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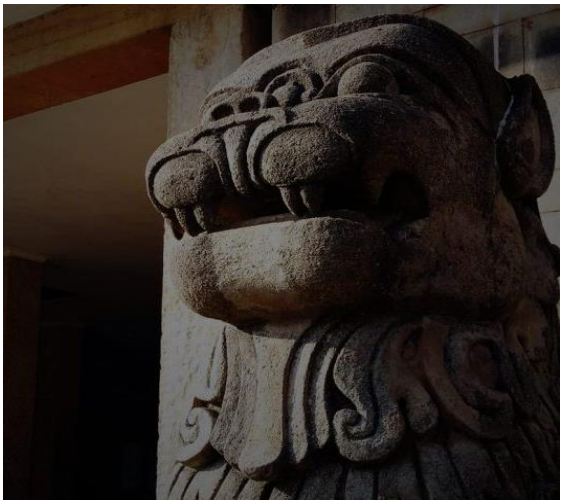
ஹள்தள சுவர்

Hanthana Pavura

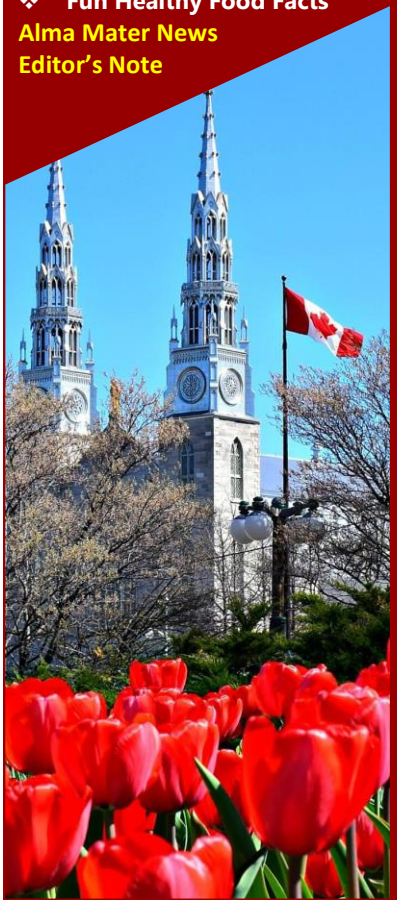
VOLUME: 4 ISSUE: 1 - JULY 2019



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

TOGETHER WE MARCH FORWARD!

INSIDE THIS ISSUE:



ABOUT US

PRESIDENT'S MESSAGE

I entered University of Peradeniya in Oct 1969, a special year in our human history. Only 3 months earlier Neil Armstrong made "One small step for a man, one giant leap for mankind" by walking on the Moon. It was a time when lacked televisions, cell phones, internet, etc. and the only mode of broadcasting available to us was radio, with mediocre short-wave reception. By then, I had only heard of the idyllic "Peradeniya" but hadn't seen even a picture of its campus. I am sure, as a youngster I must have felt excitement comparable to Neil Armstrong's when I landed on "*my own beautiful new world – Peradeniya Campus*". As a graduate with a Chemistry degree from our great *alma mater*, I also found 1969 significant because it marked the Platinum Jubilee (100th anniversary) of Russian Scientist Dimitri Mendeleev's discovery of the Periodic Table of Elements, a building block of Chemistry that also influenced many other scientific disciplines. Now, exactly 50 years later, it is with great pleasure that I write this message as the president of Alumni Association of University of Peradeniya-Ottawa Chapter (AAUPOC) to celebrate the Golden Anniversary of my affiliation with U of P.

AAUPOC was founded in 2012 with two overarching objectives:

- *Educational*: Help our *alma mater* by supporting needy students through a scholarship program
- *Social:* Foster interaction and friendship among our alumni and the Sri Lankan community living in Ottawa.

Thanks to the dedication of members and past committees, over the past 7 years, we have made significant accomplishments towards our objectives through volunteerism and offers of expertise and philanthropic support. As the present committee, it is our responsibility to maintain that momentum. I would like to thank the present team of the executive committee for enthusiastically coming aboard to accomplish that goal.

Evolution over past few years:

I have observed that, among the small group of our alumni members, we have a very high density of wide-ranging talents, regardless of our faculty, background and level of formal education - in poetry, literature, visual art, dancing, singing, music, acting, IT, engineering, photography, technical and organizational skills, to name a few. Naturally, by blending such talents with our dedication, enthusiasm and volunteerism in a non-critical, non-competitive, non-political, friendly, respectful and complementing manner, such a small community can do wonders with a *rewarding experience* for all of us. Over the past years, our little alumni community has done just that with a remarkable progress.

For example, at the outset, our primary objective in *educational aspects* was simply to support the scholarship program merely through donations collected from members. However, thanks to the dedication of past ECs and many individuals, we have expanded our educational support not only for scholarships, but also through donations of books, computers and research equipment, and offering workshops, short courses, conference presentations, etc.

Similarly, on the *social aspects*, our first gathering, Hanthana Night (HN) was a simple potluck dinner and a musical gathering with the participation of members and their families. However, over the few years, we have improved and expanded our high quality cultural and social activities open to the Sri Lankan community at large in a highly successful and popular manner, with a number of events presently on our calendar: Spring

Social Event, Upahara Gee Padura, Picnic, Health Walk and Hanthana Night, are all well attended and enjoyed by the young and old of the community. These activities have not only enriched our *social* life and brought back fond memories, but also have provided effective ways to raise funds for our educational activities, beyond our member-donations and to attract philanthropic donations from the SL community in general.

Community Giving:

What has brought us together is our *alma mater*, an educational institution. We all can be proud about her reputation and what she has given us, but we should not be egocentric about our affiliation, formal degrees, or titles written on our resumes. Similar to our wealth, education has no value unless we put that into good use, one way or another. We have a significant untapped potential for the members of AAUPOC to share our knowledge and talents with the young and old in the local SL community in various educational disciplines in a mutually beneficial manner. Our volunteer members or invited speakers can conduct activities such as general interest short courses, presentations and seminars for a nominal cost to the participants which can raise funds for our scholarship program. Such projects would be beneficial for both our own children and adults living here, as well as the needy students at the other end. I would like to take this opportunity to invite our members, particularly the new young members who are fresh with their knowledge in their respective expertise to volunteer for such possibilities.

Newsletter "Hanthana Pavura":

Thanks to the originator, the past editors, the present editor and contributors of this wonderful product which promotes the involvement by many members, our children and our parents while exploiting the wonders of the digital age to share their visual art, literature, poetry, articles of scientific interest, etc.., in an open forum. Yet, the final presentation of the Newsletter is also of utmost importance. Many thanks to the present and past graphic designers of the NL and our webpage, for doing a superb job, which further augments the high quality of the content, and for preparing artistic flyers for all our events. This year a special feature was added to the NL by the present editor to introduce the families of newly arrived alumni and this gives opportunities for the majority of old members to welcome and help them in settling down, as well as for the new members to integrate more quickly with the community.

