, Ananda Coomaraswamy (a great orientalist), D.B. Jayathilaka, and W.A. De Silva the *Ceylon University College* was established during this year. At the time of its inception, this institution was affiliated to *University of London*, which granted the final degree.

1927: This year, a location near *Kandy* for a "unitary and residential", and fully fledged university was discussed for the first time in the *Legislative Council of Ceylon*. This need was justified since *Ceylon University College* did not have the capacity to fulfil the aspirations of those who seek university education to meet the local needs of an educated class.

1938- There was a protracted debate about the most suitable location for the university: *Kandy versus Colombo*. By 1938 it was firmly decided that the location will be near *Kandy* for about 500 residential students.

1941: This year, *William Ivor Jennings* who was a legal scholar of the *University of Leeds*, was appointed as the second Principal of the *Ceylon University College*. *Sir Jennings*, who arrived in Ceylon in March 1941 at the age 37, proposed a mandate to create an autonomous university with the authority to grant a final degree. This was a result of the colonial rulers at that time heeding to the voices of national leaders. *Sir Jennings* was primarily instrumental to transfer parts of the *Ceylon University College* from the original *Colombo* location years later to its new site in *Peradeniya* as the *University of Ceylon*.

1942: On the 1st of July of this year, thanks to *Ivor Jennings's* initiative and perseverance, *University of Ceylon* and its legal framework (autonomous corporation by the *Ceylon University Ordinance No.20 of 1942*) were established. The *University of Ceylon* was initially located in *Colombo* at the *Thurston Road* site, which included the famous *College House*. In this initial setting, original department of arts and department of science of the *Ceylon University College* were converted to faculties of arts and sciences. The *Ceylon Medical College* which was established in 1870 was amalgamated

to the *University of Ceylon* as Faculty of Medicine which followed the directions from the same administration. A new faculty of Oriental Studies was also established. Sir *Ivor Jennings* became the first Vice-Chancellor of the *University of Ceylon*.

1943: *University of Ceylon* flourished in Colombo and in 1943 Faculty of Dental Sciences was added.



1944: During the Second World War, although *Ivor Jennings* was heavily involved as a public communicator and also with other war matters, he took time to visit the site selected for the “unitary and residential” university in the swath of gentle rolling hills along the bank of *Mahaveli River* in *Peradeniya* and *Galaha* area. At that time, this area was an abandoned tea plantation. After his visit with the architect Sir *Patrick Abercrombie*, who designed the site plan, *Ivor Jennings* has written: “no University in the world would have such a setting”.

1944: *Ediriweera Sarachchandra* (born as *Eustace Reginold De Silva*) joined the Department of *Pali* in the *University of Ceylon* in 1944, and in 1952 after relocation of the university at *Peradeniya*, he joined the Sinhala Department. By 1952 *Sarachchandra* would have had his postgraduate studies completed, specializing in *Pali*, *Buddhist studies* and *Philosophy*, obtaining M.A. in 1944, and a Ph.D. in 1948 from the SOAS, *University of London*.

1947: This is the year the Faculty of Agriculture and Veterinary Science were established at *Peradeniya*, in a single building in the vicinity of the proposed site with only four academics staff members. Sixteen students who wrote *General Science Qualification* (GSQ) exam in 1947 were enrolled as the first group of students to these two new faculties.

1948-1949: During this period the university at the *Peradeniya* site was gradually built. The Senate Building was erected on 164 ‘*ලේ කණු*’ to obstruct the wind movement and to maintain its balance. An underground electrical distribution system throughout the campus was designed, a safety feature that is unique to the *Peradeniya* campus. Later in 1960s, the *CinderAthletic Track* in the main playground in front of the *Arunachalam Hall* was built to the Olympic standards, which was only the second such track known in the world.

1950: July 1 of this year, the Faculty of Engineering of the *University of Ceylon* was established with the staff and students from the *Ceylon Technical College*, which had been established in 1894. Initially, this was situated at the Colombo site, which utilized the facilities of the *Technical College*.

1952: On the 6th October this year, ceremonial opening of the *University of Peradeniya* was held. Following this ceremony, the transfer of part of the responsibilities of the *University of Ceylon* from Colombo site to the *Peradeniya* site was expedited, with the initiation of the faculty of Arts and faculty of Oriental Studies. The *Princess Elizabeth* of England was assigned to be the chief guest for the event, but due to the death of her father the grand ceremony was postponed. Around the same time or a little earlier the Law Faculty was transferred to *Peradeniya*.

1954: On the 20th of April of this year, *Queen Elizabeth II* and *Duke of Edinburgh* ceremoniously inaugurated the *Peradeniya University*. The plaque placed at the site states “More Open than Usual”. Soon after the opening (January 17th 1955), Sir *William Ivor Jennings* resigned from the post of the Vice Chancellor.



'Pride of Lanka'



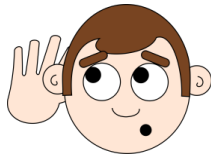
CREATIVITY AT ITS BEST

THE ART OF LISTENING IN HUMAN COMMUNICATIONS

By Gamini Kulatunga

A Graduate of University of Ceylon, Faculty of Engineering, Mechanical

The art of communication begins with listening, for which silence is imperative. This is because humans can never have direct access to reality, but only to the contents of their minds. The rational mind would see exchange of ideas as a discussion or debate but intuition is required to take part in a real exchange which is known as a dialogue.



