



January 2017 (Volume 2; Edition 2)

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January 2017 (Volume 2; Edition 2)

Editor's Note

The passing of a year can bring a marked change in the weather and the surrounding environment. The four seasons — winter, spring, summer and autumn — can vary significantly in its characteristics, and can prompt changes in the world around them. As a community, we changed with them, and improved our outlook in many ways during the past year. We have moved forward through the efforts of individuals, and also collectively as a group. We have moved forward because it is simply the right thing to do! We played, danced, sang songs, walked, demonstrated our acting abilities, made new friends, and most of all we contributed towards the Scholarship Fund through planned activities. It is time to look forward to new approaches to present our individual and collective thoughts through this *Newsletter* (NL). Your support extended through the last two years to bring this publication to reality will be cherished for years to come. We are very grateful for your financial support provided for the AAUPOC Scholarship Fund thorough advertising. I hope you will find moments in your life to contribute to this NL in the future, and support any other executive who would carry out the duties on behalf of the AAUPOC.



*It is
unbelievable
how fast the
summer
disappeared
and the autumn
smoothly
blended into
the winter. This
indeed is
disappointing
to all of us, who
have migrated
from the tropics.
But there is
light at the end
of this 'winter
tunnel', as
another spring
is just around
the corner!*

Happy New Year!



The First Ceylonese Vice-Chancellor of University of Ceylon



Nicholas Attygalle was born on 14 July 1894, the fifth in a family of eleven children (nine boys and two girls). His father, Don Louis Attygalle died when he was seventeen. He received his primary education at *St. Luke's College* in *Ratnapura* and his secondary education at *Royal College* in *Colombo* before entering the *Ceylon Medical College* where he passed the LMS in 1919, being first in the batch and obtaining a first class in the final examination. He was awarded the *Vanderstraten Gold Medal* for Pathology. After graduating he joined the *Ceylon Medical Service*. In 1952 he was appointed to the Senate, the *Upper House of Parliament*. In 1954 he became the first Ceylonese Vice-Chancellor of *University of Ceylon*, succeeding Sir [Ivor Jennings](#), a post he held till his retirement in 1967.

DISCLAIMER

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Look how creative they are...

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NEWS AND EVENTS

THE PRESIDENT'S MESSAGE

At the dawn of 2017, while reflecting on the past year, I am humbled by the tremendous loyalty and support shown by our members, their families and our well-wishers. Their support has led AAUPOC to have a very successful year in making worthy contributions to the *University of Peradeniya* for their teaching, conducting research and providing services, and fostering social engagements among alumni members and the Sri Lankan community in Ottawa.

In March 2016, through the parent Alumni Association, we granted 25 scholarships to the first year undergraduates of the *University of Peradeniya*, who needed financial support (valued at \$2,500 CAD). We also donated a piece of scientific equipment (Flash Chromatography Column) in July 2016, to the *International Research Centre* of the *University of Peradeniya*. This piece of equipment is now being used by the chemistry graduate students in their research on characterization of biologically active compounds of medicinal plants in Sri Lanka. In November, 2016, our alumni members rallied to contribute towards purchasing a 'Drill Press' to the *Innovation Club* of the Faculty of Engineering. This organization was established recently, and its primary mission is to provide opportunities for engineering students to improve their knowledge and gain practical skills in designing and exploring innovative concepts related to engineering. I am certain that the 'Drill Press' would be a valuable addition to the advancement of academic excellence for engineering students at our *Alma mater*.

To foster friendship among our alumni, their families and friends, social events were held in 2016. The Annual Summer Picnic was held in July at the *Petawawa Point* and *Hanthana Night* in October at the *St. Monica Parish Hall*. In addition, a new event, *Walk for AAUPOC* was organized in September at the *Andrew Hayden Park*. Thanks to the organizers, all three events were very successful, well attended, provided social engagement, and helped the AAUPOC to raise funds for the "*Needy Student Scholarship Fund*". Thanks to the generosity of our members and well-wishers, we are closer to meeting our goal of \$2,500CAD necessary to offer scholarships to 25 undergraduate students in 2017.

Thanks to the efforts of the editor, Kumuduni Nicholas, *හේතන පවුර / ஹந்தன சுவர்* has now being established as a key item in the annual agenda of AAUPOC to generate revenue towards the Scholarship Fund and to perform as the voice of AAUPOC. I am pleased to see that a number of our members, their children and well-wishers are contributing to the success of *හේතන පවුර*, in the form of writing articles, poems, and providing financial support.

Thank you all for the wonderful year and we look forward to continuous support and involvement of our members and friends in AAUPOC activities. On a personal note, it has been a truly rewarding experience for me to be part of the *Ottawa Chapter, Alumni Association of the University of Peradeniya*. I wish all our members, their families and friends, happiness, good health and prosperity in 2017.



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

WITH GRATITUDE: YOU HAVE MADE THIS EDITION POSSIBLE



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Premaratne Tennakoon (solicited information)
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Asoka Weerasinghe
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FINANCIAL SUPPORT FOR THE AAUPOC SCHOLARSHIP FUND THROUGH ADVERTISEMENTS:

Heruka Kumararatne, Registered Accountant sponsored advertising space
Chandimal Nicholas sponsored advertising space
Priyasantha Fernanado, Travel Agent
RANGOLI, Indian Cuisine & Sweets
Ayesha Kumararatne, (Barrister & Solicitor; International Law)
Ericks Kodituwakku, Mortgage Alliance
Krishnan Tirunellai sponsored advertising space
Russell Fisher, Financial Advisor. CIBC



UNIVERSITY OF PERADENIYA

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*Department of Chemistry
University of Peradeniya
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9th November 2016

Dear AAUPOC Executive Committee and Members,

On behalf of the *International Research Center* and the Organic Research Lab at the Department of Chemistry, *University of Peradeniya*, I extend our profuse gratitude for the generous donation of a flash column to continue the important research on plant extracts.

The Organic Research Lab was featured in the November issue of the *Hantana Vision* Magazine, and it was my intention to add a note of thanks to the *Ottawa chapter* for their contribution in this feature article. However, due to high demand for publications by researchers at UoP, and the fact that the article on the Organic Research Lab took up two pages, it was not possible to include the acknowledgement. Please accept my apologies.

Our special thanks is being offered to Kumudini Nicholas for her support to initiate the process, the members for their financial contributions, and the executive committee members for coordinating the safe delivery of the package, because without their efforts this would not have been a reality.

Your continuous support to the organic research lab will be greatly appreciated.

Thanking You,

Sincerely,

D. N. Karunaratne

Nedra Karunaratne,

Editor in Chief,

Hantana Vision the Research Magazine

Link: <http://www.pdn.ac.lk/uop/inrc/rm/v2i2/index.html>



2016 Summer Picnic

The AAUPOC annual summer picnic was held at *Petawawa Point* on a warm July day. An enthusiastic group of participants gathered on the beautiful beach, where one could soak up the sun, lay on sand or go for a swim along the Ottawa River. The *Petawawa Point* offered not only a stretch of sandy beach, but canoe and kayak rentals and a place to launch a boat. A school bus was arranged by the organizers for those who wished to travel as a group. Although the sun was hesitating to appear in full blast that morning, it turned out to be a perfect day to enjoy the outdoors with friends and family.

Petawawa Point, which was founded almost 150 years ago, is the gateway to the eastern gate of the *Algonquin Provincial Park*. In the centuries before that, *Samuel de Champlain* navigated past this sandy spit of land that juts out into the Ottawa River. Later in 1686, *Pierre de Troyes* is believed to have become the first European to have landed here when he arrived with a voyageur canoe fleet of colonial regulars and militiamen. Freight vessels docked here daily as they ferried people and merchandise between Pembroke and the *Rapides des Joachims*. We may never know how many shanty-men or European explorers were lost on this stretch of the Ottawa River, which remains a mystery of the *Petawawa Point*.

Regardless of the haunting ‘unknown’ history of this site, the picnic-day was filled with activities and merriment. Many enjoyed the glorious day swimming, playing cricket and Volley-ball. Some had a grand time singing songs or listening to a variety-pack delivered by the willing singers. As usual, the musicians were well equipped to support the vocals. The children and young adults had their fun in the sun mingling, chatting, playing and indeed making new friendships.

Many were busy at the grand BBQ cooking up a storm of meat to serve with the variety of salads and other side-dishes. One musician selflessly provided the ‘lunch-time-songs’, to ensure that the delicious meal will be enjoyed at a mimicked restaurant setting. The meal was extensive, which led the attendees to be visibly active in the afternoon.

At dusk, the gathering ended with reluctance, after a non-stop sing-dance item, where all attendees participated with joy. In the end, to make this gathering a memorable day all flocked to the beach to stand together for a group photo, while the glistening river water silently flowed behind them. Although at the end of the day the burning sun blasted on the sandy stretch roasting everyone like chestnuts in an open fire, while waiting for several takes of the group photo, no one complained. By the time the group departed the beach, the sun was setting with a moon glow-gold and the horseshoe of the beach was smeared with radiant light. Like a tapestry that wove all together for that joyful day, the sky seemed threaded with silver. It was great fun! Hope to see you all next year for a similar get-together.

The link to the photos: <http://operaalumni.com/gallery/annual-beach-trip-2016/photo-index.html>

PROF. MAILOO SELVARATNAM:

An Educator and a Mentor for the 'Students of the World'

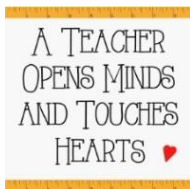


Professor M. Selvaratnam has been affectionately referred to as 'Selva,' by the undergraduates at *Peradeniya University* in the Faculty of Science. He taught Physical Chemistry to undergraduates who followed a special Chemistry degree program. Before I entered the university he was known to me as the husband-who wrote a valuable text book on Physical Chemistry-of my grade school Chemistry teacher. I had the privilege to receive the knowledge of this great writer and educator, before my fellow undergraduates, as his Physical Chemistry text book was used as teaching material by his wife Hema Dissanayake for the *Advanced Level* (A.L.) Chemistry Class. During the undergraduate program, I enjoyed his classes immensely as he was a lecturer who knew how to teach. After graduating from University, I also had the opportunity to work with him to translate a part of his first Physical Chemistry textbook from English into Sinhala, which became a National sensation among the A.L. students as well as the first year Science Undergraduate students.

Since then, 'Selva' has moved on to bigger and better platforms. Now, he is a renowned scholar and author of six textbooks and over fifty publications. He migrated to South Africa during the Sri Lankan civil war, and the South African Chemical Institute has bestowed him a *chemical education medal* on *North West University*, to recognize his contributions to the Education and the Science Field.

Even approaching his retirement, 'Selva' continued to use his pen to reach out to the world with his wisdom. His 2016 monograph (*Thinking Strategies for Solving Problems*) illustrates five important problem solving strategies for more effective problem solving, not only in science courses but also in our daily lives. Since many problems in this monograph do not need science concepts, parts of the monograph may also be used by people without a science background. This book is being widely distributed in USA and UK (Barnes & Noble, Amazon, Kindle; at more than 35000 bookshops). Link: <https://store.kobobooks.com/it-it/ebook/thinking-strategies-for-solving-problems-2>.