Our Parents, Children and Community:

For the past few years, performances by our children in dances, drama, etc. have been an integral part of our cultural activities such as Hanthana Night. This promotes our children's awareness of and interest in our heritage, as well as their parents' alma mater. Similarly, our parents may have hidden talents and skills in literacy, poetry, singing, etc. which they have never before had the opportunity to share in a public forum. It is a great pleasure to see few parents of our alumni have made wonderful contributions to the present Newsletter. I urge our members to encourage their parents living here, as well as those living in SL to make such contributions to the Newsletter in the future. At the Hanthana Night last year, a group of our mothers in the community lead our traditional sing-along item, which brought them a great deal of pleasure, pride and a sense of recognition. Similarly, Upahara Gee Padura can be a very valuable venue to encourage such active participation by the parents and elders in the community in singing their contemporary songs of late artists whom we celebrate, which brings them fond memories and they seem to appreciate very much. The Spring Social Event held this year along with celebration of the Sinhala/Tamil New Year with traditional games, Panchi, Carrom, etc. was enjoyed by the young and old together in the SL community in a friendly and informal atmosphere with the New Year spirit. During our activities, our focus should not be only on the quality of our own entertainment, but giving our children and parents due recognition should also be an important part of our efforts.

Finally, I wish to congratulate all the members of AAUPOC and past ECs for their dedication to bring us together where we are, as an active and friendly group working towards noble objectives. Together, we march forward!

Thank you.

Nimal De Silva

OFFICE BEARERS FOR 2019/20

NIMAL DE SILVA: PRESIDENT

PREMARATNE TENNAKOON: VICE-PRESIDENT

MANOJ DE SILVA: SECRETARY

TURADEVA RATNAYAKA: TREASURER

DAYANI MOHOTTALAGE: EDITOR

SAMPATH HENNAYAKE: DIRECTOR, MEMBERSHIP

SUDARMA SAMARAJEEWA: DIRECTOR, FACULTY OF AGRICULTURE

SUSANTHA MOHOTTALAGE: DIRECTOR, FACULTY OF SCIENCE

NIROSHAN THANTHIRIGE: DIRECTOR, FACULTY OF MEDICINE, VETERINARY MEDICINE & DENTAL SCIENCES

ASOKA VIDAYARATNA: DIRECTOR, FACULTY OF ENGINEERING

SAMAN JAYATHILAKE: DIRECTOR, FACULTY OF ARTS

DHAMMIKA HERATH: EX-OFFICIO

DEEPANI WAIDYARATNE: IT SUPPORT AND WEB ADMINISTRATION

MAHINDA HERATH: NON-MEMBER RESOURCE PERSON

"The best way to find yourself is to lose yourself in the service of others."
— Mahatma Gandhi—

BY MANOJ DE SILVA, SECRETARY, AAUPOC

Meet new additions to our AAUPOC family

Shehan Dissanayake & Ilusha Rathnayake

Shehan is currently working as a Cyber Security Evaluator in Ottawa and before arriving to Canada in late 2017, he was working as a Network and Security Engineer for 6 years in Sri Lanka. He has a degree in Mathematics and Physics from the University of Peradeniya and has obtained multiple Computer Networking related professional qualifications.

Ilusha has obtained her degree in Statistics, Physics and Chemistry from the University of Peradeniya. She worked as a Software QA analyst at the Pensions Department of Sri Lanka after graduation and from 2014 till October 2017, she worked as a graduate teacher at a National School, teaching the subject 'Science for Technology' for advanced levels. She has achieved great success in her short teaching career by being selected as a member of the Syllabus making panel for the Department of Education and by being a member of the Advance Level Paper Correction panels in 2014 and 2015.

Ilusha is currently following a Computer Programmer diploma at Algonquin College, with the ambition of becoming a Data Scientist by combining her education background in statistics with computer programming.

Shehan and Ilusha have a little baby son, Abhiru aged 2 ½ years. Shehan loves playing Cricket, VolleyBall and Table Tennis while Ilusha enjoys Table Tennis.

Achini Adikari

Achini graduated from Faculty of Dental Sciences at University of Peradeniya in 2011. Further she obtained her MD in Restorative Dentistry from University of Colombo in 2017.

Achini's husband, Pushpika Wijayasinghe is a Chartered Architect and their son "Niveth" is 3 ½ years old.

Meet new additions to our AAUPOC family (Contd.)

Udeesha Erandani

Udeesha obtained her Bachelor of Science in Agricultural Technology from Faculty of Agriculture. One of her Master's degree is in Organizational Management from Postgraduate Institute of Agriculture. The other Master's degree in Bioscience and Biotechnology from Chungnam National University in South Korea. Currently she is a PhD candidate in Biology at University of Ottawa.

Her husband Geeth Kumara Somasiri is a professional Chef. Udeesha's main interests are cooking, music and poetry, while Geeth loves cooking and engage in sports, mainly cricket and volleyball.

EVENT CALENDAR

ARTICLES & CREATIVE SUBMISSIONS

SIR IVOR JENNINGS: AN ICON OF WISDOM

RAJENDRA ALWIS

Sir William Ivor Jennings, the first Vice-Chancellor of the University of Ceylon (Peradeniya) was born in Bristol, England, on 16 May 1903. He started his academic career in 1925 as a lecturer at Leeds University and was called to bar in 1928, yet he continued his academic career and joined the London School of Economics as a lecturer in law (1929).

Jennings was sent to Ceylon in 1940, then a Crown colony, by the British Government to take up the position of the principal of the Ceylon University College in Colombo, which fell vacant after the retirement of Robert Marrs, with the additional responsibility of creating a full-fledged university for the country. By the time he arrived in Ceylon he had already earned an academic reputation as a constitutional expert and had taught law and political science at several prestigious universities in the United Kingdom, the United States and Canada. Besides he had also produced eleven major publications before he came to Ceylon at the age of 37.

When Jennings initially came to Ceylon the long controversy over selecting a suitable site for the new university had ended and acquired the new Peradeniya tea and rubber estate on the lower Hantana range for this purpose located on the banks of the Mahaweli River extending nearly over 700 hectares.

However, even after acquiring the block of land, the building operations at Peradeniya had to be postponed from 1942 to 1946 due to unexpected adverse conditions of the Second World War. The proposed land for the university was occupied by the South East Asia Command of the British Army. Jennings lost no time to find a quick solution to this problem and decided to serve as the Deputy Civil Defence Commissioner assisting Sir Oliver Goonatilake who was the then Commissioner of Civil Defence. Jennings served in this capacity with a reason behind. The goodwill he maintained with the British Army during this period was gainfully used by him to get the proposed land for the university released by the British Army in a relatively short span of time.

In the context of building operations, Jennings was very keen to see that the layout of the buildings should take full advantage of what nature has provided in abundance. Accordingly, Shirley De Alwis, the principal architect of the university buildings, successfully expressed the national identity through his architectural designs harmonizing them with the rich natural beauty of the Peradeniya campus environment. It is that Lover's Lane, Kissing Bend, Open-air Theater, and the lower Hantana Road added more beauty to the existing campus environment with the redolence of many kinds of unique flowers.

Sir Ivor Jennings voluntarily undertook the preparation of the necessary working papers for the State Council, on behalf of the Ministry of Education, to establish the University of Ceylon. The well-known legislative enactment titled "University of Ceylon Ordinance No.20 of 1942" was drafted by him that created the University of Ceylon. Thus the University of Ceylon was declared open on 9th June 1942, amalgamating Ceylon Medical College (established in1870) and Ceylon University College (established in 1921) by Sir Ivor Jennings hoisting

the University Flag at the "College House" which continues to be the Administrative Centre of the Colombo University to date.

On 6th October 1952, Faculties of Arts and Oriental Studies with more than 800 university students were transferred to Peradeniya from Colombo along with the Administrative Unit and the Library. It was indeed the commencement of the University of Ceylon (Peradeniya). By this time fifty-two students of Law, Agriculture, and Veterinary Science Departments were already in residence.