Listening

In the word 'listen' the letters are the same as that make up the word *silent*. This is a powerful indication that silence is an important part of listening more effectively. If we learn the skill of silence, we automatically improve our listening. Eckhart Tolle¹ says that silence can be seen either as the absence of noise, or as the space in which sound exists, just as inner stillness can be seen as the absence of thought, or the space in which thoughts are perceived.



Communication

Communication is the purposeful activity of information exchange between two or more participants in order to convey or receive the intended meanings through a shared system of signs and semiotic rules. An effect of good communication is a coordinated activity. The

basic steps of communication are the forming of communicative intent, message composition, message encoding, and transmission of signal, reception of signal, message decoding and finally interpretation of the message by the recipient. Fear of being criticized is a major factor that prevents good communication. If we exercise simple practices to improve our communication skills, we can become effective communicators.

Forms of Communications:

Debate: This is oppositional. Two sides oppose each other and attempt to prove each other wrong. In debate, personal experience is secondary to a forceful opinion.

Discussion: Tends to contribute to the formation of abstract notion of community. In discussion, personal experience and actual content are often seen as separate.

Dialogue: Collaborative, two or more sides work together toward common understanding. In dialogue, personal experience is a key avenue for self-awareness and political understanding.²

Negotiation: A method by which people settle differences by compromise or agreement is reached while avoiding argument and dispute. However, the principles of fairness, seeking mutual benefit and maintaining a relationship are the keys to a successful outcome.



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The base of good communication shifts from empirical facts to consciousness, as the new hierarchy of scientific explanation suggests. Thanks to recent developments in technology, consciousness has become a significant topic of research in psychology, neuropsychology and neuroscience within the past few decades. The primary focus is on understanding what it means biologically and psychologically for information to be present in consciousness—that is, on determining the neural and psychological correlates of consciousness.

Every information exchange between living organisms — i.e., transmission of signals that involve a living sender and receiver can be considered a form of communication; and even primitive creatures such as corals are competent to communicate. Non-human communication also include cell signaling, cellular communication, and chemical transmissions between primitive organisms like bacteria and within the plant and fungal kingdoms.

As all interactions take place between living systems, driven by cognition, communicators must be conscious of the four aspects of cognitive functions, especially, in human beings. In Carl Jung's theories³ of psychological type the cognitive functions (sometimes known as *mental functions*) are defined as different ways of perceiving and judging. They are defined as 'thinking', 'feeling', 'sensation' and 'intuition'. The over emphasis on thinking must be balanced with the other three functions in good communication.

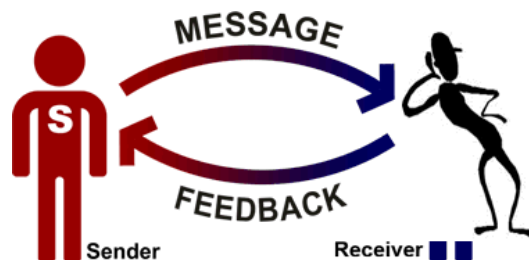
Paul Freire⁴ says teachers must abandon the educational goal of deposit-making and replace it with the posing of problems of human beings in their relations with the world. 'Problem-solving' education, responding to the essence of consciousness – *intentionality* – rejects communicated and embodies communication.

Conclusion

Listening is an art rather than a science, it has emotional and intuitive elements which are important to be grasped for effective communication.

Silence required for effective listening has to be developed and strict cause-and-effect understanding has to be suspended to achieve listening effectively. Suspended judgment is the key to effective listening. True dialogue is possible only with silent listening.

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Don Sugil Prem.-

No politics, and No religion!

By Chandre Dharmawardana
University of Ceylon, Faculty of Science, Chemistry

When the editor of the AAUPOC Newsletter requested me to write an article, I asked her, “about what”? “No politics and no religion” was her answer. Indeed, she did not expect me to take her answer literally. However, it is an excellent topic.

It is agreed that we consider some topics as taboo; therefore, we tend to avoid bringing up such topics in general conversation. However, the taboo topics vary from culture to culture. In Canadian and US societies, discussing politics and religion is indeed considered taboo. Friends at backyard barbecues discuss hockey games, golf, home repairs etc., to avoid conflicts. Books are selected carefully for Book Clubs to avoid such conflicting topics; religion is generally limited to discussions at church study groups. However, a different scenario prevails in European *cafe societies* where the discussion moves easily into politics and to “current hot” topics, though less so in England. Therefore, in most of Europe political discussions pose no problem because friends who gather in a cafe or a pub in the evenings tend to have similar views, although they may have different educational and cultural backgrounds.

Sri Lankans almost always tend to discuss the *politics back home*, when they gather for an evening dinner. This works fairly well when people from similar ethnic groups gather as friends. However, the political discussions become strained even among close friends who have weathered a 30-year old civil war, depending on their ethnicity and where they received their education.