In 2013 he retired from *North-West University* in South Africa, and currently, he and his wife Hema are living in Johannesburg, and are enjoying the retirement with their two grand-daughters. He continues to write, where he refers to writing as 'meditation' for his life. He has a contract (with Lake House Publishers) to write five books for the Sri Lankan A.L. syllabus. I wish him the very best and success in his writing career for years to come, for the benefit of the 'Students of the World'!



Written by Kumudini Nicholas

INAUGURAL WALKATHON



The AAUPOC conducted its inaugural walkathon on the 4th September, 2016 at the picturesque *Andrew Haden Park* in the City of Ottawa. Walkathons are similar in format to other physical activity based fundraising events such as [marathons](#) and [cycling](#) races, but are usually non-competitive and lower intensity. The low intensity model is ideal for mobilizing broad-based community support, and as a result Walkathons usually target participants from a wide range of ages and backgrounds.



Close to 40 supporters converged in the park on that sunny warm morning to participate in the walkathon. At the onset, the organizers provided the route map to the individual participants and directions were marked with colorful balloons for clear visibility. The route was customized to fit various age groups, which enabled all participants to enjoy their walk. Some took their walking sticks to support the five kilometer walk, and one was happy to walk with a bicycle.

It was a glorious morning and one could observe a few enthusiasts on sailboats were already well on their way to enjoy a relaxing day on the *Ottawa River*. The river bank was dotted with *Canada Geese* grazing relentlessly to prepare for their long flight to distant lands for winter migration. The calm breeze fanned the walkers at a comfortable level. Participants also enjoyed the companionship of the fellow members and non-members alike. At the end of the walk, all gathered at the gazebo and enjoyed the refreshments provided by the organizers. The President of the AAUPOC thanked all those who gathered to support the inaugural walk, and directed their attention to an article published in the July Edition of the AAUPOC *Newsletter* to read on the benefits of regular walks to improve their health (<http://operaalumni.com/newsletters-16-17.html>). The participants enjoyed it all and hoped for repeat events as such in the future. The AAUPOC raises grassroots support for the needy undergraduate students in the parent university in *Peradeniya*, and in that regard, the inaugural walkathon was a great success. Photos: <http://operaalumni.com/gallery.html>

A Contribution from AAUPOC to the Faculty of Engineering:

A Drill Press for “Innovator’s Club”

The AAUPOC recently initiated a Research and Development fund to further extend financial support to various Faculties and Departments of the *University of Peradeniya*. The primary objective of this initiative is to strengthen the teaching and research programs that would benefit a greater number of students in both undergraduate and graduate programs. This fund originated as an extension to the Needy Student’s *Scholarship Program*.

This time, the Executive Committee identified the Faculty of Engineering as the beneficiary of this fund. Based on a request from the senior treasurer of the Innovator’s Club, *Janaka Wijayakulasooriya*, the funding was approved to purchase a much needed Drill Press (estimated cost of \$750.00 CAD; Tax and Shipping included), to provide opportunities for students to improve their engineering knowledge and gain practical skills and enhance their creativity through a “24/7-opened laboratory”. In addition, the students with innovative ideas would receive opportunities through this lab to organize and participate in various competitions, both locally and internationally.



Based on the prompt response from the Engineering faculty Alumni and others, to a request from the AAUPOC executive committee, the necessary funds were raised within a very short period of time. The Drill Press was purchased and shipped to Sri Lanka to be received by the beneficiary no later than December 2016. Without a doubt, the success of this venture was mostly is a result of the generosity of the Alumni of the Engineering Faculty of Peradeniya University.



For more information, please visit the product catalog page of a Drill Press from the Canadian Tire store:

<http://www.canadiantire.ca/en/pdp/general-international-variable-speed-drill-press-12-in-0740253p.html#srp>.

More activities conducted by the Innovation Lab can be viewed by searching *Innovators, Peradeniya* on YouTube.

In Felicitation of a world renowned Tropical Ecologist: Prof. C.V.S. Gunatilleke

By Sumedha Madawala,
Senior Lecturer, Department of Botany, Faculty of Science, University of Peradeniya

'I took the one less traveled by, and that has made all the difference' by Robert Frost in "The Road not taken"

I came across this poem "*The road not taken*" by Robert Frost recently while helping my son with one of his school assignments. When I started to write this article this verse came to my mind probably due to its relevance to professor Gunatilleke's early life as a researcher. She entered the University of Aberdeen in 1971 as a young postgraduate to read for her Ph.D. under the world renowned Ecologist, Prof. Peter Ashton. On her return to Sri Lanka to carry out her field work, she chose the most difficult and less-treaded path that no other female researcher could dream of choosing. Her quest led her to forests deep in the Dry and Wet Zones of the island. She was chaperoned by a small boy known as *Gunadasa*, who later became her field assistant, tree climber and eventually the driver. She completed her studies successfully and received her doctorate in 1975. I could only imagine the trouble she must have gone through as a young girl without high-tech communications at that time, but only using letters and postcards which would take a very long time to receive a response. Her successful career led her to become one of the most successful female Tropical Ecologists in our part of the world.

It is with great pleasure I felicitate Prof. Gunatilleke, whom we affectionately called '*Savitri madam*'. I was fortunate to learn the basics in Ecology from her and later became her colleague and a research collaborator at the Department of Botany. As young undergraduate students, we were amazed and inspired by her wealth of knowledge and the way she imparted it. The field trips were the most enjoyable as the preparatory work began well in advance including the assignment of route maps, purchasing field essentials, first aid and detailing the menus for each day of the field excursion. Her meticulous preparations avoided distractions while in the field and helped to concentrate solely on learning. We eagerly took notes during the journey as we were expected to answer a long questionnaire after dinner at destination, based on what she taught during the day.

Once we had a memorable experience during a field visit to *Randenigala*, a Dry Zone forest. We were accompanied by an experienced tracker as these forests were well known for wild elephants. In the middle of the forest, the tracker excitedly informed us that a lone bull-elephant was roaming a few meters ahead of us. Though we could not see it due to the thick undergrowth, we were all dumb-founded. We expected that *madam* would ask us to run for our lives; instead she calmly sat down on a nearby rock and asked us to remain silent. After the elephant moved away, she discussed the interesting facts on the Dry Zone Ecology making us forget the danger we almost encountered. As a young student, I was amazed by her stoic reaction.

She has published more than 200 research articles in reputed international journals and co-authored many book chapters. She has been rightly honored by a number of world renowned awards, out of which the most recent one is from the *Association of Tropical Biology and Conservation* (ATBC). She was awarded the Honorary Fellowship by the ATBC in 2016, the highest such honor that ATBC offers, for her outstanding contribution to tropical biology and conservation, and for her life-long service to science and dedication to students of Tropical Biology. This is undoubtedly a rare feat for a female scientist from a country like ours. Prof. Gunatilleke retired from the University service in August, 2010 and in appreciation of her long distinguished and dedicated services rendered to the University, she was appointed as a Professor Emeritus by the University of Peradeniya in 2011.

I would like to end this note with a slight alteration of a common proverb, '*behind every successful woman, there's a man*': behind Savitri madam's every step, Prof. *Nimal Gunatilleke* was there to help and guide her. He was the 'rock' in her life. Finally, I would like to wish her strength and health to serve the field of Tropical Biology for many more years to come!



Madam Savitri flanked by undergraduate students and field assistants of the Department of Botany during a field excursion to *Knuckles Forest Reserve*. Photo Credit: Prof. Nimal Gunatilleke

Hanthana Night 2016



Organizing a large-scale charity event is a fantastic way to promote awareness, raise money and have fun. However, the undertaking can be a lot of hard work, and pulling off a successful large-scale event requires a great amount of planning, organization and creativity. The AAUPOC collectively had all these ingredients to complete a successful event. *Hantha Night 2016* was held at the *St. Monica Church Hall* on the 8th October, 2016.

The principal reason for the event is to raise funds for the needy students *Scholarship Fund*. The opening ceremony was spectacular, which was initiated with the lighting of the ceremonial oil lamp. The entertainment segment had been designed to allow a variety of items to be staged by the members and also by non-members. Singing songs, creative instrumental music, dancing and a unique skit to bring good old memories of *Peradeniya university* life, allowed the attendees to enjoy the evening as a group. A satisfying Sri Lankan meal was served to the delight of the young and the old, as the organizers gave the guests a freedom of choice. The dinner time entertainment allowed many non-members to participate in *Karaoke* singing. An epic DJ got everyone on their feet as the night moved on to early hours of the morning.

The event was interactive and fun, and organizers ensured that everyone was entertained throughout the evening. From the beginning to the end, it was well organized to capture the hearts of the attendees to look forward for similar future events. The charitable purpose of the event was reinforced by the master of ceremonies by commentating throughout the event. It was a truly remarkable night and all were astounded by the amount of funds raised. The wonderful remarks by the attendees reflected the quality of the event which was presented by a small group of efficient organizers. What an amazing night had by all!

Link to Photos: <http://operaalumni.com/gallery/hanthana-night-2016/photo-index.html>



HELA KAVI MALUWA: The inaugural gathering of Ottawa Poets



Traditional folk-art and poems exhibit the richness and social cohesiveness of a society and its culture. They help us to understand human feelings, concerns, and problems as well as the generational life styles. Poems also help improve and protect the related language used by the members of a society in all its dimensions, such as Sinhala for those with a Sinhalese cultural heritage.

Over the past several months, some members of the Ottawa Sri Lankan Sinhalese community shared Sinhala poems using Social Media such as *Facebook* and electronic mail. To harness the potential benefits of Sinhala poetry, this group of poets gathered on 19th November, 2016 to form a coalition named '*Ottawa Hela Kavi Muluwa*' and hosted the first *Kavi* recital. The main objective of this inaugural session was to generate momentum and identify its future activities.

At the onset, the initiators delivered interesting short speeches about the Sinhala language, literature, culture, and discussed some popular old poems. With consensus, Jaya Weerasinghe led the *Kavi Maduwa*, ably supported by Susil Premarathne and Mahen Perera. Jaya invited the participants to recite their poems with a *hitiwana-kavi* (samples below). Each invitee recited a poem created impromptu, written before by the induvial or by a poet of their choice. This *Kavimaduwa* provided opportunities to all participants, and many exhibited their talents with delight. One may note that this inaugural gathering is similar to a reality show in popular Sri Lankan media.

During the evening, the congregation enjoyed not only reciting but also listening to other's creations and mingling with other 'creative poets' for over four hours. They enjoyed a pot-luck dinner to end the program. *Ottawa Hela Kavi Muluwa* offers special thanks to Indu Vidyaratne, Prem Tennakoon, Manoj De Silva, Susil Premarathne, Mahen Perera and Nimal De Silva for their initiative, and

also to all those who prepared delicious food for the evening.