It is interesting to note that Jennings always emphasized the importance of sound general education before entering the university, a long process that begins from one's childhood. Accordingly, he was concerned about the students who did not have opportunities to acquire proper general education due to some drawbacks either at their home or school environments or both. Therefore, he thought that the university should be equipped to provide them with a "belted education" to fill in the gaps, if any. It is clear that Jennings views on education were influenced by the British notion "well-rounded gentleman-scholar with a background in liberal arts".

Jennings goes down in the history for having developed the first fully-fledged university in Ceylon and having served as its first Vice Chancellor, elected uncontested for three successive terms. The University aptly paid tribute to Sir Jennings by conferring an Honorary Degree Doctor of Laws honoris causa at the General Convocation held on 22nd October 1954 and later on naming a Hall of Residence at the university in his honor.

Moreover, Jennings played a critical role in the negotiation for Ceylon's independence as the key architect in drafting Ceylon's constitution that was in operation from 1948 to 1972. Further, displaying his expertise, he served as a constitutional advisor in Pakistan, Malaya, Singapore, Malta, Maldives, Ghana, Guyana, Eritrea and Nepal as well.

After leaving Peradeniya, in 1955 Sir Jennings served as the Master of Trinity Hall, Cambridge, and also served a term as the Vice Chancellor of the Cambridge University from 1961-1963. In addition to the degree of Doctor of Laws honoris causa conferred by the University of Ceylon, honorary doctorates in laws have been conferred to him by the universities of Belfast, Bristol, Hong Kong, Leeds, Manchester, Paris, and Southampton.

He died an untimely death in 1965 at the age of 62. Considering the fact that Jennings lived only 62 years, he spent the best years in his life in Sri Lanka (1940-1954). Jennings recalls in his autobiography that even though there were moments that he regretted the inability to continue his writing staying in England, nevertheless he was finally convinced that he made the right decision to "take the road to Peradeniya". He was proud that he was able to build "one of the finest universities in the world".

At the time of the Diamond Jubilee of the University of Ceylon (Peradeniya), the grateful University Community has made necessary arrangements to erect a statue of Sir Ivor Jennings, the founder Vice Chancellor of the university. The statue erected was declared open by his grand-daughter Ms. Rebecca Caine on 6th December 2017 at the invitation of the University of Peradeniya and its Diamond Jubilee Committee that celebrated the 75th anniversary of the University of Ceylon. This is the most outstanding honor bestowed on Sri Ivor Jennings because there is no other statue has been erected previously in the University to honor anybody else.

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"WISDOM IS NOT A PRODUCT OF SCHOOLING BUT OF THE LIFELONG ATTEMPT TO ACQUIRE IT".
- ALBERT EINSTEIN -

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ජයනන්ද වීරසිංහ

1. මහ 'රුක්' වලට වැඩියෙන් 'කටු පඳුරු' මිටියි
මා ලඳ අත්දැකුම් මා හට එමට වටියි
ආ මග දුරය යාමට ඇති ගමන කෙටියි
මේ **මා හිතන හැටි** සහ **මම කරන හැටියි!**

2. මා පසුපසින් නෙක නෙක දේ කරන දොඩා
පන නැති පිරිස් පිලිබඳ සිත නොකර විඩා
යමි ඉදිරියට ඇති බාධක පවුරු කඩා
ඒ අය පසුපසය මා ඇති තැනට වඩා

3. අත්පොලසන් එපා! හේතුව අනුව යමී
තුටු කෙරුමට නොවේ හරිදෙය අතට ගමී
ඇති තැන කැපීපෙනුමට තව නොපැන පිමී
නැති තැන අඩුව දැනෙනා විලසකට ඉමී

4. නොසැලෙන පරිදි නොමැතිව හිතට වේදනා
දිවිමග ගෙවමි, නැත නිදහසට කාරණා
කිසිවිට පසුතැවිලි නැති, නොමැති චෝදනා
ලෙන්ගතුකමට ආදරෙයි මහද චේතනා

5. දුන්පසු වුනුදෙයක් පිලිබඳව සමාවක්
නොමැකෙන'මුදු අතීතයෙ එකදු කොමාවක්
එමගින් අනාගතයට ලැබෙයි මනාවක්
ගෙනදෙයි සමාවෙන් දෙතොලගට සිනාවක්

6. සියලුම වැරදි දැක දැක ගෙනෙන ආදරේ
වැලපෙන දොරවසා හුදකලා කාමරේ
කරනා සටන් කිසිවකු නොදන්නා යුරේ
ගැහැණිය ශක්තිමත් ඇත ගුණය ඈ කෙරේ

7. කිසිවකු ශක්තිමත් ලෙස මාව බිමහෙලා
දැමුවොත් වැටුන තැන එලෙසින්ම වැතිරිලා
නොමහිඳ එඩිය ගෙන රුපුබලය සින්දලා
නැගිටිමි මගේ ශක්තිය බලය පෙන්වලා

8. අප ගැන හැඩුව දර දිය ඇද වෙහෙස ගෙන
අය පිළිබඳව නොහැඩු අප සියලු දෙන
නොසිතන නොම හඬන අප ගැන කිසිම දින
අය වෙනුවෙන් කඳුළු වගුරන කරුණ මොන?

9. ලැබුමට උගත් බව වැයවේ මිල මුදල
නුගත්කමත් වැයකරවයි තිබෙන මිළ
ජයගැනුමෙන්ම ජීවිතයක් නොවේ පල
ජයගැනුමට සිතීමම වේමැයි ප්‍රබල

10. පිටවන වචන ගැන සැලකුම මනාවේ
තැන දියයුතුය ඒ ගැන කල්පනාවේ
වැරදුන වචනයට පිහිටයි සමාවේ
අමතක නොවේ කිව් අය කිව් කෙනාවේ

11. කිසියම් කෙනෙක් කළහොත් වරදක් එහෙම
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-ජවී

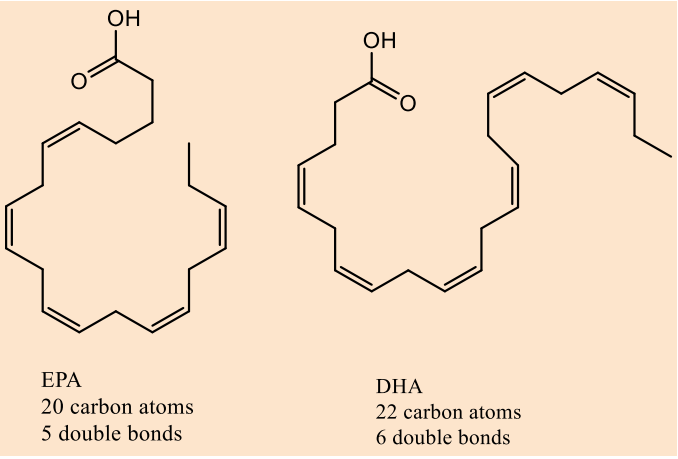
EAT SEAFOOD FOR OMEGA-3 FATTY ACIDS FOR GOOD HEART HEALTH

NIMAL RATNAYAKE

Most people associate fats with poor health. However, our bodies need some fats and indeed some fats are remarkably good for us, especially omega-3 fatty acids. Omega-3 fatty acids occur in two main forms: long chain (LC omega-3s) from marine sources and short chain (SC omega-3s) from plant sources. This article focuses on the health benefits of LC omega-3s.