Even in England, political writings by *Salman Rushdie* have forced him to hide from a Fatwa forever. The cartoonists of *Charlie Hebdo* were massacred in Paris. One may say that these individuals used the liberty to discuss politics/religion available in Europe, regardless of the taboo on these topics, and faced consequences.

Currently, some questions remain unanswered: should we stop teaching Shakespeare's Othello because it offends some political fractions? Was it

correct for a country to ban the film *Da Vinci Code* because it offends certain faith groups? Should we avoid political issues that plague the Middle East to maintain friendships? Some may avoid political discussions based on answers to such questions, but some may be defiant and discuss political and religious issues in the name of liberty.

The taboo on discussions on religion has changed over the years, for example, after movies like *Monty Python* or *The life of Brian* screened in the late 1960s, flowering a tradition initiated by Voltaire in the 18th century. However, increased immigration and conservative attitudes in society, which considered by some as undesirable, have put a chill over public discussions of religion and politics.

In addition to these regular taboo topics, discussions on sex are also frowned upon in Sri Lankan culture. Even in the USA, fewer than half the US States supports sex education, and even in this day and age only nineteen US States have standards regarding accuracy for related information. In contrast, three or four decades ago, schools in France or Sweden provided appropriate instructions for young girls and boys near puberty, and detailed the explosive changes happening to their physical bodies. Even today, imagine the shock, if a girl in a Sri Lankan school attended a class, having a few condoms visible in the net pockets of her school backpack, although this seems to be the practice in many schools in Ottawa!

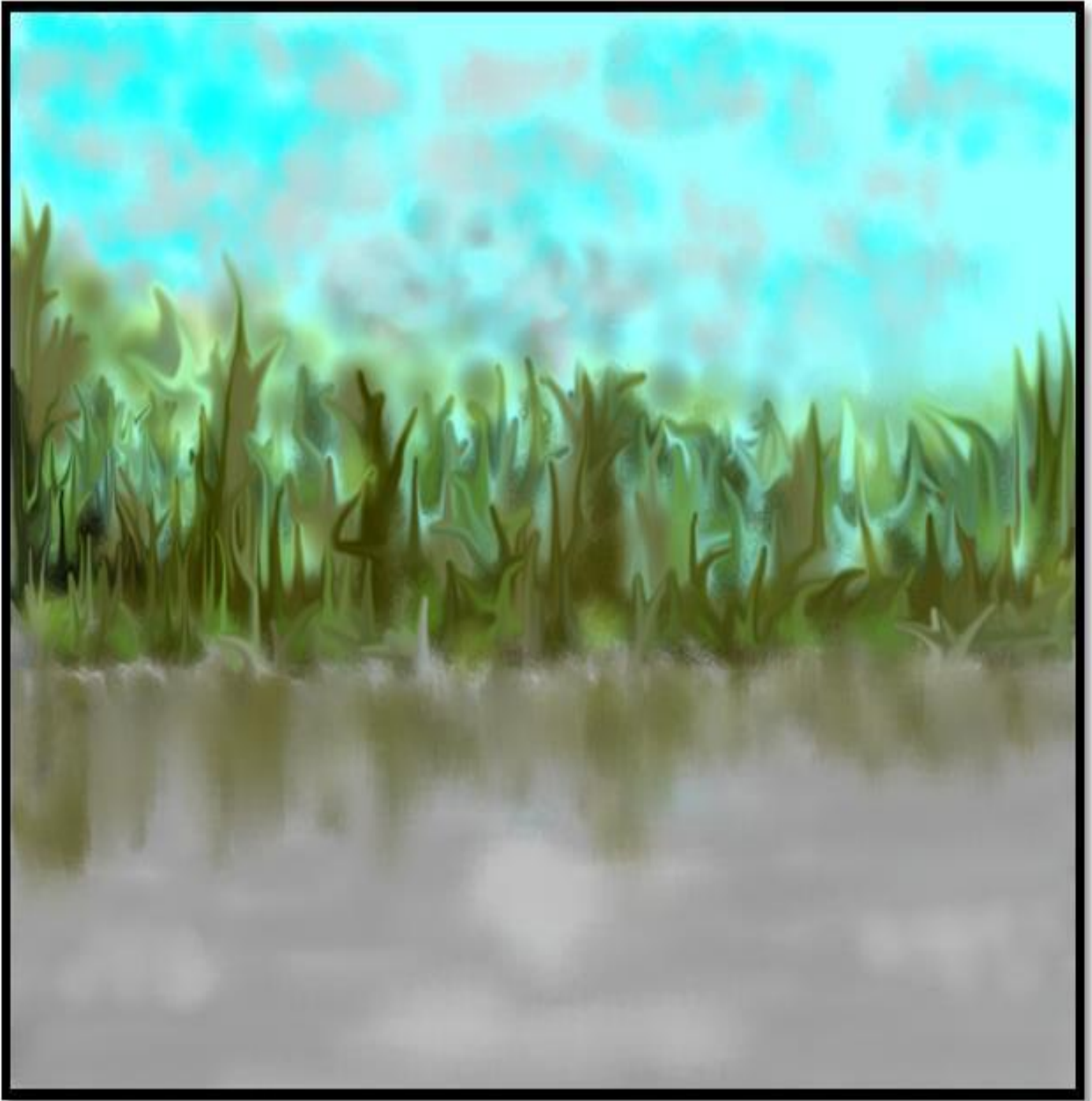
In my view, avoiding taboo topics in all forms of discussions is NOT prudent. Nevertheless, bowing to editorial policy, I should stop here and avoid further discussions on these or any related topic, such as Donald Trump's electoral campaign.