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දැන් අහගන්න උදුල දෙන කවි රාවේ

කුමුදිනිට

රසායනික විද්‍යාවෙන් පරතෙරටම හොස්

ආණ්ඩුවේ ලොකුපුටුවක හැමි හරවා ඇස්

මිහිරිය හඩ, සුමට දිවිය ඇති නව ඇහස්

දැන් මෙතැනදී කවි කියන්නෙ කුමුදිනි නිකලස්

මනෝජ්ට

ලංකාවේ ඇති සංවි්-ධන බැංකුව ගිල්ල

බටහිර ලෝකේ සුරතල් වලට නියත පොල්ල

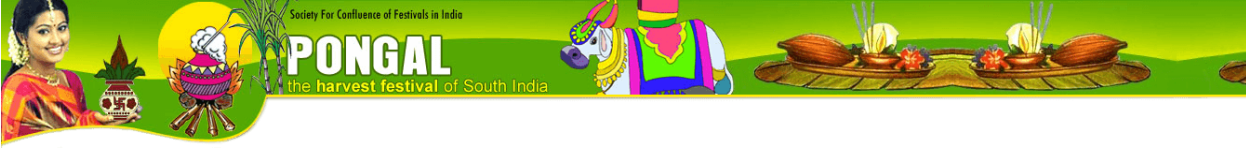
අභි-සකයි ඕනෑම කෙනෙකුට වෙනවා මේල්ල

කවි කියනව මනෝජ් ඔන්න හඟල ගියත් බෙල්ල

தமிழர்களால் தை முதல் தேதியன்று கொண்டாடப்படுவது பொங்கல்

By Hari Parameswaran,

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மஞ்சள் தோரணங்கள் கட்டி, புது அரிசியில் பொங்கல் பொங்கி, கரும்பு உண்டு கொண்டாடப்படும் பொங்கல் விழா தைப்பொங்கல். தை 1 அன்று தமிழர்களால் சிறப்பாக கொண்டாடப்படும் ஒரு தனிப்பெரும் விழா. தமிழர் திருநாளாக தமிழ்நாடு, இலங்கை, மலேசியா, சிங்கப்பூர், ஐரோப்பிய நாடுகள், வட அமெரிக்கா, தென் ஆபிரிக்கா, மொரிசியசு என தமிழர் வாழும் அனைத்து நாடுகளிலும் கொண்டாடப்படுகிறது. இவ்விழா சமயங்கள் கடந்து அனேக தமிழர்களால் கொண்டாடப்படுகிறது.

பொங்கல் பண்டிகை நான்கு நாள் பண்டிகையாகும். மார்கழி கடைசி நாளன்று போகி கொண்டாடப்படுகிறது. அந்நாளில், பழையன கழித்து புதியன புகுத்தல் வழக்கம்.

தை முதல் தேதியன்றே தமிழ்ப் புத்தாண்டு தொடங்கும் நாள் என்று மூத்த தமிழ்ச் சான்றோர்களின் வாக்கினைப் பின்பற்றி, தை முதல் தேதியை தமிழ்ப் புத்தாண்டாக கடைபிடிப்பது என்று தமிழக அரசு முடிவெடுத்து, அதற்கான சட்டமும் நிறைவேற்றப்பட்டுள்ளது.

"பொங்கல் பண்டிகை" என்பது அறுவடைத் திருநாளாகக் கொண்டாடப்படுகிறது. ஆண்டு முழுவதும் நமக்கு உதவி புரியும் இயற்கைக்கும், விவசாயத்திற்குப் பயன்படும் கால்நடைகளுக்கும் நன்றி தெரிவிக்கும் நாளாக பொங்கலைக் கொண்டாடி மகிழ்கிறோம்.

பொங்கல் என்பதற்கு "பொங்கி வழிதல்", "பொங்குதல்" என்பது பொருள். அதாவது புதிய பாணையில், புத்தரிசியிட்டு, அரிசியில் இருந்து பால் பொங்கி வழிந்து பொங்கி வருவதால், தை பிறந்துள்ள புத்தாண்டு முழுவதும் நம் வாழ்வும், வளமும் அந்தப் பால் போன்று பொங்கி சிறக்கும். மகிழ்ச்சியும், திளைப்பும் ஒருசேரப் பல்கிப் பெருகுவதோடு, கழனியெல்லாம் பெருகி, அறுவடை மென்மேலும் அதிகரிக்கும் என்பதே இந்தப் பண்டிகையின் மேலோங்கிய தத்துவமும், தொன்றுதொட்டு வரும் நம்பிக்கையுமாகும்.

பொங்கல் தினத்தன்று வயல்களில் விளைந்து, அறுவடைக்குத் தயாராக இருக்கும் நெற்கதிர்களில் சிறிதளவைக் கொண்டு வந்து வீட்டில் படைத்து வணங்குவதும் வாடிக்கையாக உள்ளது. தவிர, காடுகளில் விளையக்கூடிய அனைத்து வகை காய்கறிகளையும், பூமிக்குள் விளையும் கிழங்கு வகைகளையும் படைத்து வழிபடுகிறார்கள்.

அறுவடை தொடங்கியதைக் குறிக்கும் வகையில், பயிர் விளைச்சலுக்கு உதவிய மழை, சூரியன், கால்நடைகள் மற்றும் விவசாயத் தொழிலாளர்களுக்கு நன்றி தெரிவித்து அவர்களுக்கு வேண்டியதைச் செய்யும் நாளே தைப் பொங்கல் திருநாள் எனலாம்.

(An article on the celebration of "Thai Pongal" in January)



Professor *M.U.S. Sultanbawa* and the Inception of Chemical Research at the University of Peradeniya

By *Savithri Kumar*

Retired Professor, Department of Chemistry, University of Peradeniya



The late Professor *M.U.S. Sultanbawa* is the first Professor of Chemistry at the *University Peradeniya*. In 1965, he established the Department of Chemistry at the new Science Faculty. By the late 1970s his inspiring leadership had led to the recognition of the Department of Chemistry at *Peradeniya*, as a Center of Excellence in Research. Many alumni from the Faculty of Science are unaware of the role he played in establishing an active research group in *Natural Product Chemistry*.



Research at the Department of Chemistry began in the late 1960s when he started his principle work on the “*Chemical Investigation of the endemic plants of Sri Lanka*”. At the inception of this program, the department did not have a single physical tool necessary for research, because of the unavailability of funds in Sri Lanka for research. There was only one Rota-Vapor,

Gravity Columns and some TLC plates. During this period, he was instrumental in the construction of the new Science Faculty, and he built a spacious research lab incorporating his own ideas. He had a vision to stock many chemicals and reagents required for research as well as teaching, and laid the foundations to develop a functional and resourceful Department of Chemistry.

At this time, he was able to attract *Dr. I. Kitagawa* from Japan, to spend six months at *Peradeniya*. The visiting researcher worked along with the postgraduate students to pack columns and run TLC plates. Undoubtedly, he was responsible to develop the research mentality and research skills of these pioneering postgraduate students. *R. Somanthan*, his first M. Phil student at *Peradeniya*, recalled: “*When Prof. MUSS moved to Peradeniya from Colombo, he came with a single most important agenda – which was to transform the Chemistry Department at*

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Peradeniya to a top research facility in Sri Lanka. He followed this goal with blinkers on. I call him a trailblazer”.

To help his research, this visionary Professor received spectral data from abroad, first from the *University of Osaka* Japan, the *University of Strathclyde* UK, and later from the *University of Sheffield* and the *University of Aberdeen*. In 1972 he purchased a UV and IR spectrophotometers, with the help of ODA from UK. Today the same Department at Peradeniya has a 300 MHz and a 60 MHz NMR spectrometer, two IR and two UV spectrophotometers, a GC-MS, *Waters Millennium* HPLC, a Polari-meter, several GC's, Medium pressure liquid chromatography, High Speed Counter current chromatography, Flash Chromatography and Gel permeation chromatography. The foundation for all these developments was laid by the dedication and sustained efforts of *Prof. Sultanbawa*.



The first four postgraduate: *R. Somanatha*, *SathiSelliah. D*, *G. Pavanassivam* and *Sarath Gunnsekera* were dedicated researchers who spent long hours at the bench working with the bare minimum of facilities. As *Prof. Sultanbawa* was hard working, dedicated and committed to do research, he would visit the research laboratory twice each day to inquire on the progress made since his last visit! The students were not happy about this but his visits were with good intentions to encourage and support the students. With the limited resources, the productivity during the early days was remarkable, resulting in 26 publications in highly reputed journals: *J. Chem. Soc. Perkin 1* (13 papers),

Phytochemistry (10 papers), *Chemistry and Industry* (02 papers) and *Tetrahedron Letters* (01 paper).

During the period involving the initial group of four postgraduate students, *Prof. Sultanbawa* had the help of willing collaborators who helped in field trips to collect plant material, supervise students and write papers. The scientists most closely involved with him during these early years: *Prof. S. Balasubramaniam*, *Prof. G.P. Wannigama*, *Dr. W.M. Banadaranyake*, *Prof. S. Sotheeswaran* and *Prof. V. Kumar*. The active support of late *Prof. Wannigama* who had extensive natural product experience, particularly in alkaloids, was valuable for the progress achieved in the chemical investigation of Sri Lankan Plants. A Compilation of “*List of Endemic Plants of Ceylon*” and “*A Glossary of Sinhala and Tamil names of the Plants of Sri Lanka*” was also prepared by *W.M. Bandaranayake*, *M.U.S. Sultanbawa* and *S.C. Weerasekera* (1974) and published in the *Ceylon Forester*

The achievements of *Prof. Sultanbawa* are many and he received many accolades for his achievements. These included National awards including *Vidya Jothi*, *HE, President of Sri Lanka* -1990; *Presidential Award for Scientific Achievements* (1986); *D. Sc. (1978) Imperial College of Science, Technology and Medicine, London.*; *Guinness Award for Scientific Achievements* (1978) and appointed a *Foreign Fellow of the Indian Academy of Sciences* (1977).



සෙවනැලි මියයන හැන්දෑවේ..

බොහෝ කලකට පෙර වූ සිද්ධියක් බැවින් මට ඒ වසර 1958, 1959 හෝ 1960 ද යන්න දැන් මතකයෙන් ගිලිහී ගිහින ය. තාක්ෂණයෙන් පසුබට ඒ අවදියේ කුඩා අපට සංගීතය ඇසීමට තිබුනේ ගුවන් විදුලි යන්ත්‍ර පමණකි.

සන්නාලියෙන්...