The health benefits of LC omega-3s

LC omega-3 are essential nutrients; this means that the human body requires LC omega-3 to perform many physiological functions and maintain good health.[1] Since the human body cannot produce its own LC omega-3s and the human body does not convert SC omega-3s to LC omega3s efficiently, we need to obtain LC omega-3 from dietary sources. The LC omega-3s are primarily composed of two biochemically active fatty acids—eicosapentaenoic acid (aka EPA) and docosahexaenoic acid (aka DHA).[2,3]



One of the most important health benefits of LC omega-3s is protection against cardiovascular diseases (CVD).[1-6] The health benefits of LC omega-3s were noted about four decades ago. Scientists observed that Greenland Inuit had lower rates of heart disease than other ethnic groups, despite a diet traditionally high in fat.[2] The scientists also found that Inuit blood took longer to clot, compared to other ethnic groups. A thorough examination of the lifestyle of Inuit led to the conclusion that the traditional seafood-rich diet contributed to the longer time it took to form a blood clot, which probably contributed to healthier hearts.[2] A key ingredient in the Inuit seafood diet was LC omega-3s. Since this initial discovery, clinical and observational studies conducted in many parts of the world revealed that LC omega-3s protect against CVD through interrelated mechanisms[1-6] including the following:

- Reducing the risk of abnormal heart rhythms
- Lowering of high blood pressure
- Lowering of blood triglyceride levels by reducing blood triglyceride production in the liver
- Inhibiting the processes that lead to atherosclerosis. The inhibitory processes include suppression of formation of pro-inflammatory agents (eicosanoids), inhibiting blood clotting (platelet aggregation) and increasing bleeding time.

It was demonstrated, in the largest intervention study involving thousands of patients with heart disease, that LC omega-3 intake via fish oil supplements reduced sudden cardiac death by half.[5]

There is some preliminary evidence that LC omega-3 may also be helpful for lowering the risk and/or lessening the severity of several inflammatory and autoimmune diseases such as rheumatoid arthritis, asthma, Alzheimer disease, Crohn's disease, ulcerative colitis, lupus, psoriasis and osteoporosis.[6] LC omega-3s also play a beneficial role in mood regulation and in maintaining good cognitive function as we age.[6]

How much LC omega-3s should I consume to reap health benefits?

Due to the observed positive health benefits of LC omega-3s and its association with the reduction or improvement of many chronic diseases, several

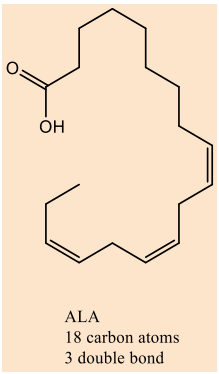
professional health organizations have recommended daily intake of LC omega 3.[1,2,7-10] The recommended level ranges from 200 mg to 1000 mg per day, with the ideal level being 500 mg per day (depending on individual needs). The recommended level can be met by regular consumption of seafood or by taking fish oil supplements. Good quality, purified LC omega-3s oils extracted from oily marine fish, in capsule form, are now readily available in most grocery stores and pharmacies. Most of the fish oils capsules currently sold in the market contain 500 mg or more LC omega-3s per g capsule. Almost all the manufacturers of fish oil capsules list the amount of EPA and DHA per capsule, which is helpful to the consumer in selecting the brand to purchase. Although fish oil capsules are a convenient source of LC omega-3s, an individual who chooses this supplement source will miss out on additional nutrients contained in seafood. Professional health organizations recommend eating at least two servings of cooked marine fish two times each week.[1,3,7-10] This amount is more than enough to meet the recommended LC omega-3 intake of 200-1000 mg per day. One serving of fish equals 75 grams or 2.5 ounces.

Sources of LC omega-3s

The best source of LC omega-3 is marine fatty fish, for example, anchovy, bluefish, capelin, herring, mackerel, mullet, sardine, salmon, and sprats[6] (Table). The processing and cooking of fish, including stir frying won't damage LC-omega-3s, however, people should avoid deep-frying fish for extended periods. Tuna, white fish (such as cod, haddock, halibut), crab, lobster and shrimp are also good sources of LC-omega-3s but contain only moderate amounts (Table).[6] Some land animal foods, such as lean red meat and eggs, also contain LC omega-3s in smaller quantities than fish and crustaceans. Another good source is of LC-omega-3 is seaweed, a popular food item in Japanese, Chinese, and Korean diets.

Plant sources of omega-3s

Land plants contain some omega-3s but these omega-3s are shorter chain varieties. The main omega-3 in plants is alpha-linolenic acid (ALA). ALA is also an essential fatty acid and beneficial to human health, but it does not provide the same health benefits as LC omega-3s[1,3]. Canola, flaxseed, walnut and soybean oils are good sources of ALA.



ALA
18 carbon atoms
3 double bond

Red blood cell "Omega-3 Index" – a biomarker for LC omega-3 intake

The content of LC omega-3s in red blood cell (RBC) membranes, expressed as a percent of RBC total fat and termed "Omega-3 Index", is a good biochemical marker for assessing the dietary intake of LC omega-3s and assessing the risk of death from coronary heart disease (CHD)[11]. An Omega-3 Index of 8% or more may minimize risk of death from CHD. People with an index of 4% or less may be at greater risk. Those with an index between

4 and 8 are at moderate risk for CHD. An Omega-3 Index of 8% can be achieved by consuming two servings of marine fish per week or by consuming 500 mg LC -omega 3s via fish oil supplements.

According to a study conducted in 2012-2013 by Health Canada and Statistics Canada, only 2.6% of adult Canadians met the Omega-3 Index level associated with low risk for CHD while 43% of adult Canadians were in the high-risk category.[12] The mean Omega-3 Index was 4.5%, indicating that LC omega-3s are far below the ideal level for maintaining a healthy heart. South Asian-Canadians, including Sri Lankan-Canadians, living in Ottawa, however, have a mean Omega-3 Index of 6.6%; this is much better than compared to the rest of the Canadian population, but 6.6% is still below the ideal value of 8%.[13] All Canadians, including Sri Lankan-Canadians need to eat more marine fish because the health benefits of regular consumption of fish are enormous.

Milligrams (mg) of LC Omega-3 Per Serving of Some Selected Seafoods (standard serving size 75 grams)

Fatty Fish		Lean & White Fish		Crustaceans	
Name	**LC omega-3 (mg)**	**Name**	**LC omega-3 (mg)**	**Name**	**LC omega-3 (mg)**
Anchovy	1050	Cod	150	Crab	225
Bluefish	900	Haddock	150	Lobster	150
Capelin	800	Halibut	300	Shrimp	150
Herring	1200	Hake	375		
Mackerel	1500	Ocean Perch	150		
Mullet	800	Pollock	375		
Sardine	900	Tuna	300		
Salmon	1780				
Sprats	1010				