Reflections - A Digital painting

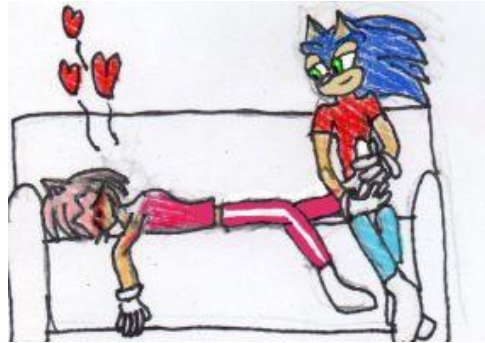
By **Deepani Waidyaratne**

A graduate of University of Peradeniya, Faculty of Science, Geology



The Foot-Massage

By Anonymous



Gently and carefully, moved hither and thither
The warm touch, soft and sincere; the masseuse who never dither;
The moments pass by and the glow would appear,
The toes in heaven and the mind exalts with cheers.

The grateful receiver leaps into heaven
Though the masseuses with achy fingers is driven;
Thinking what my laborious life imagined, even
Although the swan has leaped into desolate heaven

The pains in the arch and the ache in the muscles
Moment by moment evaporates to oblivion, and ascends to heaven
Though the masseuse may not be joyful or be diving,
He certainly will be forgiven



Let Us Walk for a Healthier Life

By *Nimal Ratnayake*

Graduate of Peradeniya University, Faculty of Science, Chemistry

Walking is an activity that all of us have been practicing since the day we stood up for the first time at our tender age. Now it is being touted as man's best medicine. Current research shows that this simple form of activity can have a tremendous impact on reducing risk for many diseases in comparison to general remedies prescribed by physicians or health care workers. Walking is known to improve brain and its functions, the mood and sleep, and it reduces stress. Walking is easy as it doesn't require special equipment. It is free and safe, and can be practised at any time by people of all ages and varying physical fitness.

Although we have been walking practically every day of our lives, apparently most do not walk enough to reap the health benefits, as it requires a sustained effort. The aim of this article is to highlight some of the evidence-based health outcomes of walking.



Disease Risk Reduction

Worldwide, cardiovascular disease is known as the leading cause of death. According to the 1999 *Harvard Nurses' Health Study* (observed on more than 200,000 women), a third of all heart attacks and death due to heart disease in middle aged women could be avoided if she would have walked an average of 30 minutes a day(1,2). In the same study, Harvard researches followed 70,000 women ages 40 to 65 for eight years and found that walkers were less likely to die from heart diseases. Those who logged three or more hours a week reduced their risk of dying by 35%. Even those who were sedentary at the beginning of the study lowered their risk when they started walking during the study, concluding that it is never too late to improve your quality and length of life.

According to 18 other studies, (3) walking is also beneficial to men. For both sexes, walking for just 1.2 km a day even at a leisurely pace of 3 km per hour offers some health protection. At that pace, one has to walk a minimum of 23

minutes a day to reap benefits. People who walked longer distances, walked at a slightly faster pace had the greatest benefit; e.g., in both men and women ages 65 and older, walking at a pace of 5 km per hour was associated with a 12% reduction in the risk of dying.



Many people often believe that sweating or huffing and puffing is necessary to count the activity as a 'workout'. Fortunately, one does not have to be a marathon runner or a trained athlete to optimize benefits. For example, the *National Runners' and Walkers' Health Studies* conducted at *Lawrence Berkeley National Laboratory* in California have been tracking 150,000 walkers and runners since 1990s (4), and found that walkers and runners burned an equal amount of calories, and they received similar health benefits over six years. Both walkers and runners reduced their risk of high blood pressure, diabetes, and heart disease by similar levels. Therefore, the next time you go out for a walk, you can be confident that it counts as an exercise even if you won't break a sweat.

It is well known that sedentary lifestyle promotes diabetes, but regular walking is known to help offset it. Findings from the *Nurses' Health Study* suggest that walking briskly for 30 minutes every day reduces the risk of developing type 2 diabetes by 30% (2). One study found that a 15 minute walk immediately after every meal provided better blood sugar regulation than a single 45-minute walk (5).

According to a study published in the *Journal of Health Education Research*, walking 4,000 steps a day can improve levels of HbA1c, a highly sensitive marker of blood sugar (6). HbA1c is a form of haemoglobin (a blood pigment that carries oxygen)

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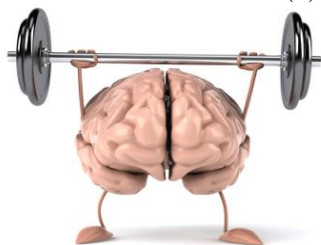
that is bound to glucose. In healthy people, the HbA1c level is less than 6% of total haemoglobin count, but in 'diabetic blood', it is at 6.5% or above.