මේ ආස්වයීමක් දවසේ සවස (7ට හෝ 7:30ට) "මයුළුවන්" නම් වූ නවතම සංගීත වැඩ සටහනක් ප්‍රකාශනය වන බව දැන්නට ලැබී එවකට කුඩා මා නොඉවිසිල්ලෙන් එහි ආරම්භය එනතුරු සිටියා මතකය. එදා ඉදිරිපත් කරන නව ගීතය ගැන වැඩ සටහන් සම්පාදකයා කල රසවත් සාරාංශයෙන් මගේ කුඩා සිත කුතුහලයට පත් විය. ඉන් පසුව නැගුන ගී හඬ අදත් මාගේ මතකයේ පවතියි. ඒ ගීතය "සන්නාලියෙන්", ගායකයා "ඩබ්ලිව් ඩී අමරදේව". මෙම අවස්තාවට පෙර එතුමාගේ "ඇයි කලේ යමෙක් ආලේ" වැනි ගීත කලාතුරකින් ඇසී තිබුනත් ඒ ගීතවලට මා එතරම් ආකර්ෂණය නොවුනේ ඒ ගීත තේරුම් ගැනීමට තරම් මෝරා නොසිටිය නිසා විය හැකිය.

ඉපිද මැරේ යලි ඉපිදේ...

"ඉපිද මැරේ යලි ඉපිදේ" ගීතයේ මැදින් එන "කැස්ස" නිසා කුඩා අපි ඒ ගීතයට ආසාවක් දැක් වූවත්, එය අමරදේව සූරින්ගේ ගීතයක් බව සොයාගත්තේ ඊට අවුරුදු කිපයකට පසුවය. එදා "සන්නාලියෙන්" ගීතයෙන් අමරදේවයන්ගේ හඬට, සංගීතයට ඇතිවූ මාගේ ඇල්ම අදත් අඛණ්ඩව පවතී. ශ්‍රී ලාංකික බහුතරයක් මා මෙන්ම ඔහුගේ සංගීත නිර්මාණයන් අගය කරන බව මට විශ්වාසය.

මල් පැනී වඩියක උනුසුම ලබනව...

මා කුඩාකල සිට අමරදේවයන්ගේ නොයෙකුත් නිර්මාණ අනුගමනය කලත් එතුමා සජීවීව හමුවීමට ලැබුනේ 1976 වර්ෂයේදී අභමිඹෙහි. එක් සැන්දෑවක වැඩ අවසන් කර මා සුමිතුරු "නමා" (සැතිය නමසුවායම්, එකල කොලඹ විශ්ව විද්‍යාලයේ විද්‍යා පීඨයේ සහකාර කථිකාවාදීවරයෙකු ලෙස වැඩ කරමින් සිටියේය) හමුවීමට ගිය අවස්ථාවක, ඔහු මා කැට්ව් කායී මණ්ඩලීය සමාජ ශාලාව (staff club) වෙත ගියේ බීර් විදුරුවකින් සජ්ජායම් වීමටය. ඒ වෙලාවේම වාගේ එහි පැමිණුනේ විශාරද අමරදේවයන් සමග සංගීත නිපුණ සන්නන් නන්දසිරි සූරින් ය. මේ දෙදෙනාම එවකට මාගේ ප්‍රියතම ගායකයින් වූ බැවින් මගේ සිත ප්‍රීතියෙන් කුල්මත් වූනි.

ඔවුන් සමග වචන කීපයක් කතා කිරීමට හැකිවීමත් ඔවුන්ගේ කතා ඇසීමට හැකිවීමත් අතිශයින්ම ප්‍රීතිජනක සිදුවීමකි. ඉන් පසුව මට විශාරද අමරදේවයන්ව දැක ගන්නට ලැබුනේ ප්‍රසංගයන් සඳහා මොන්ට්‍රියෝල් සහ ඔටාවා නගරයන්ට පැමිණුන අවස්ථාවන් වලදීය. මේ ප්‍රසංග අතරේ අමරදේවයන්ගේ ගී අසමින් රස වින්දත් එතුමා සමග කතා බහ කිරීමට නොලැබීම අවාසනාවකි.

මේ ගුරු පාරේ මේ දොල අයින්...

මා හිතන හැටියට අමරදේවයන්ගේ සංගීත නිමසුම් ස්වර්ණමය යුගයකට එළඹුනේ ඔහු ආවායී මහගම සේකරයන් සමග සහයෝගයෙන් කටයුතු කල කාලයේය. මේ පරිච්ඡේදයේ නිමැවුණ ගීතවල යම්කිසි විශේෂත්වයක් දක්නට ඇත්තේ මේ දෙදෙනාම ගම් පරිසරයෙන් නැග ආ ප්‍රතිභා පූර්ණ විශිෂ්ටයන් (geniuses) වූ නිසා වන්නට ඇත. "ඇත කළකර හිමව් අරනේ", "වක්කඩ ලඟ දිය වැටෙන තාලයට", "ගී පොතයි මී විතයි", "සන්නාලියෙන්", "මා මල්පසු සොහොන් කොනේ", "පිපුන කුසුම", "සඳකන් පිනිදිය" වැනි විශිෂ්ට ගීත මහගම සේකරයන් අතින් ලියැවී, අමරදේවයන්ගේ හඬින් ගීතවත් වුනු ගී පොකුරෙන් අනලෝපයකි.

මා සිතන්නේ අමරදේව සූරින් තමා ඉගෙන ගත් භාරතීය රාගධාරි සංගීතය ලාංකික ජන ගීත සමග සංකලනය කිරීමට ගත් උත්සාහය ආවායී මහගම සේකර සමග වූ සංයෝජනයෙන් තවත් ඉහල ගියා කියාය.

ශ්‍රී වන්දරත්ත මානවසිංහ, ආවායී ඩෝල්ටන් අල්විස්, ආවායී සුනිල් ආරියරත්න වැනි ප්‍රතිභා පූර්ණ ගීත රචකයන්ගෙන් අමරදේවයන්ට ලද අසහාය දායකත්වයන් ඉතාම අගනේය.

පෙර දිනයක මා පෙම් කල යුවතිය...

අප විශ්ව විද්‍යාලීය ශිෂ්‍යයන් වූ වකවානුවේ බහුතරයක් ඇලුම් දැක්වූයේ අමරදේවයන්ගේ වැනි සරල ශාස්ත්‍රීය සංගීතයටය. අදත් එම අදහස් එසේම වේයයි සිතමි. කෙසේ වෙතත්, ජනප්‍රිය ගීත ගෙන ඒවාට තමන්ගේ පදවලට හැරවීම තරුණ සෙල්ලක්කාර සිසුන්ගේ පුරුද්දක් විය. විශාරද අමරදේවයන්ගේ "පෙර දිනයක මා පෙම් කල යුවතිය .." ගීතයත් එවැනි පරිවර්තනයන්ට එල්ල වූ ජනප්‍රිය ගීතයකි. අනිකුත් ශිල්පීන් කෙසේ සිතුවත් අමරදේව ගුරින් එවැනි දේ ගැන බලා ප්‍රසිද්ධියේ විනෝදවූ අවස්ථා අපමණය. එවැනි සිද්ධියක විධියෙන්ම පහත අධිසබ්දයකින් (hyperlink) ..

<https://www.youtube.com/watch?v=mSFotr3QITo>

නිවහල් නිමැවුම් මවනා සිතත් උදාරයි..

විශාරද අමරදේවයන් වසර හැත්තෑවක් පමණ සංගීත ක්ෂේත්‍රයේ රැඳී සිටියත් මේ කාලය තුල දී නිමා වූන ගීත ප්‍රමාණය ගීත තුන් සියයකට පමණ සීමිත වෙනවා. මෙයට හේතුව ලෙස මා සිතන්නේ ඔහුගේ පරිපූර්ණත්වය කියාය. අප ඉතා ආශාවෙන් ඊලඟ ගීතය නිකුත්වන තුරු බලා සිටියත් සමහර ගීත එලියට බිහිවුනේ මාස ගනනාවකට පසුවය. හැබැයි එලියට එන ගීතය ඉතාම සුන්දරයි, ඉතාම අර්ථවත්!

සෙවනැලි මියයන හැන්දෑවේ..

පසුගිය නොවෙම්බර් තුන්වෙනි දින අමරදේවයානන් මිය ගිය බව අසා මා තරමක් කම්පනයට පත්වූවායයි කිවොත් එය එතරම් අසත්‍යයක් නොවේ. වසර අසූ අටක් දිවි ගෙවූ අමරදේවයානන්ගේ අභාවය එතරම්ම ප්‍රදාමයක් නොවූවත් මට දැනුනේ පවුලේ අයෙකුගේ චෙන්ට්මක් ලෙසය. ඔහුගේ අභාවය ගැන ඇසුන මොහොතේ මගේ හිතට ආවේ ඔහු අන්තිම කාලයේ ගායනා කල "සෙවනැලි මියයන හැන්දෑවේ" ගීතයයි. අර්ථවත්, දුක මුසු ඒ ගීතය ඇසෙන හැම විටකම ඔහුගේ රුව මට මැවී පෙනෙයි.

මා මල පසු සොහොන් කොනේ..

අමරදේව සූරින්ගේ අවසාන ගමන රාජ්‍ය සම්මාන සහිතව සිදුකල බව නොයෙකුත් පුවත්වලින් දැනගත්තෙමි. පිදිය යුත්තාට එවැනි පිදීමක් ඉටුවීම ගැන අතිශයින්ම සන්තෝශ වෙමි. මා අසා ඇති පරිදි එතුමා සම්මාන පසු පස හඹා නොගියත් සම්මාන ඔහු කරා ආවේ කාන්දමකට ඇදෙන යකඩ කුඩු පරිද්දෙනි.

වාම් ජීවිතයක් ගත කල එතුමාට එවැනි අවසාන ගෞරවයක් දැක්වීම එතුමා හෙල සංගීතයට කල විශාල සේවාවට කෙරුන කලගුන දැක්වීමක් වන අතරම ඔහුගේ සංගීතය ගැන නොදන්නා අයට තව හඳුන්වාදීමක් වනු ඇත.

හෙල මහා කලා කරුවානෙනි! අපට හැකි පමනින් ඔබට පිදෙන හෘදයාංගමය උපහාරයයි මේ!

ජේරාදෙණි විශ්වවිද්‍යාලයේ උපාධි දාරී (විදුපිටය, භෞතික විද්‍යාව) **කීර්ති විරසුරිය** විසින් **අමරදේව ගුරින්** ගැන ලියන ලද උපහාර ලිපියකි



See <http://www.ceylonwinaturalfoods.com/organic-foods.php>

Sri Lanka has long been renowned for its spices. The best known is cinnamon which is native to Sri Lanka. Sri Lankans use spices liberally in their dishes and typically do not follow an exact recipe: thus, every cook's curry will taste slightly different. Sri Lankan cuisine is known to be among the world's spiciest, due to the high use of different varieties of chili peppers referred to as amu miris (Green chilli), kochchi miris, and maalu miris" (capsicum) and in Tamil Milakaai, among others. In the 15th and 16th centuries, spice and ivory traders from all over the world brought their native cuisines to the island, resulting in a rich diversity of cooking styles and techniques.