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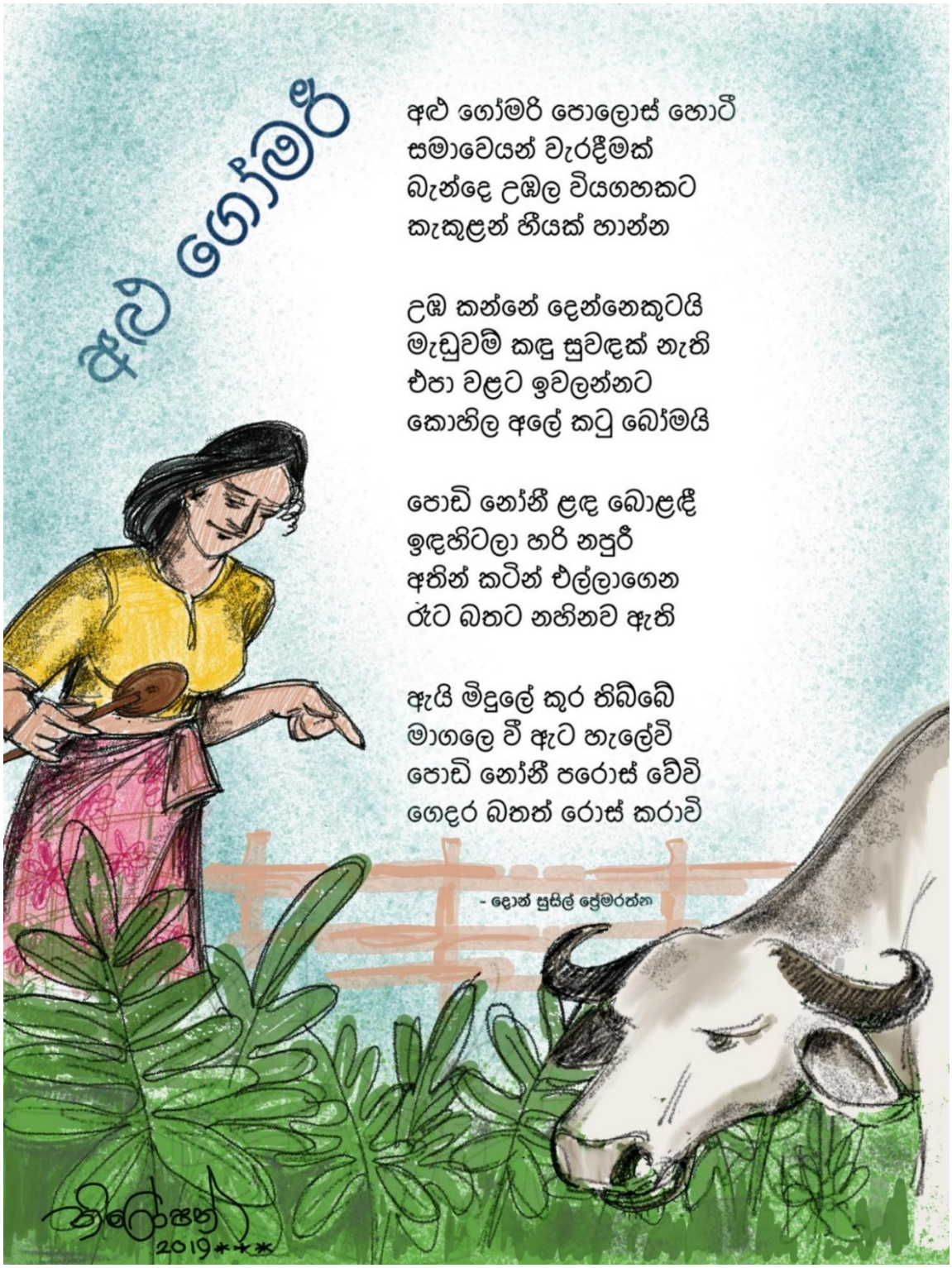
DON SUSIL PREMARATNE (ART BY NIROSHAN THANTHIRIGE)



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AUSTRALIA (16.05.2019)

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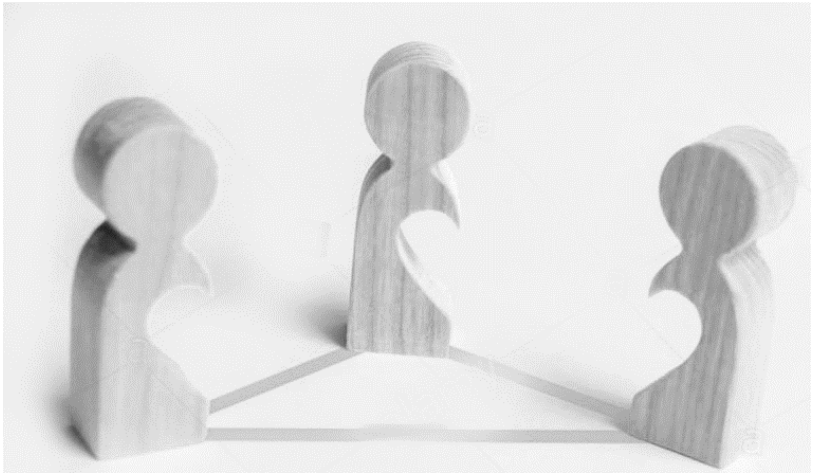

“World peace begins with inner peace.”

- Dalai Lama -

CANOLA: CANADA'S OIL

SUDARMA SAMARAJEEWA

What's in a name?

With its vibrant bright yellow flowers, a canola field is a beautiful sight. The name ``canola`` is derived from Canada and ola, meaning Canadian oil. In nature, there is no such thing as canola plant that produces canola oil. Canola is a term trademarked and licensed by the Canadian Canola Council and is the world's only '*Made in Canada'* crop. Canola is the biggest cash crop now grown in Canada and a multibillion dollar industry.

Canola is a successful Canadian plant breeding story during the 1960s and 1970s. The two scientists at the forefront of canola breeding efforts were '*Keith Downey*' of the Canada Agriculture and Agri-Food Research Station in Saskatoon, and '*Baldur Stefansson*' of University of Manitoba. The pair is known as 'Fathers of Canola'. Neither Dr. Downey nor the federal government patented any of the canola varieties they developed, and believed the more countries that grew it, the better for common good. To earn the name canola, the product must meet an internationally regulated standard, which defines its fatty acids profile and other chemical properties. In just a few decades Canola has become one of the world's most important oil crops.

History

Canola refers to a particular group of rapeseed varieties, a species of much larger mustard family that includes mustards, turnips, cauliflower, cabbage and broccoli. History suggests that rapeseed was cultivated as early as 2000 B.C in India, and was introduced into China and Japan. Rapeseed was one of the very few oil sources that could be grown in temperate extremes. This led to rapeseed being grown in Europe as early as 13th century.

In later centuries, rapeseed was used for both cooking and lighting. During the World War II, rapeseed oil was highly demanded as a lubricant for steam engines. It was discovered that rapeseed oil would cling to water and steam washed metal surfaces better than any other lubricant. Once the war ended demand for rapeseed oil sharply declined, and farmers began to look for other uses of rapeseed products.

Canola breeding

Until the 1960s Canada`s edible oil production was based on imported oilseeds. Canadian researchers quickly identified rapeseed as a potential new edible oil source. However, the main impediment of rapeseed oil was the high levels of erucic acid and eicosenoic acids, both nutritionally undesirable. A new plant variety, later known as Canola was bred from rapeseed, but having a much different nutritional profile with edible qualities.

Canola was developed using traditional plant breeding techniques. A canola hybrid is simply the result of crossbreeding of two lines of canola. It usually requires 8-10 years from the initial crosses until a variety is registered, followed by additional 3-4 years of seed multiplication for commercial production. Continued improvements in rapeseed varieties through plant breeding have allowed a maximum of 2% of erucic acid in rapeseed oil, which is now the world standard and can adopt the name 'canola'.

Canada now produces canola oil using rapeseed varieties belong to *Brassica napus*, *B. rapa* and *B. juncea.* The small yellow flowers of these Brassica varieties produce tiny round seeds in small pods. These seeds are crushed to produce oil, and the remainder is processed into meal, which can be used as a high-protein animal feed. Another promising use of canola is biodiesel. Other emerging industries include plastics, protein isolates, adhesives, and sealants.

In 1995, genetically modified canola plants were introduced in Canada commercially. Today, more than 80% of canola grown in Canada is genetically modified to make them tolerant to herbicides and reduced use of chemicals in canola fields. Remember- canola plant has been modified, not the oil, and canola oil from these herbicide tolerant plants is exactly same and healthy as from conventional plants.