Walking is an effective way to lower blood pressure. Evidence from a large body of research indicates that brisk walking for 30 minutes a day can lower systolic blood pressure by 5 to 11 points and diastolic pressure by 3 to 8 points (5)



Another benefit of walking is the reduction of falls and fractures (7). For elderly, falling and breaking a bone can be a serious problem. Staying active keeps your muscles strong and flexible to maintain the body balance. The Nurses' Health Study found that menopausal women who walked at least 35 minutes a day had a 41% lower risk of sustaining a hip fracture compared to those who walked less than an hour a week.

Walking also reduces the risk of developing breast cancer. In 2013, a study by the *American Cancer Society* found that women who walked seven or more hours a week had a 14% lower risk of developing breast cancer compared to those who walked three or fewer hours a week (8).



Sharpens your brain function

Walking is known to enhance brain function, calms the mind, and improves sleep (9, 10). According to a 10-year study from the *University of Pittsburgh*, walking five miles (8 km) a week helps maintain brain volume and reduces memory lapse in people with mild cognitive impairment or Alzheimer's disease (11). Even healthy adults benefit from brisk walking. The hippocampus (a section of the brain that is crucial to memory) generally shrinks by 1% to 2% a year

in older adults. The researchers of the above study found that walking six miles a week (approximately 10 km) at a brisk pace for a year not only arrests the shrinkage, it actually increased hippocampal volume by 2% (11). A study by the *University of Illinois* concluded that regular walking (40 minutes three times a week) also enhanced brain connectivity (brain scans); which supports improved cognitive functions in planning, prioritizing, organizing and multitasking (12). In another study, published in the *Journal of Psychosomatic Medicine*, researchers observed that walking—even for a short period of time (30 minutes a week), is a counter-acting force for people diagnosed with depression (13).



Walk the talk

Since my childhood I have been physically active. I enjoyed participating in cricket, tennis, badminton, and table tennis in addition to a daily long-walk (almost always!). Despite being active throughout my life, one morning in October 2010 I had a massive heart attack, while I was on my way to work. Luckily, within a few minutes of the incident, I was taken to the *University of Ottawa's Heart Institute*. The doctors found four block arteries. The blood flow was immediately restored after inserting stents. I was informed that it was a combination of my general fitness and good 'karma' that I survived after this massive heart attack. I believe that my paternal genetic composition might have primarily contributed to this unexpected coronary incident.

The health professionals at the Heart Institute advised me to walk at least 30 minutes a day, and I religiously follow their advice. To motivate me further, in July 2015 I started using a *Fitbit* wrist wearable device which displays the number of completed steps against the daily goal and also records other pertinent information such as the equivalent kilometres travelled, duration of the walk, calories burned, and the time and date of the walk. Within weeks of using the Fitbit, walking became a habit, and my wife decided to join in on the "challenge".

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Each day, my goal is to walk 10,000 steps- the number of steps recommended by the *American Heart Association* and by many other medical authorities around the world for improving health and decreasing risk of heart disease (15). Unless one has a very active lifestyle, reaching 10,000 steps goal on a given day is tedious. Therefore, I have developed a few strategies to meet my daily goal regardless of the daily conditions: If the weather is bad, I hop on my Elliptical, walk up down the staircase or go to a nearby gymnasium to use the walking track. In the summer, I play tennis and in the winter and spring enjoy playing badminton. Being creative to reach one's goal is something anyone can do for a healthier life.

According to the *Fitbit* data, for the last eight months, I have completed 2,900,000 steps equivalent to 2050 kilometres-the road distance from Ottawa to Winnipeg. My goal is to walk back to Ottawa by the end of 2016. I invite you to join me. It is easier than you think and we can walk the talk together.



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Healthy Heart



Healthy You

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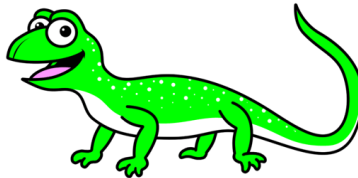
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Crickets for Dinner!!

By Sudarma Samarajeewa

A Graduate of University of Peradeniya; Faculty of Agriculture



With existing limited land, water and other resources coupled with the impacts of climate change, producing sufficient food for humans is becoming a challenging task. Therefore, with the rise in the world population, protein-rich crickets and other critters (bugs) could be used as food, resulting in farming of bugs for consumption.

Insect farming is becoming popular due to its demand, low cost and space. Insects are everywhere, they reproduce quickly, and they have high growth rate and feed conversion rates. They can be reared on waste streams like food waste. Raising and harvesting insects require much less land than raising cows, pigs and sheep.

The consumption of insects by humans is known as *Entomophagy*, and it is a safe and healthy way to help reduce pest insects without using insecticides. However, *Entomophagy* is heavily influenced by cultural and religious practices. Despite the benefits of *Entomophagy*, consumer disgust remains one of the largest barriers to adopt insects as viable sources of protein in many western countries. Nevertheless, history has shown that dietary patterns can change quickly, particularly in a globalized world. The rapid acceptance of raw fish in sushi is a good example of this.