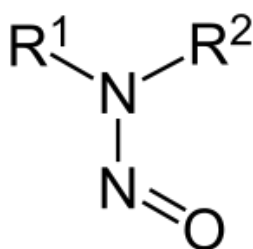


Salt-preserved Fish and Meat, and the Associated Risks for Gastrointestinal Cancer

By Dayani Mohottalage

A Graduate of Peradeniya University, Faculty of Science

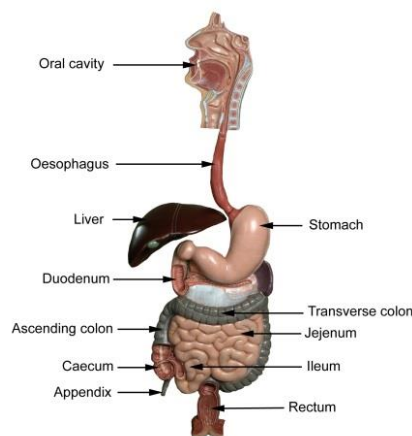
Nitrosamines are being generated in many processed foods, especially in fish and fish byproducts, and also in meat. Nitrosamines are a group of semi-volatile chemical compounds that contain a *-nitroso* group bonded to an amine.



In foods, nitrosamines are being generated from the reaction of nitrites used as preservative with secondary amines, which are often found in proteins. High temperatures used in frying, direct-fire drying and strong acidic environment naturally occur in the human stomach favor the formation of nitrosamines (*Proc. Nad Acad. Sci. USA* 78-1981 Kroeger-Koepke *et al*). Some studies have reported that salted fish and other salted and preserved food contain nitrosamines and the compounds that could produce nitrosamine (precursors). Nitrosoamines are known carcinogens (*Food and Cosmet. Toxicol.* 15, 143–145, 1977, Fong and Chan, *Int. J. Cancer*, 39, 293–296 (1987). Poirier *et al.*).



Nitrosamines are known to cause many types of cancers in humans, especially in the gastrointestinal tract.



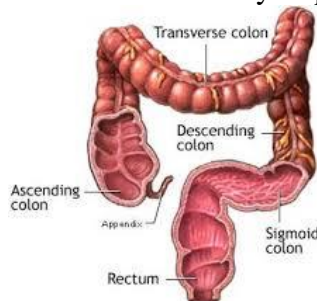
Many studies have demonstrated that low levels of exposure to nitrosamines may be sufficient to cause cancer in subjects where their diet is loaded with salt while deficient in vitamins and Antioxidants. Diets that are rich in ascorbic acid (vitamin C) and sulfur dioxide are known to inhibit nitrosamine formation and thereby suppress the carcinogenic effects. Many fruits, especially citric fruits, kiwi, pineapple etc. are rich sources of vitamin C. Sulfur dioxide is very often found in dried fruits. (*Carcinogenesis Vol.5 no.11 pp.1381 -1393, 1984 H.Bartsch and R.Montesano*)



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Frequent consumption of dried, smoked and salted fish has been reported to be associated with colon and rectal cancers in many of populations.



Comparatively, those populations that regularly eat fresh unsalted fish are known to be free of cancer. Fresh fish contains almost no nitrosamines. The other advantage is that fresh fish contains copious amounts of heart healthy omega-3 fatty acids and are excellent source of protein. (*Nutr Cancer*. 2008; 60(2): 131–144. Santarelli et al)



The increased risk of *Nasopharyngeal Carcinoma* (NPC) has been reported to be associated with childhood intake of nitrite and nitrosamines through various foods. More specifically the risk is reported when the sources of intake are meat, fish and preserved vegetables. Nitrite however, is not carcinogenic,



but it is known to react with secondary amines and amides to form carcinogenic nitrosamines and nitrosoamides respectively, in the human body (*National Academy of Sciences*, 1981)



Incidence of NPC is high in people of Chinese origin living in China and Southeast Asia. Their diet is high in salted fish and preserved foods, particularly during their childhood. These studies have also shown a significant relationship between elevated dietary intakes of salted fish, various preserved foods and hot spices with the high risk of nasopharyngeal carcinoma. (*Int. J. Cancer*: 86, 603–609 (2000), Ward et al)



It has been recommended that frequent intake of raw fish or cooked fresh fish may decrease the risk of gastrointestinal cancers, while dried/salted fish could have detrimental effects (*Eur J Cancer Prev*. 2003 Apr;12 (2):109-15., Yang et al). In summary, refraining from consuming preserved food while consumption of fresh fish and meat and a diet rich in vitamins and antioxidants (fruits and vegetables) enhances the gastrointestinal health.

“Happy and Healthy Starts at Home”- Dr. Oz

Acknowledgement: Collaborative efforts by Nimal Ratnayake and Susantha Mohottalage are greatly appreciated



සුවඳ දී පිපි මලක්
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Water: A Precious Resource for the Living

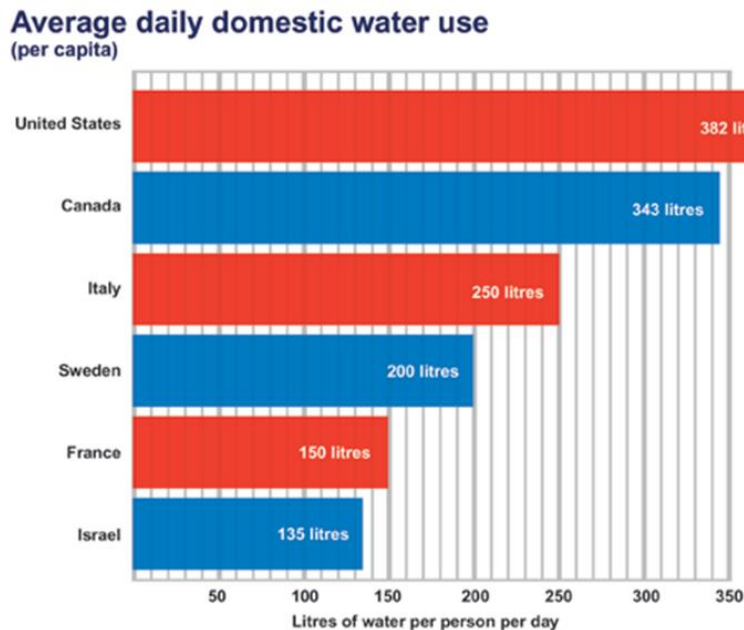
By **Sudarma Samarajeewa**

A Graduate of Peradeniya University, Faculty of Agriculture

For most North Americans, water is a resource that is largely taken for granted. We only have to turn a tap, and it flows. It may be surprising to know how much water one uses and also wastes. Unfortunately, one in ten humans living on the earth does not have access to safe and affordable drinking water, resulting in women and children spending 125 million hours each day, collecting water. Without water, all living beings are at peril; therefore, it is the responsibility of all to preserve this precious element for now and forever.

The Privileged Ones:

The American lifestyle is kept afloat by using over 1,500 liters of water, by a four-person family in a day, which is twice the global average. The average Canadian uses approximately 343 liters of water per day, and only the United States has a record of using more water per capita than Canada. The chart below demonstrates how Canadians are indulged in water, compared to citizens in other developed countries with similar lifestyles. An average Canadian uses about 343 liters of water per day.



Our bathroom is the largest consumer of indoor water. The majority of household water is used to flush the toilet (more than a quarter of our personal daily use). For example, a standard toilet uses 6 liters of water per flush, while outdated toilets can use as much as 15 to 25 liters per use. A standard showerhead uses 10 liters of water per minute, thereby about one-fifth goes for baths and the rest for showers. In summer months, outdoor water use accounts for almost half the usage around an average home.

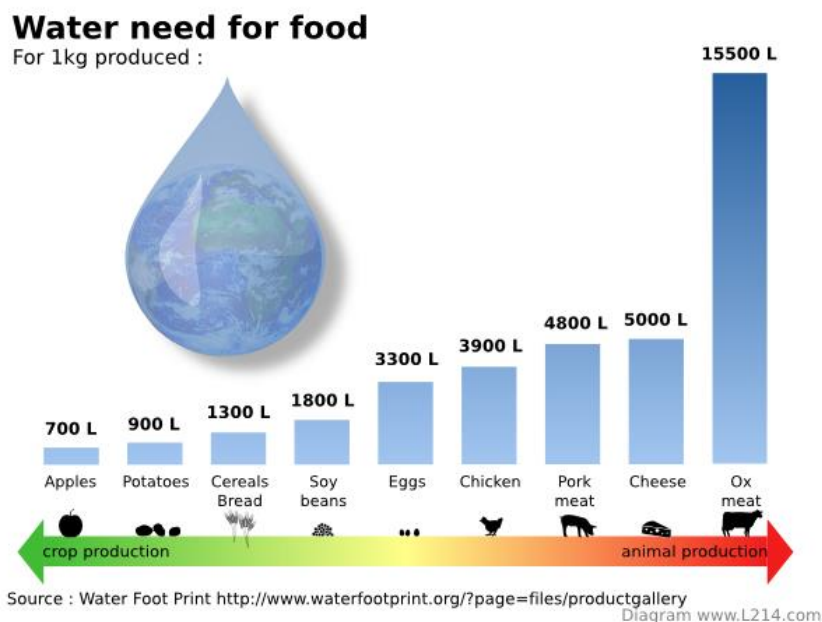
Natural distribution of water around the globe is not even. Canada is blessed to have the world's most abundant freshwater supply. For example, it has as infinite fresh water resources including great lakes and other numerous lakes and rivers for a sustainable supply.

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Edible Water:

Eating water might sound strange, but in reality, we eat loads of it, although we are oblivious to our addiction to it. Surprisingly, a North American eats more than 3,400 liters of water daily. More than 90% of edible water is food-based; therefore, what we consume is invisible. It is understood that some products such as fruits and vegetables are more water-based than meat. More than 15,500 liters of water is required to produce a kilogram of beef and 3,000 liters to generate a kilogram of rice and 900 liters for a kilogram of potato.



In reality, we must acknowledge that water is a finite resource and the careless use of it may jeopardize the natural availability in the future. Surprisingly, artificial generation of water is more expensive, and installing a water meter has not reduced the everyday use. Conscious knowledge of the usage may help to understand the wastage.

To save water and hundreds of dollars a year, we could implement a few minor changes to our lifestyles such as fixing a leaking water faucet, using a dishwasher instead of an open tap, turning off the faucet when brushing teeth, upgrading to a water-efficient toilet, showerhead, etc. Let us be conscious about this precious element as an invaluable resource for life.

<https://www.ec.gc.ca/eau-water/default.asp?lang=en&n=00EEE0E6-1>



Bouquet- A Digital painting

By **Deepani Waidyaratne**

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



ඔහු ගොස් ඇත සරසවියට!