Nutritional properties

Being a fat, canola oil is high in energy; 100g provides 884 calories. Canola oil has relatively high concentration of omega-3 and omega-6-fatty acids. Its high ratio of monounsaturated fatty acids to saturated fatty acids makes it one of the healthiest edible oils. It also has a high level of plant sterols, specially β-sitestorol and campesterol. It also contains anti-oxidant vitamin E, particularly gamma-tocopherol. Clinical studies have shown that canola oil has beneficiary effects on human health to lower the risk of heart disease and stroke. Canola oil's shelf life stored at room temperature is about one-year.

Economic value

Canada is the world's largest canola producer and exporter. Canola industry contributes about $25 billion to the Canadian economy each year, including more than 250,000 Canadian jobs. Canola is mainly grown in the western provinces of Alberta, Saskatchewan, and Manitoba. British Columbia, Ontario and Quebec also grow a substantial amount of the crop.

Canada exports 90% of its canola as seed, oil or meal to 50 countries around the world. The biggest buyers of Canadian canola are the United States, China, Japan and Mexico. Demand for canola continues to grow as the world learns more about its advantages for human health and as a source of high-quality feed and biofuel stock.

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PHOTOGRAPHY

DON SUSIL PREMARATNE

The word "photography" itself literally means "writing with light". Flowers are the most beautiful creations of the nature with their delicate petals, intricate shapes, graceful curves, sumptuous colors and texture. Therefore it is not easy to make a good photograph of a flower, enhancing all of the beauty. However, I tried to blend the boundaries between photography and art, with an emphasis on color and texture that often create an abstract composition.

To make a quality photograph of any object, It is important to be familiar with the equipment available, fine-tune the way you see, develop an awareness of light and color. But don't forget, the most important piece of equipment already resides inside your head. It's your intuition.

ROLE OF INTERNAL & EXTERNAL TRADE POLICIES AND AGRICULTURAL COMMODITY PRICES ON HOUSEHOLD FOOD SECURITY IN SRI LANKA

UDITH K. JAYASINGHE-MUDALIGE

An outcome of Thematic National Research Study, covering the entire nation, including more than 4000 Estate, Rural and Urban households representative to the national geography and demographics, and used Primary Panel data for 3 consecutive years and Socio-economic Secondary data and information pertaining to the production and prices of key agricultural commodities of Paddy, Big onion, Potato, Sugar and Wheat from 1970s, reveals that the "protectionist policies" concealing the local producers from international price variations may have a long-term impact on food security of the consumers/households, thus, critical political decisions are called for.

The results from multiple analyses, essentially, suggest that almost all agriculture-related trade policies were aimed at protecting domestic producers, and thus, possesses "protectionist" point of view. In fact, there is no sign of focus on "liberalization", as the successive governments maintained the protectionist policies. The level of protection, however, seems to change over time since 1970s, i.e. increasing at times and decreasing in others. Such policies seem to be established primarily to safeguard domestic producers from "volatile" international prices. Despite the fact that such a protection in place, it has been observed that there exists considerable domestic price volatility, and prices of all food products studied also showed "seasonal variability".

The 'Real Prices' of all food commodities considered in the analyses showed a "declining trend", except for the case of wheat. This raises the question whether complete liberalization is possible. This condition, i.e. decline in real prices of domestically produced foods except the solely imported food (wheat), may be due to polices protecting the domestic agriculture and maintaining adequate amount of supply. Policies in the paddy sector show that they have significantly contributed towards increasing production in the country, and hence increasing the availability of rice.

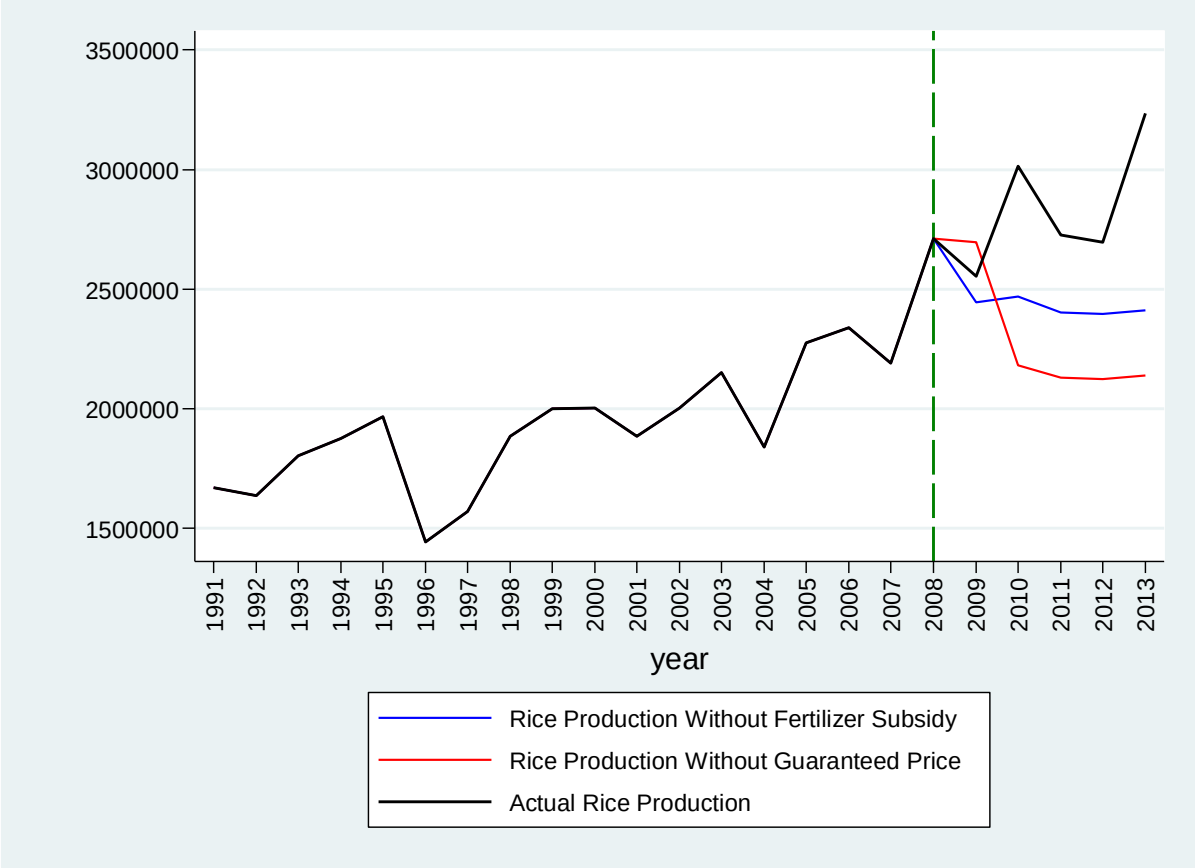
As can be shown from the figure below – one of key outputs of this particular analysis – this has been achieved at the cost of billions of rupees expensed on 'fertilizer subsidy', but more favorable outcomes are possible in the long-run, if 'output prices' are guaranteed.

The negative environment created by policy on price mechanism then affects food security, especially at the level of household, where such impacts are seen to be severe in the "Estate" sector, or in other words, "Urban" and "Rural" sectors are relatively food secure. In light of the above, we may state that, from a household food security standpoint, agricultural policies, in general, and trade policies, in particular, and those key products with rice/paddy sector on the top, should be directed at increasing domestic production and productivity coupled with imports, especially at times of low harvests.