The *Food and Agriculture Organization of the United Nations* (FAO) has identified more than 1,900 species of edible insects around the world. The edible insects program at the FAO also examines the potential of spiders and scorpions for food and feed, although by definition they are not insects. The most commonly consumed insects are beetles, caterpillars, weevils, bees, wasps and ants. They are followed by grasshoppers, locusts and crickets, cicadas, leaf and plant hoppers, scale insects and true bugs, termites, dragon flies, flies, mosquitoes, etc.

Why Consume Bugs?

Edible insects have always been a part of human diet. Insects are healthy, nutritious alternatives to chicken, beef or pork and even fish. Protein content is high in insects and therefore using insects as food can help increase dietary quality. For example, Mopane caterpillar meat contains five times the amount of iron than beef does, while termites and grasshoppers contain 13-28g of protein in 100g adult meat, compared to 19-26g protein in raw beef. They are also rich in fiber and micronutrients such as copper, iron, magnesium, manganese, phosphorous, selenium and zinc. Edible insects are also a considerable source of fat, rich in polyunsaturated fatty acids.

Insects can be eaten whole, ground into powder or paste, and incorporated into other food. Insects have a high feed conversion rate, e.g., crickets need two pounds of feed to produce one pound of meat, whereas hogs need five pounds, and cows need 10-15 pounds of feed to produce one pound of meat. The insects emit less greenhouse gases and ammonia than conventional livestock.

Coming Soon to your Plate:

In Ontario, the day you see consumable critters on your dinner plate may not be that far. *The Next Millennium Entomo Farm* located in *Campbellford*, ON, is the largest insect farm in North America. They raise about 30 million crickets for human consumption in just a 9,000 square-foot space. Every week this farm produces about 2,000-4,000 pounds of raw crickets. Crickets are quickly frozen, dried and ground into flour. They have a line of cricket-based products including online retail sales of *Bug bites* with apple cranberry and banana peanut flavors, *Roasted seasoned crickets*, *Cricket powder*, etc. Cricket flour can be added to almost anything you eat. They claim baked or fried crickets are tasted just like potato chips!! Happy crunching!

Photo credit: [google.com](https://www.google.com)

When I was a small timid boy,
some farmers jeered at me,
when reaping in a paddy field
with a small sickle.

I slowly followed, firm footsteps,
my grandfather,
along gravel lanes and cliffs;
We plough fields with buffaloes,
who offered me a ride to the river,
to cool weary eyes,
and to washout the tiredness.

I followed night to dawn;
The Dawn broke over the valley,
and shone on the hamlet.
I became a good farmer.

An old rustic,
Whispered to me;
You are the savior !

I made a necklace
with a great effort,
segmented the *lotus* stem
to fine pieces,
to form a necklace,
as the lotus flower hanging
in the middle of her chest.
She told me,
dirt on the garland
would fade away,
the glamour of her neck.
She looked at me,
my threadbare clothing,
muddy stains,
painted by the buffaloes
on my skin.

I viewed the colored peaks,
“*Hanthana*”,
incised upon the horizon.

“*Saraswathie*” inspired me,
“*Lakshmi*” blessed me.
Village folks
whispered to me,
you are an intellectual !

I have started writing poems,
some friends jeered at me,
and flung ugly poems toward me.
I felt sad.
I listen to the bamboo grove
in the calm cool night.
I wrote the poem;
“*Radha Krishna*”

She appeared after long time,
adorned with precious clothing,
jewellery,
and the *lotus* garland
which I made for her.
The lotus flower was hanging
on her cleavage.
She whispered, beautiful words;
“*I love you*” write more !
She disappeared
in to the milky way.
She forgot to bring back
her sweet smell;
The smell of *wild Jasmine*;
left with me;
forever !

DUSK & DAWN

Art & Lyrics by Don Susil Prem.



Using Social Capital to Enrich our Lives and Those of Others

By *Martin Nicholas*

A graduate of University of Colombo, Faculty of Science, Chemistry

I was intrigued when I listened to *Sange de Silva*, the outgoing President of the AAUPOC, speak about the value of Social Capital (SC) during his farewell speech at the AGM in February 2016. As an external observer of the proceedings, it was an ‘AGM highlight’ for me. After reflection on what I had heard I ‘Googled’ the phrase *Social Capital*. Here, I share with you a portion of what I learned on this topic.

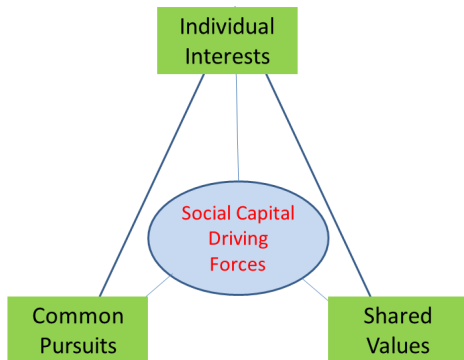


FIGURE 1

SC rich groups often create a setting of trust and support in which people learn to reciprocate and perform actions that are mutually beneficial to others. The experience and background shared by group members draw them closer and promote rewarding interactions. An example of the **informational value** of SC is when you may have told someone in your group about a job vacancy which helped that person get hired. Our social support networks help us **in a tangible way**, for example, when we are sick or if we need a ride to the airport, or **emotionally** in times of tragedy such as a loss of a family member (see Figure 2).