ජයා චිරසිංහ

ජේරාදේණිය සරසවියේ ගොවිකම් උපාදිධරයෙක්

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සුන්දර තුරුණු විය විදුනැණ වෙන ගෙවන
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මව ගැන නිබඳ පෙන්වා හද රැඳුනු පවසයි නිරතුරුම "නුණුවන කෙනෙකි සංවාදයට වැඩි, වාදයෙ කරුණු එන ඔහු ම'වෙත අද නැ, දුර රටක	දයා පියා" සොයා ගියා
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කෙටිකලකට දුරස්ථී අද "පිය-පුත්තු"

පැය, දින, සති, මාස, අවුරුදු ගෙවුණි නැවතී ගියසේය, පෙරකී ලපටි සැම වදනක්ම දැන්නම් කලයුතුය ඔහු දැන් පියා, මා වී ඇත බොළඳ	ඉතා කතා සිතා පුතා
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Knowledge Transfer to Alma Mater

By Nimal De Silva

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



As a member of the AAUPOC, I conducted two short courses in the recent past to an audience which consisted of researchers and graduate students from the *University of Peradeniya* and some from other Universities in Sri Lanka. They were organized by Dr. *Nanda Gunawardhana*, the Director of the *International Research Centre of University of Peradeniya*. Both courses were well received by the participants, with positive feedback and follow-up communications with specific questions, for which I provided answers.

Course-1: *Experimental Design, Scientific Data Processing and Analysis*, July 03, 2014; Chemistry Auditorium at the University of Peradeniya- This was presented at the pre-conference workshop held during *iPurse* Conference in 2014. The main objective of the course was to demonstrate the power of statistical and mathematical tools to optimize parameters, assimilate and efficiently extract information from scientific experiments using commonly available software.

Course -2: *Calibration in Analytical Measurements*, February 29, 2016; at Post Graduate Institute of Science, Kandy- This course covered a critical overview of proper and improper use of calibration methods in scientific measurements and novel approaches for improving data quality. It was focused on general topics that can be useful and applicable to many areas of scientific disciplines.

Possible Improvements for Future Courses: Due to the wide range of backgrounds of participants on statistics and spreadsheet software, it was challenging to cater the presentations to meet the requirements of all. Therefore, it may be more beneficial and effective if a full day was allocated for the course, where the first half could cover the basics to bring all participants nearly to a similar level of understanding, and the second half to present the advanced topics. A course also could be advertised in the private sector and non-academic institutions, and a nominal course-fee can be charged to generate revenue which can be used for the scholarship fund, purchasing research equipment, etc.

In general, offering courses and seminars by alumni can be a non-tangible, yet invaluable and rewarding contribution to the research activities in our *Alma Mater*, which may augment the versatility of the already high quality education and curricula presently offered by the competent multi-disciplinary faculty members at *Peradeniya*. It can also be an avenue to promote interactions among the present faculty, students and alumni raising the awareness to other possibilities, such as collaborative research and accessing external research facilities and equipment available elsewhere.

I thank Dr. Nanda Gunawardhana for his encouragement and support provided for organizing these workshops.



Is there a Role for Alumni Association in Combating Social Vulnerability?

By Anura Herath

A Graduate of University of Peradeniya, Faculty of Agriculture



When the Editor requested me to contribute an article to the upcoming *Newsletter*, my immediate thought was to write about consumerism. This was because as a newcomer to Ottawa, I recognize that the competitive corporate world proliferate the idea of consumerism and its tools, and distorts the freedom and choice that we intuitively have as consumers. After some thoughts however, I decided to briefly address ‘social vulnerability’, which can be considered as one aspect affected by the consumerism. My objective here is to emphasize the possibility of the AAUPOC to provide tools to eliminate social vulnerability to support the members. Some of the ideas I bring forth in this article have connections to two other articles published in the 2016 July *Newsletter*: The social capital and healthy life. Although this article may have a common thread with those published before, its orientation is different.

The term social vulnerability could have many definitions based on the observer, be it environmental, health, poverty etc. In my opinion, it could be broadly defined as “*a threat to our happiness.*” It is interesting to note in literature¹ that the ‘happiest people’ on earth- as a proportion to the country population- are Tibetans, and among them a great majority is lamas. Yet, Tibet is one of the poorest countries in the world! According to researchers, the main reason for the happiness of Tibetans is simplicity in their lifestyles and social cohesion brought about by cultural and religious traditions.

In my opinion, there are many notable causes for social vulnerability. They may include lack of social support, social isolation or exclusion, meagre social networks, absence of social engagement, latent social cohesion and pitiable social capital. The economic aspects may

contribute to the poor socioeconomic status such as deprivation, lack of mastery and sense of control over life circumstances, which is apparently aggravated by consumerism and sporadic economic opportunities. Among the two sets namely social and economic, I would argue that the social aspects are stronger forerunners of the vulnerability, which one may group them together as *social isolation*. This aspect may need to be managed or minimized to reduce social vulnerability. Social isolation can be at the individual level and the societal level. However there is no consensus in the literature² that I am aware of on how to quantify the degree of social isolation at either level. One should note though, that Albert Einstein has stated: *Not everything that can be counted counts and not everything that counts can be counted.*

I have not lived long enough in Ottawa to experience the ‘social isolation’, but I have seen enough of that at an individual level in other places. For example, the seniors - disproportionately a higher number of women- are socially isolated in western societies. Children with a single parent also may fall into the same category. For example, it was unnerving when I read the following sentence posted on a dash-board, allocated for children to display the drawings they create while waiting for the doctor at a clinic: “I am going to spend the night with my mum next Saturday, I am happy”. This means that the child experiences some unhappiness during the rest of the days of the week!

What is negative about ‘social isolation’ and how does this contribute to the vulnerability of an individual? The Canadian specific literature, *the National Population Health Survey*³ concludes that an increasing number of seniors may be at risk of being socially isolated. It lists some predominant and interacting causes for this risk:

Continued from previous page...

increased likelihood of living alone in older age, multiple role loss through retirement, the death of a spouse, mobility problems, financial difficulties, and poor health. Also, according to this study, apart from the increased unhappiness, social isolation irrespective of age can lead to so many health issues. Among them, statistically supported observations include depression, poor nutrition levels, decreased immunity, anxiety, fatigue, and social stigma. The study concludes with evidence that there is a positive correlation between social isolation and risk of relatively early death of old people. It is important to address the social isolation at both individual and society levels. Several researchers⁴ convincingly argue that social networks can be viewed as structures or instruments through which social support would be provided and that they facilitates interactions, thereby minimizing social isolation. This is where I see the potential role of the AAUPOC to recognize, orient and sharpen that role to support the members to eliminate the social isolation, by looking at both short-term and long-term spectrum. By looking at a cross section of the membership of the AAUPOC, one would guess that many of us are still “young” to become socially isolated and vulnerable. Our children are younger. Many of us still have young children and they are with us, living together and sharing the same family joys and burdens. This reduces the risk of isolation to a great extent. But if we look at the Alumni family demography, this ‘rosy story’ will not be sustained for a long time. Extended family support was the norm for us before we came to Canada. Thus we tend to flock together having that psycho-social trait in us. Could we expect the same from our children who have got embedded into the Canadian society which will not give the same trait that we received? I doubt it. Therefore it is important to look at the long-term vision for the AAUPOC as a social capital provider to support both current members and their children.

Perhaps the existing structure of the AAUPOC accounts for these aspects. But can we do better? Are we doing enough in providing cross-sectional social support, do we facilitate adequate interactions among ourselves either physically or virtually, and could we identify the

ties that link our families together in definable patterns that are dependable and sustainable? This analysis and finding ways to upgrade it is the most difficult part. Although my knowledge about the AAUPOC is limited to suggest improvements in this regard, my hope is that the AAUPOC may have a definite role in managing social isolation.

With my general experiences as a development economist, I would not hesitate to propose two fundamental aspects that keep a social association such as the AAUPOC strong and running. The first is maintaining the democracy within the institute including the maximum level of consultation and consensus-reaching in arriving at every decision to be taken by the organization. The second is the transparency in all aspects. Regular review based on these two fundamental objectives can be considered as a ‘Best Practice’. With a long-term view, I would also propose to have a sub-AAUPOC for our children, although they are not Peradeniya Alumni. Such approaches would eliminate any threat to the continuity of this organization, and avoid at least some risks to be socially isolated. I believe that AAUPOC current structure would be a pillar of support and strength for our future generations.

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¹Jean-Francois, R and Matthieu, R (1999), *The Monk and the Philosopher: A Father and Son Discuss the Meaning of Life*, Schocken Books, New York.

²(a) De Jong Gierveld, J., van Tilburg, T., Dykstra, P. A. (2006), *Loneliness and Social Isolation*. Vangelisti, A. & Perlman, D (Eds), *Cambridge Handbook of Personal Relationships*. Cambridge; (b) Robert J. Coplan and Julie C. Bowker (2014), *The Handbook of Solitude: Psychological Perspectives on Social Isolation, Social Withdrawal, and Being Alone*, Wiley Blackwell.

³Janice Keefe; Melissa Andrew; Pamela Fancey and Madelyn Hall (2006), *A Profile of Social Isolation in Canada*, Submitted to the Chair of the F/P/T Working Group on Social Isolation in fulfillment of contract # 2006/491 between Province of British Columbia and Mount Saint Vincent University.

⁴(a) Nan Lin (2003), *Social Capital: A Theory of Social Structure and Action*, Cambridge University Press (b) Chappell, N., and Badger, M. (1989) *Social isolation and well-being*. Journal of Gerontology: Social Sciences, 44



White poplar trees grew,
 Sprouts, tender leaves,
 branch by branch.
 Our friendships grew faster,
Atlantic to Pacific
 and to *arctic* shores
 in white bears' land.

You fly away from the gaggle
 to a far destiny
 snowy peaks in "*Sierra Nevada*"
 lofty peaks of the "*Picos de Europa*"

My mind strolls in the lonely streets
 in bustling "*Barcelona*"
 and majestic "*Madrid*"
 to find you.

Sad feelings sometimes touch
 graceful arches of "*Segovia*"
 and become destitute
 in rugged hills in "*Andalucía*"

I want to bury my grief,
 Inside the dark grey sands,
 volcanic lands,
 in the "*Canary Islands*"
 far destination
 closer to *African* shores.

OLGA

Lyrics & Photograph by Don Susil Prem.-

How our 'plastic' Brain can help us Heal from Traumatic or Chronic Injuries and Degenerative Diseases



By Martin Nicholas

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

Neuroplasticity is the brain's amazing capacity to change, which enables the brain to adjust its activities in response to new situations or to changes in its environment. The brain can change by adapting and reorganizing itself by forming new neural connections throughout its life. Such a change could be a means for healing. The new neurons (nerve cells) in the brain could compensate for injury and disease. The brain can also change its structure and function in response to mental experience and activity. Overall, the mind can literally change the brain structure, for example, by moving or walking *mindfully*!

Previously, it was thought that if you have lost 90% of function in your right arm after a stroke, the damage would be permanent, because 90% of the cells that govern that function were dead. Fortunately, the human brain is more flexible than previously assumed. It is known to optimize itself constantly. The brain reorganizes itself by transferring cognitive abilities from one lobe to the other, particularly as the person ages. For example, after a stroke the human brain can reorganize itself to move functions to undamaged areas. Neuroplasticity-based therapies have improved learning and memory, and solved problems with anxiety and depression. If one could listen to the following talk – *My Stroke of Insight* – one could learn how the left brain creates the concept of oneself as distinct from the local environment. https://www.ted.com/talks/jill_bolte_taylor_s_powerful_stroke_of_insight?language=en. This presentation is most fascinating and mind boggling.