For this to happen, establishment of a 'national system of forecasting' for both production and prices is of paramount importance. Government should invest in such knowledge generation and use that to decide on policy actions which should be reviewed periodically to avoid ad-hoc implementation. To tackle food price inflation and volatility, effective investments on buffer stocks together with provision of market information up to the consumer/household in effect may prove to be effective for this. Further, more private sector

involvement of these activities, with appropriate diversification and modifications along the value-chain, can reduce the burden on government on its expenses. These are important in particularly in the areas of technology adoption at the farm (e.g. appropriate machinery) and facilitating communication (e.g. "mobile apps"). Finally, to establish and be sustained in terms of facilitation and regulation, it is of paramount importance that other macroeconomic policies and political stability to uphold at any cost, and in particularly, keep all agriculture related decision making under one umbrella.

Figure: Rice production simulation with alternative policy scenario



The Financial Support given by the National Science Foundation of Sri Lanka under the Project Number: NSF/RG/NTRP/2012/FS/PG-04/P-01 is highly acknowledged. The authors referred to various articles published by the Central Bank of Sri Lanka and by various other public and private institutions to gather data/information

"WRITING THE ART OF COMMUNICATING THOUGHTS TO THE MIND, THROUGH THE EYE IS THE GREAT INVENTION OF THE WORLD".
- ABRAHAM LINCOLN -

PARENTS OF ALUMNI CORNER

DAWN OF SPRING

CHARLOTTE GARDIYEHEWA

Ring a ring a ring
Rabbits, hopping, hopping
Birds chirping chirping
Butterflies swarming, swarming
All smiling because of spring

Different species of birds
Cockatoos and sparrows
Picking food after a long rest
With multi-coloured wings
Oh! What a wonderful sight

The tall cyprus and maple trees
Shedding snow off their branches
Trees and plants turning green
Crotons, Anthuriums, Roses, Tulips
Dandelions swaying in the wind
Dancing with joy
Nature has turned to a paradise

Farmers are smiling
It is a time of growing
Fruits are in plenty
Mouth-watering cuisine everywhere
A period of merriment for all of us

A period of construction
Surveyors and architects
And those engaged in landscape
Temples, Kovils, Churches and Monasteries
Praying, chanting and singing
Ready to accept any weather condition
Let us pray, flooding to recede
And have a time of peace for all
Irrespective of caste creed or religion

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විසි වසරකට පෙර මා ඇති දැඩි කළ මිනිබිරිය
මා ළඟින් වෙන්වූ හැටි මගේ යටි සිතේ තවමත් රැඳේ
නව මසක් වයසැති බබා මා ළඟ තබා
අම්මා ඇමෙරිකාවට ගිය සැටියා
අම්මා ගුරුවරියක් වූ හෙයින් ඇයහට යාමට සිදුවූවා
උපන්දා සිට පුරා දෙවසරක් නිවසේ මගේ තුරුලේ හැදී වැඩී
සුරතල් වදනින් හා ක්‍රියාවන් මගේ සිත ප්‍රබෝධවත් කල
මගේ එකම මිනිබිරිය නෙත්මි තාරුකී

පළවෙනි උපන් දිනයත් සමරුවේ අත්තම්මා සමගින්ය
කල් පැමිණියෙන් පාසල් දිවි අරඹන්න
සුදුසුම නිසා මව හා එක්වී යන්න
මා අරගෙන ගියා ඇය ඇමෙරිකාවට
වසරක් පමණ මා එහි සිට ලංකාවට ඒමට වූවා
හදපිරි සොවින් මා ඇය තබා ආවට
මගේ නෙත් කඳුලෙන් පිරී බැරිවුනාය දුක වාවන්නට
එනමුදු මා දැන් තුටුවෙමි ඇයගේ දියුණුවට
ඇය දැන් ඇමරිකාවේ හොඳ සරසවියක සිසුවියක්ය
සිහිවන හැමවිටම ඇය හට ආසිරි පතමි හොඳ
පුරවැසියෙකු වන්නමේ අන්තිම පිටුව සුන්දර කතා
පොතේ
බුදු සරණයි ඔබට දියණිය මින් මතු අනාගතේ

"EVERY CHILD IS AN ARTIST, THE PROBLEM IS STAYING AN ARTIST WHEN YOU GROW UP"

- Pablo Picasso -

අහස් නැවක්

කුසුමා විද්‍යාරත්න

අන්න අන්න අහස් නැවක්
එහි යන්නේ දෙවියන්දෝ?
පුංචි සිතට සතුට දැනී
උඩ පැන්නා මට මතකයි

එදා තමයි මට සිතුනේ
කවදා හෝ උඩින් යන්න
ලැබුනොත් වාරයක් මටත්
යනවාමයි අහස් නැවෙන්

කෙමෙන් කෙමෙන් කාලෙ ගියා
දරු පැටවුන් මට ලැබුණා
උන් වෙනුවෙන් ජීවිතයම
කැප කෙරුවා සැදැහැ සිතින්

ඉගෙනීමේ හිනි පෙත්තට
වරම් ලැබුණි පොඩිත්තන්ට
උන් ආවා කැනඩාවට
ආයුබෝවන් කියා මෙමට

කවදා හෝ මගේ පැතුම
ඉටු වෙන්නට කාලේ ඇවිත්
ගුවනින් යන්නට වරමක්
ලැබුණා මා පැතූ ලෙසින්

මගේ පැතුම ඉටු වූවා
සතුටින් මා ඉපිල ගියා
උඩින් යන්න වරම් ලැබූ
සැනෙකින් මා මෙහි ආවා

අහස උසට නැගි මේ ගෙයි උඩු මහලේ
වේයකු වගේ සිටිනා තුබසක් ඇතුලේ
සිරෙවී සිටින විට හැඟුනා හද පතුලේ
වට පිට බලන්නට සිදුරෙන් දොර කවුලේ

දහස් ගනන් රෝද හතර දුටුවා එහෙ මෙහෙ යනවා
කුමක් නිසා කොහි යනවද මොනවට යනවද මේවා?
තවත් ටිකක් එබිකන් කර වට පිට හොඳටම බැලුවා
කඩිමුඩියේ කුඹි වගේ මිනිසුන් යනවා දුටුවා

සීතලයෙන් ගැහි ගැහී
සිටිනා මිනිසුන් මෙහී
රට වෙනුවෙන් වෙහෙසිලා
දුටිමි හෙලන ඩා බිංදු

සුදු කළු බේදයක් නැතුව
සිටිති එකට එක් වෙලා
එක මවකගේ දරුවෝ වගේ
සැවොම රටට කැප වෙලා

නීතිය අකුරට පිළිපැද
සතුටින් සාමෙන් ඉන්නා
මිනිසුන් දැක මගේ සිතට
දැනුනේ මහ තොන්තුවක්

ලක් මවගෙ නාමයෙන්
අපිත් රොක් වෙමු එකට
ජාති කුල බේද හැර
නැගිටයමු එකා මෙන්

අපේ දරු පරපුරට
මිය යන්න මේ පොලව
සාමයේ සුදු කොඩිය
ඔසවමු දැන් බැද

අළුවා සාදන ආකාරය

දයන්ති ලියනරත්න

අවශ්‍ය ද්‍රව්‍ය

හාල් පිටි කිලෝ 1
රතු සීනි කිලෝ 1.5
(හෝ කිතුල් පැණි බෝතලයක්)
එනසාල් ඇට 10
වැනිලා තේ හැන්දක්
අළුවා කැපීමට ලෑල්ලක්