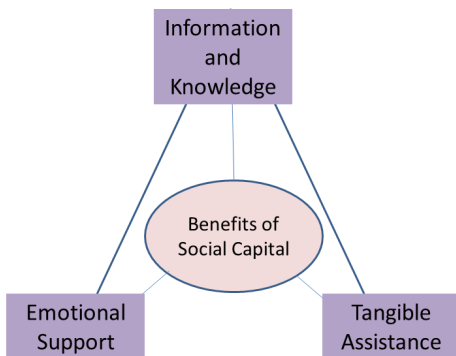


FIGURE 2

These benefits could be obtained by individuals or groups who have accrued social capital because they share, for example, a common heritage, racial identity, profession, or interest. There are some unexpected tangible benefits as well. Social connections could help deal with the aging population in Canada. With aging come challenges to one’s health and those of loved ones. Whether you are a senior searching for a treatment or a person concerned about the health condition of a parent, the social capital you can access as an individual or as part of a group can be most helpful. Social connections could help with information and strategies if you are trying to sponsor one or both of your parents. In the workplace, social

capital will increase among employees who could trust each other. At work and in the community, trust leads to reciprocity. When people engage in reciprocity, they may do something tangible for others without any immediate expectation of repayment and are cooperative. This leads to better teamwork where the collective intelligence of a team with high social capital could be greater than the sum of the intelligence of each individual.

Together could be better even in a virtual world: The exponential rise in the use of social media has created many large virtual networks. In spite of the benefits of social media some may still not wish to join and share personal information and photos fearing security breaches or cyber threats. However, social media applications such as *Twitter*

and *LinkedIn* are being increasingly used even by government officials to interact with others and strengthen their social media presence and accessibility. Even the Prime Minister is reported to have a *Twitter* and *LinkedIn* Account. Therefore, for example, if you have 100 plus connections in *LinkedIn*, one or more of your connection could help you increase your social capital by introducing you perhaps to the PM or a health guru who may greatly help you.

Finally, for a group to be successful and increase its social capital it may have to do well in the six factors illustrated in Figure 3 and the expressed by the following related questions:

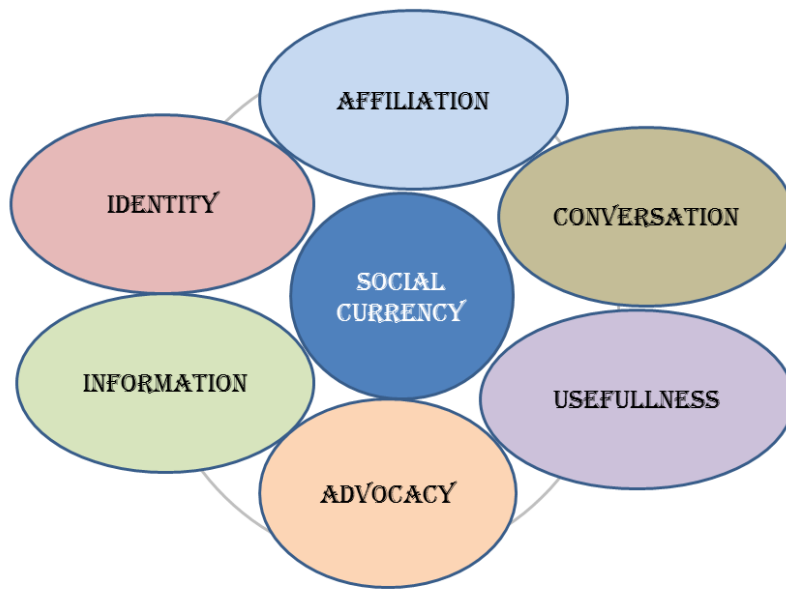


FIGURE 3

Affiliation: Do most of the members have a sense of belonging and take efforts to support the group?

Identity: How much does each one identify with the others in the group?

Information: Does the majority feel that they are able to exchange fruitful and practical information with one another in the group?

Conversation: Are there complaints that gatherings of the group are not entertaining or enriching?

Utility: Does everyone get a value from being a member of the group?

Advocacy: How do members make efforts to promote the activities of the group and get support from others?

May each of your encounters with individuals or groups in social settings mutually increase individual and group social capital and thereby enrich your life and bring contentment and success. May the AAUPOC increase its social capital in ways beneficial to all those who may directly or indirectly interact with the association.