The knowledge on Neuroplasticity is encouraging. It has led to some new and exciting methods to treat everything from brain injuries to autism to Parkinson's disease. In a CBC program aired in last October, the Canadian psychiatrist Norman Doidge introduced 5 methods to help people improve brain functions: 1. Conscious Walking; 2. PoNS (Electrical Stimulation); 3. The 'Listening-Training'; 4. Light Therapy; and 5. Feldenkrais Method (Functional Integration). Walking mindfully is one of the methods that easily could be investigated, to observe if moving or walking mindfully have benefited one's brain health.

Last year's *Nature of Things* episode which aired on the October 27th featured the story of John Pepper. He was diagnosed with Parkinson's disease in 1992, and by 2003, he had reversed his symptoms so that he was able to stop taking medication. See how he did it: <http://www.cbc.ca/natureofthings/features/can-parkinsons-patients-think-their-way-to-walking-better>. Apparently, John started thinking consciously about every individual movement as he made it — starting with walking. It was a success and John now walks 75 minutes every other day at a brisk pace and without the classic Parkinson's gait. Also, he has used the same method to improve his speech and fine motor skills (Ref: <http://reverseparkinsons.net/>)

Let us explore how we can support our brains to adapt and reorganize in response to any adverse situations we may face during our lifetime. Perhaps, we may be able to act mindfully to bring enrichment to our lives! (This article is based in part on information discussed on the CBC TV *Nature of Things* episode; 27th October 2016)

<http://www.cbc.ca/natureofthings/features/five-incredible-new-ways-to-help-the-brain-heal-itself>

We will Meet Again

In Memoriam (02 January 2010)

By *Kumudini Nicholas*

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



The finger I held was tender but strong
Which led me to a bright path, and stretched for a life-long
The destination I reached was previously unknown,
But no matter how far and beyond, you brought me to my home...

Though you went on your own, memories linger on
Keeping me warm on the coldest wintery days that would drag on
Your love and your frequent laughter still vibrates like an old cradle-song
Pulsing life to live like a Currawong¹ ...

Joy would be to find you in another life where you and I belong
Till that day I could move along,
Holding that finger so strong,
Although this life seems like eternal and long...

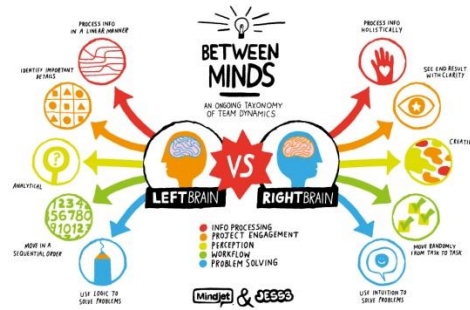
When we see each other in a life endless and strong
Within a distance shorter than a day long
We could watch the stars in the sky all night long,
Sitting on a broken log in our garden, stretched along
Breathing a sigh of relief that we found eternal joy in a new life that we belong...



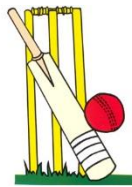
¹ Australian song-bird

Science, Art and Cricket

By Anonymous (Toronto)



Cricket has become the national sport of the South Asians. Although some of them have never held a bat or a ball, their knowledge about the game is far superior to that of their own health. Irrespective of the level of education or exposure, these ‘Pundits’ can eloquently explain all the evolving cricket vocabulary even better than the creators. There are two interesting such terms that describe rare cricket personalities. A close scrutiny indicate they portrait something deeper than what meets the eye: *Batting all-rounder* and *Bowling all-rounder*.



Let us take a quiz. If you thought these two terms refer to either a batsman with an array of strokes or a bowler with a variety of bowling skills the cricket ‘Pundits’ will dismiss you at once. They may lecture you with an elaborative practical session. *Bowling all-rounder* is a player whose main strength is bowling but capable of good batting. Similarly *batting all-rounder* is a player whose predominant skill is batting but does well in bowling as well. It is therefore, a common belief among the cricketing fraternity such players are a rare breed but great assets to any team. So we need no more reasons to understand why a team prefers more of them.

The above *All-rounder* phenomenon provides a very interesting analogy to understand the importance of Science and Arts to our lives. One definition says ‘Science’ is the pursuit and application of knowledge and understanding of the natural and social world following a systematic methodology based on evidence. The ‘Art’ is defined as the expression or application of human creative skills and imagination in different forms for their beauty or emotional power. Although you may get an explicit picture of the two terms what could be more important to us are the applications of both areas to our day to day lives.

We know generally the logic based activities such as Science, Math etc. are driven by the ‘Left Brain’ and the creative and emotional activities are driven by the ‘Right Brain’. The researchers who have studied the functions of the brain and the associated behavior, say the development of either part of the brain depends more on the exercises we provide to stimulate our brains. It is also said that in most of us, one side of the brain is more developed than the other from birth, and therefore, we tend to exercise the stronger side. As a result, it is observed that our associated behavior is biased to one side, indeed not forgetting the exceptions.

Leonardo Da Vinci (1452-1466) who lived in both Italy and France is considered a genius who had both sides of the brain well developed. He was an artist, a mathematician, an inventor and a writer.

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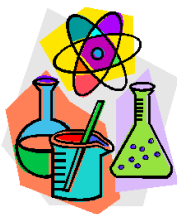
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His world famous painting ‘*Mona Lisa*’ is one of the most visited exhibits in the *Louvre Palace Museum* in France. It is said even today, some of his forensic clues are used in the study of Medicine. Reading his biography will give one great insights to a genius with a balanced brain.



Going by our cricketing definition, *Da Vinci* is a genuine Science or Arts *all-rounder*. Such characters are rare in the society, and how his skills were developed can be read in many of his biographies. Given the complex and fast moving world we live today, the need for developing a little *Da Vinci* within ourselves cannot be understated. Let us explore the value of being a ‘*Bowling all-rounder*’ or a ‘*Batting all-rounder*’ of Science and Arts.

The advancement of science is phenomenal and the dissemination of the resultant applications is swift. With the material expectation of modern life comforts etc. we encounter science in many ways in daily life. The ignorance of science could have an unexpected negative impact.



Consider the number of science applications in your home today. You have to know the science of the Microwave Oven, Washer & Dryer, Heating Unit, AC unit, Car, Car garage etc. Boiling water in a microwave can be deadly. Keeping a vehicle engine on in a closed

car garage can be catastrophic. Lack of a Carbon Monoxide gas monitor in a basement can be fatal. You may not live to explain the lack of knowledge of a breaking distance of a car. Similarly, not knowing the science of medicine (e.g., dosage effect, side effects, allergic effect, reaction with other substances etc.) on you or loved ones may not be an excuse. As you can see even if you have an arts orientation, you have less chances of ignoring science.

Now look at the flip side of the coin. The philosophers say a person who cannot appreciate a piece of art is not a complete human being. *Pablo Picasso*’s quote says “*The purpose of art is washing the dust of daily life off our souls*”. In an uncertain world where the only certainty is ‘change’, we need many tools to help managing the emotional reactions to inevitable changes. The people who have developed artistic instincts seem to be coping with those pressures better. Evidence shows that those with an artistic outlook rely less on medicines or outside/invisible forces to manage their emotions. Therefore, even if you are a scientist, an artistic orientation is a useful life tool. Such people seem to have an edge over the rest in the practical world.

There are global examples and several local examples of such people. The path of getting there does not have a definite start date and end date. All what may be required are some deliberate individual actions. Let us take the first step of developing a little *Da Vinci* in us. The world requires more and more *Bowling* and *Batting all-rounders* of Science and Arts.

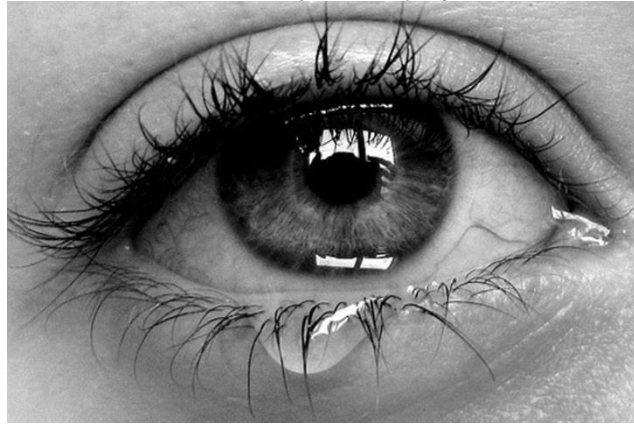


LEAVE TAKING

By Asoka Weerasinghe

A graduate of University of London, and Memorial University of Newfoundland

From "The Land of Serendipity" (1956)



I was told you were crying.
That day I remember you well
squatting on the coconut scarping stool
enveloped by wood smoke in the kitchen
dabbing the tears welled in pools
with the end of the grimy skirt.
That day I had no intention to stay
abroad this long, sixty-years to be exact.
I could have watched you grow old
to be everyone's darling of the times,
and helped you walk with my firm hold.
They told me you were crying
when you realized that soon
I would be on a passenger boat
having received by mail that noon
the black gold-trimmed passport.
That day in July we both cried.



Poet's note: I took a BOAC flight to London's Heathrow Airport on 3 December 1956. The flight to London from the Ratmalana International Airport on the 56-seat propeller DC4 plane took me 41 hours, stopping at Madras, Bombay, Karachi, Bahrain, Baghdad, Ankara, Istanbul, Rome, Frankfurt and finally to London.

How leaders inspire us

By Srinivas Maram

A graduate of University of St.Petersburg (Federation of Russia); Electrical Engineering



While I was speaking with one of my close friends – who travels around the globe as part of his business – I noted that most of the time he prefers to stay at the *Four Season's Hotel*. It was an interesting observation and I was curious! Here is what he has to say to my *WHYs*:

The staff at Four Season's Hotel call me by my first name, I feel welcomed and no matter what time and day it is, my requests were responded without having the necessity of escalating to their superiors. Most of all, they integrate local customs and cultures while maintaining their core vision.

Does companies need to hire the best people to serve their stakeholders and excel in the markets? No, certainly not. It is leaders who create a safe environment within which employees find their purpose, trust their colleagues, find ways to collaborate with each others and stay motivated!

How do leaders create a safe environment?



- They listen first, talk last
- They invest in the development of their people
- They embrace more We, less Me
- They share information and power
- They give credit and accept responsibility

It is like being a parent, we need to provide our kids the opportunities, education and discipline them when necessary so they can grow and seize those opportunities that we could have achieved for ourselves. Great leaders want to do just that to inspire their employees.

What has been your experience?