References: www.hks.harvard.edu/saguaro/pdfs/skbuildingtoolkitversion1.2.pdf
<http://www.ajmc.com/journals/issue/2012/2012-6-vol18-n6/bowling-alone-healing-together-the-role-of-social-capital-in-delivery-reform>



Song-Birds in Distress

By Kumudini Nicholas

Graduate of University of Peradeniya, Faculty of Science, Chemistry

*The dawn inspires the Lark's breath,
It quivers through morning air,
Piercing the rising shine,
Soothing with velvet feel and flair,
Song after song, they flow and they flow;
Sinking into prohibited grooves,
Daring to cloud judgement,
Enabling a flustered state of mind,
But, No need to be 'blind'!*



*The night rolls with vigour,
Stacking songs in Nightingale's mind,
Delightful but oblivious to 'chigger',
Enchanting, but does not count with rigour*



*From Lark or from the Nightingale,
The songs would fill the gaps
The gaps that no other could fill,
Certainly not by the 'blackcap'*

*Consistently vibrating with vivacious laps,
All songs draw in the human mind,
Capturing malignant feel of disfigure.
Where are your convictions?
Where is your unbalanced trigger?
Look away before falling into traps,
Before binding you for life with straps!*

*All souls from here to eternity,
Transfer 'love' uninvited,
Crossing the line of integrity;
Instigating the song-birds to take the flight,
Carrying tunes dear and light,
Envisioning the peace and tranquility,
With wings in the air fluttering like a kite,
Escaping from the life's little traps,
Indeed out of sight.*



Lark: small- to medium-sized birds, often extravagant songs given in display flight

Nightingale: A small passerine bird best known for its powerful and beautiful song

Chigger: parasitic larva of many mites

Blackcap: a common and widespread typical warbler



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Konda Kevum



Ingredients (for about 45 Kavum)

White Rice flour 750g

All Purpose flour 150g

Sugar 800g

Cooking oil for deep frying

Few cardamom pods

Salt as required (optional)

Special Utensils/tools: A wok/*thachchi* for deep frying, a metal piece (optional / see the video for the shape of this piece); A wooden skewer

Preparation: Mix rice flour and flour. Sieve it to a bowl. Heat sugar with a little water until sugar is dissolved. Remove from heat and add the flour mixture into it slowly until all the flour has been mixed. Add more water as required to make this batter. Allow it to rest for 30 minutes. Add crushed cardamom to the mixture.

Watch video to see how it is done: <http://foodcnr.com/konda-kavum-recipe-from-aunty-gunawathie/>

කුඳුබඩු-බෙහෙත් පෙට්ටිය



ලැවැන්ඩර්-Lavender

විද්‍යාත්මක නාමය

Lavendula angustifolia

සුවඳ විලවුන් ක්ෂාන්තයේ බොහෝසෙයින් භාවිතයට ගැනෙන ඖශධයක් වේ. වියළි මල් ආසාදන වළක්වන මානසික ආතතිය නැති කරන ස්වාභාවික පිළියම් වලදී භාවිතයට ගනී. අපිරින ආහාධාවලට මෙන්ම අධික රැබර පිඩනයට, හෘද රෝග වලට, හිසරදාවට, නින්ද නෙයාමට, කරකැවිල්ලට ඖශධයක්වේ.

විස්තරය: කුඩා පළුරැමය ශාකයෙකි. එහි කුඩා, ළා දම් පාට පැහැති මල් හේතුවෙන් පහසුවෙන් හඳුනාගත හැකිය. වියළි මෙන්ම තෙත් දේශගුණික තත්වයන්ටද ඔරොත්තු දීමට හැකිය.



Words That Matter: Happiness

"I take pleasure seriously. I work hard and pleasure well; I believe in the Ying and Yang of life. It doesn't take a lot to make me happy because I take pleasure from everything I do"



"It is possible to live happily ever after on a day-to-day basis" - Margaret Wander Bonanno, **Writer**



"I am not that 'sweetie pie' every day at work. But I take work as a joyous responsibility" - Julia Roberts, **Actress**



"Happiness is neither virtue, nor pleasure, nor this thing nor that, but simply growth" - W.H. Yates, **A Poet**



"If my happiness depends on what somebody else does, I guess I do have a problem." **Richard Bach,** *author*



Editor's Sign Off

Dear Contributor/Reader,

In this Edition, I wish to bring you a poem written by *Boris Pasternak* (a Russian citizen who wrote the famous novel *Dr. Zhivago*) to remind ourselves that enjoying the warm weather in the summer and autumn is paramount in Canada, much like in Russia, as it is inevitable to encounter the season that follows!

Before all this there was winter

Through the lacy curtains' glow, Ravens fly.
Fraught with fear of frost and snow, Ravens cry.

That's October whirling there. Terror draws.
Closer now climbs the stairs, on its claws.

Hear them plead and hear them moan, Grumbling bands.
Make October's cause their-own, Stakes in hand.

Seizing wind, the waving wood, Drives us out.
Down the stairs for firewood-all about

Snow, knee deep, comes drifting in-with the cry.
"It's been ages, how you been? Time goes by"

Rutted up or beaten down, All the same-
How from hooves it scattered round, White Cocaine!

Snow like foaming salt from clouds, Or from reins,
Leached away, like stains from cowls, Earthly pain.

My Sister Life and the Zhivago Poems (Boris Pasternak, 1890-1960; a Nobel Prize winning Russian/Soviet poet/Novelist/translator of Shakespeare)

Kumudini Nicholas

Editor/AAUPOC