A Brief Work-Life in the Organic Research Laboratory

By Gavini Gunasekara

A/L student at CIS Kandy



The organic research laboratory is situated in a tranquil surrounding populated with lush green trees and grassy meadows of the *University of Peradeniya*. It is peaceful and inviting for any passer-by to encourage experiencing the wonders within.

For me, it was an opportunity of a lifetime to step into this laboratory and discover prodigious wonders in it. It has an aura of vitality, and a sense of impending success based on the accomplishments achieved by those who worked here in the past. The atmosphere was delightful due to the friendliness and willingness of the students and researchers to be socially active while working gregariously.

The students work tirelessly to be victorious in their endeavor. Their approach is meticulous and accurate and precise. Despite the process to achieve good results is tedious, the students collaborate their efforts to work towards common goals. They are passionate in their work to explore various possible paths to apply their Chemistry knowledge, to bring mankind to better heights. Their determination and perseverance is to find new compounds that could revolutionize medicine and improve human health. The space available in this laboratory is ample to work at ease among others without interrupting their work. The work environment is calm and tranquil to achieve goals without any disturbances or commotions.

During my brief stay, I understood that the research carried out on Natural Products in this laboratory is very important, interesting, and could benefit the society. Every day, the plants and their extracts are being processed to discover new chemical entities to investigate their potential power to cure diseases. Furthermore, I learned how a plant is being created in nature to survive under extreme conditions, while creating chemicals that could support humans to live longer. Thus far, the discovery of some chemicals with antibacterial or antioxidant properties, and resistances to bacteria has impressed the science world. Therefore, the continuous efforts of these researchers could lead to successful isolation and purification of chemical entities that could cure many diseases. It is amazing to think how something so miniscule and infinitesimal found within plants has the ability to protect humans by curing diseases such as cancer, AIDS, genetic disorders, bacterial and viral infections.

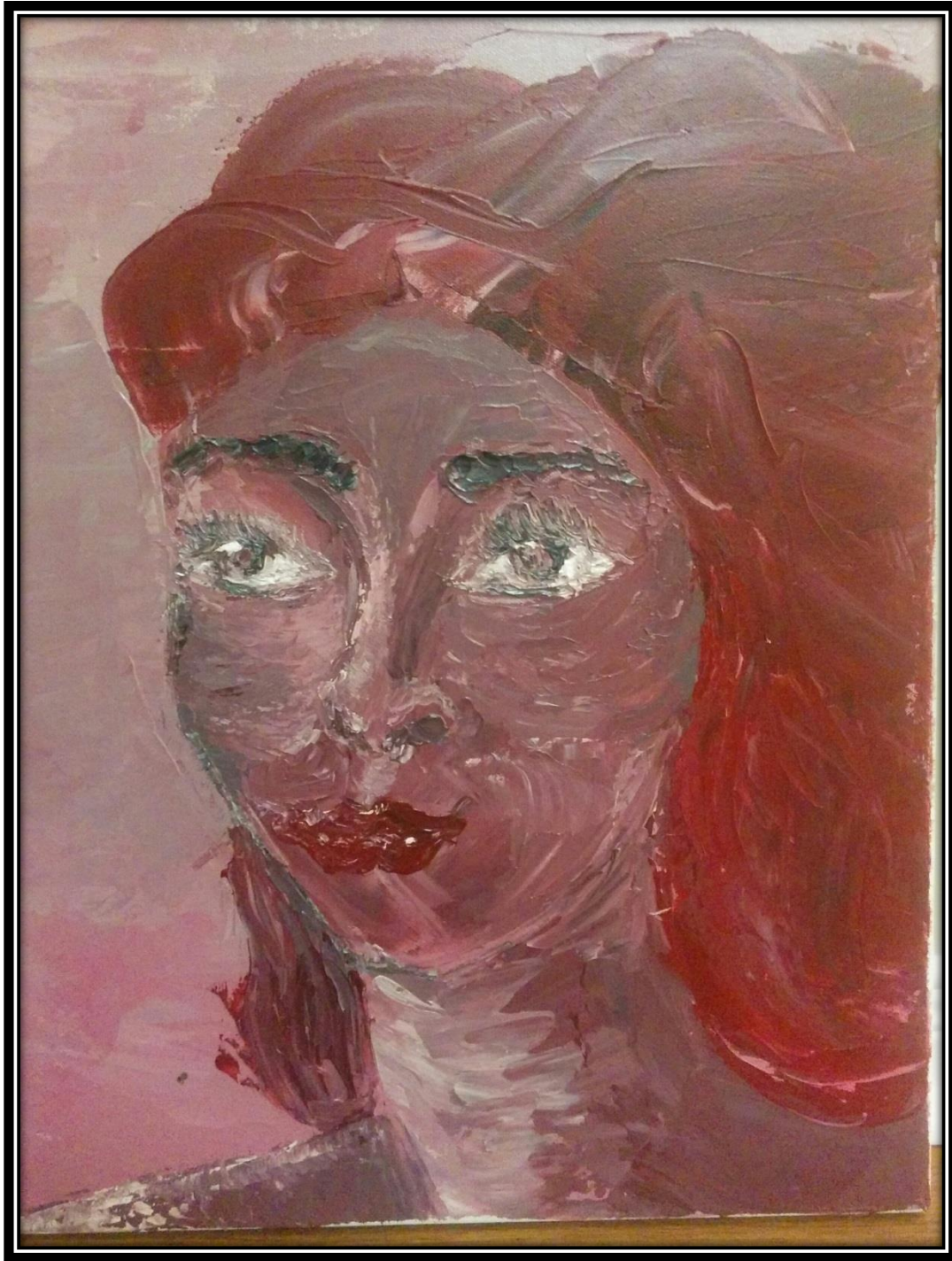
It was a pleasant experience to work in this laboratory, and a privilege for me to work among compassionate and hard-working people. Their dedication to work from morning till late into the night to complete their daily undertaking encouraged me. Their resolve and stamina to work long hours ought to be admired. Their knowledge and intelligence is vast. It is exemplifying and inspiring to see their capacity to work diligently to reach their goals, which motivated me to follow a similar path in the future. Most of all, it encouraged me to support similar research which is valuable to humanity.



'Mademoiselle'- Oil on Canvas

By *Ayesha Kumararatne*

A graduate of University of Ottawa, Faculty of Law

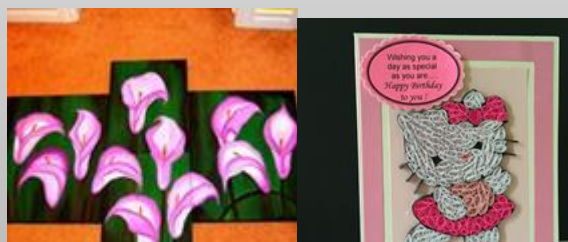


GENEROUS CONTRIBUTORS



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FOOD FOR THOUGHT

Simple Bread Pudding



- Ingredients:**
- 2 cups milk
 - 2 tablespoons (1/4 stick) unsalted butter, more for greasing pan
 - 1 teaspoon vanilla extract
 - 1/3 Cup sugar
 - A Pinch salt
 - 1/2 Loaf sweet egg bread like challah or brioche, cut into 2-inch cubes (about 5 to 6 cups)
 - 2 eggs, beaten

Preparation: Heat oven to 350 degrees. In a small saucepan over low heat, warm milk, butter, vanilla, sugar and salt. Continue cooking just until butter melts; cool. Meanwhile, butter a 4-to-6-cup baking dish and fill it with cubed bread. Add eggs to cooled milk mixture and whisk; pour mixture over bread. Bake for 30 to 45 minutes, or until custard is set but still a little wobbly and edges of bread have browned. Serve warm or at room temperature.

කුලුබඩු-බෙහෙත් පෙට්ටිය



රුබාබ්- Rhubarb

විද්යාත්මක නාමය: *Rheum Emodi*

පොරොත්ත:

කට කාරවන තිත්ත රසයක් සහිතය. මලපහ සහ මුත්රා පිටවීම පහසු කරයි. දරුවන්ගේ ජීර්ණ මාර්ගයේ අධික ආම්ලිකතාව අඩු කරයි. විරේක ඖෂධයකි.

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Quotations of Thomas Jefferson

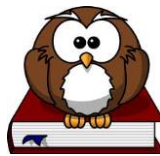


Thomas Jefferson was a draftsman of the U.S. Declaration of Independence; the nation's first secretary of state (1789-94); second vice president (1797-1801); and, as the third president (1801-09), the statesman responsible for the Louisiana Purchase.

"On matters of style, swim with the current. On matters of principle stand like a rock"



"Honesty is the first chapter of the book of Wisdom"



"Delay is preferable to error"



"When you reach the end of your rope, tie a knot in it and hang on"



"A mind always employed is always happy. This is the true secret, the grand recipe for felicity"



Editor's Sign Off

Dear Contributor/Reader,

It was an unimaginable journey I took to develop and publish this *Newsletter* on behalf of the AAUPOC. To my delight, you all joined me and walked with me for two years with supportive hands and generous thoughts. Without you, this journey would have been lonely and fruitless. Please accept my heartfelt gratitude. Everyone who has been a part of this venture deserves congratulations. Your support for future efforts will be the key ingredient to the success of this publication, regardless of who would take the lead. I hope you will be there with your extended hands.

Issue 1; Edition 1: Chandre Dharmawardana, Chantike Jayatilaka, Lakshman Galagedara, Niki Galagedara, , Apsara Jayasinghe, Nedra Karunaratne, Chandimal Nicholas, Martin Nicholas, Kumudini Nicholas, Hari Parameshwaran, Don Susil Premaratne, Nissanka Pussegoda, Wimal Rankaduwa, Turadewa Ratnayake, Ranjani Siriwardana, Gayashan Tennakoon, Asoka Vidyaratne, Deepani Waidyaratne, Jaya Weerasinghe

Issue 1; Edition 2: Anonymous, Sarath Chandrasekera, Ranjith W. Dharmaratne, Nimal De Silva, Sange De Silva, Dhammika Herath, Susantha Mohottalage, Martin Nicholas, Don Susil Premaratne, Ajith Samarajeewa, Sudarma Samarajeewa, Renuka Subasinghe, Vinitha Subasinghe, Asoka Vidyaratne, Deepani Waidyaratne, Jaya Weerasinghe, Keerthi Weerasooriya

Issue 2; Edition 1: Anonymous, Anonymous (solicited a writer), Chandre Dharmawardhana, Dhammika Heath, Sange De Silve (solicited a writer), Nanada Gunawardhana, Nedra Karunaratne, Gamini Kulathunge, Martin Nichoals, Kumudini Nicholas, Don Susil Premaratne, Nimal Ratnayake, Sudharma Samarajeewa, Deepani Waidyaratne, Jaya Weerasinghe

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**Thank
You**

Kumudini Nicholas
Editor/AAUPOC

**Everyone can distinguish mercy from wrath,
Whether he is wise or ignorant or corrupt;
But a mercy hidden in wrath or wrath hidden in a heart of mercy
Can only be recognized by one whose heart contains a spiritual touchstone**
From Rumi's RUBIYAT