මෙලෙස අළුවා කැලි 60-70 පමණ කපා ගත හැකිය

සාදන ක්‍රමය

පළමුවෙන්ම සීනි හෝ පැණි ලිපේ තබා උණුකරගන්න. ඉන්පසුව හාල්පිටි රන්වන් පාට වනතෙක් බැදගන්න. පැණි රත්කරන විට නූල් ඇදෙනතෙක් රත්කිරීමෙන් වලකින්න. එසේ වුවහොත් පැණි, පිටි සමග මිශ්‍රවී දැඩි බවට පත්වීමට ඉඩ තිබේ. පැණි සාමාන්‍ය පදමට රත්කිරීම ඉතාමත් යෝග්‍යවේ. පැණි රත්කර ගැනීමෙන් පසුව ඇඟිල්ලෙන් ඇල්විය හැකි තරමට තිවෙන්නට ඉඩ හරින්න. ඊට පසුව උණු කරගත් පැණි වලින් සුළු ප්‍රමාණයක් අයින් කරන්න. දැන් කැපීමට ගන්නා ලෑල්ල මතට පිටි ටිකක් දමා තුනී කරගත යුතුය. පැණි නිබෙන භාජනයට පිටි, එනසාල් සහ වැනිලා දමා මිශ්‍ර කරන්න. මෙම මිශ්‍රණය ලෑල්ල මත දමා එක මට්ටමකට තුනිකර කැලි වලට කපා ගන්න. අළුවා කපා ගැනීමෙන් පසුව බැදපු පිටි ටිකක් ඒමනට දමා තුනිකර නැවතත් කපාගන්න.

FUN HEALTHY FOOD FACTS

Broccoli contains twice the vitamin C of an orange

Avocado has highest protein content of all fruit

Honey is the only edible food that never goes bad

Ginger can reduce exercise-induced muscle pain by 25%

Lemons contain more sugar than strawberries

Eggplants are fruits and classified as berries

Reference: https://play.rileychildrens.org/kids-club/article/fun-healthy-food-facts

ALMA MATER NEWS

INAUGURATION OF THE NEW BUILDING FOR THE DEPARTMENT OF STATISTIC & COMPUTER SCIENCE:

Ceremonial opening of the New building of the Department of Statistic & Computer Science, Faculty of Science was held on 10th June 2019. Professor Upul B. Dissanayake, Vice-Chancellor of the University was the chief guest of this ceremony. Professor S.H.P.P. Karunaratne, Deputy Vice-Chancellor; Professor Saluka R. Kodituwakku, Dean, Faculty of Science; Dr. Ruwan D. Navarathna, Head of the Department, Academic and Non-Academic Staff Members, and students also participated in this event. The new building has lecture theaters, laboratories, and staff rooms etc. for teaching, training and research activities

Link: https://sci.pdn.ac.lk/news/?ty=newss

FACULTY OF AGRICULTURE OFFERED STUDY ABROAD PROGRAMME TO THE MICHIGAN STATE UNIVERSITY:

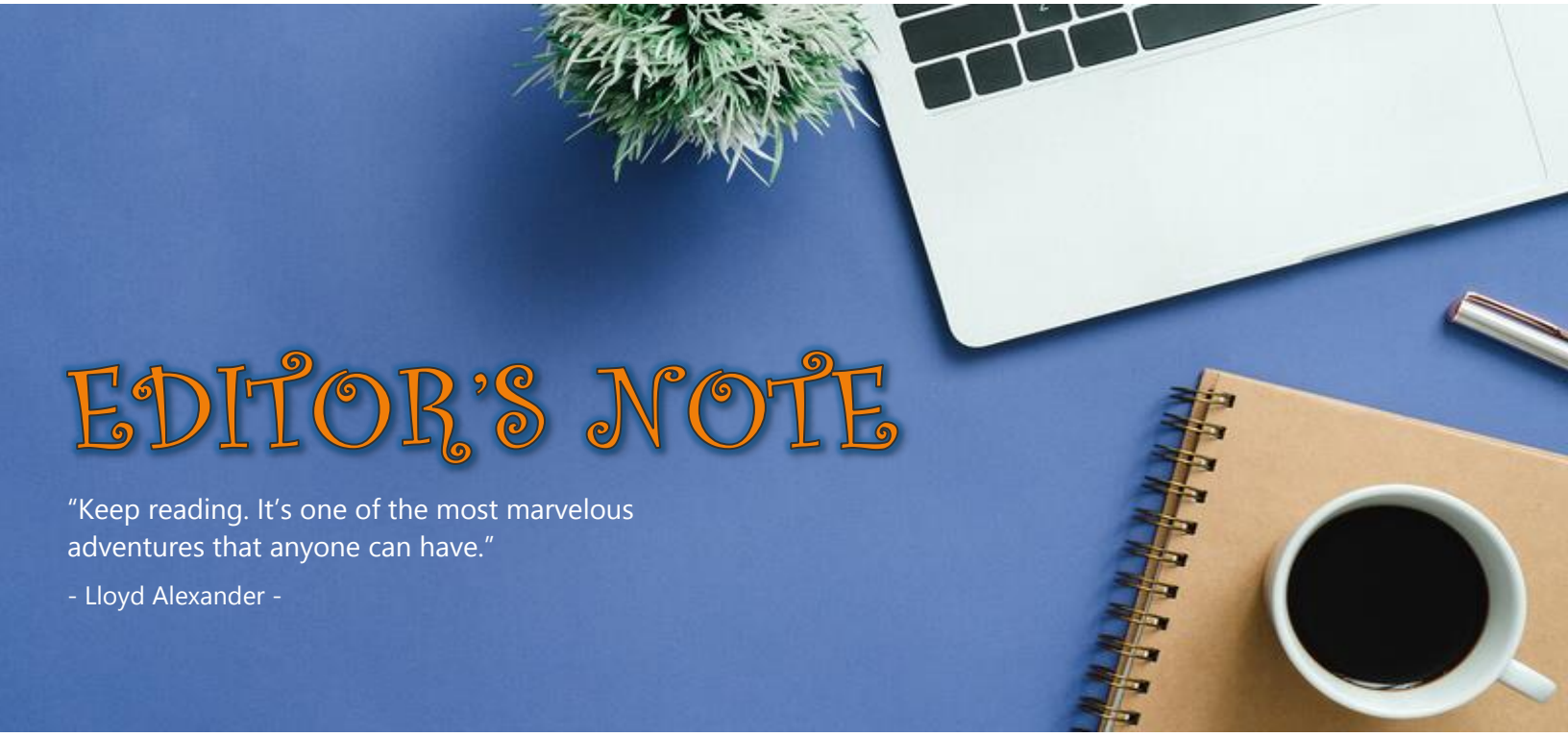
Faculty of Agriculture has student exchange programs with over 40 universities in the world to expand overseas training and knowledge for students.

Link: http://agri.pdn.ac.lk/

CHATHURANGI EDDUSSURIYA TOPS THE WORLD AND BRINGS FAME TO UNIVERSITY OF PERADENIYA WITH A MASSIVE INVESTMENT PRIZE:

Chathurangi Edussuriya, a third year Computer Engineering undergraduate of University of Peradeniya has won the Construction Industry Solution Limited (COINS) Grand Challenge in undergraduate category which was held in Manchester on the 12th of June 2019.

Link: https://www.pdn.ac.lk/news/11072019b/



EDITOR'S NOTE

"Keep reading. It's one of the most marvelous adventures that anyone can have."

- Lloyd Alexander -

It is a great pleasure to publish the 2019 July version of the AAUPOC Newsletter, Hanthana Pavura, with the support of many individuals.

First, I would like to convey my sincere gratitude to all the contributors who helped to enrich this version of the Newsletter with their creations in a variety of disciplines.

I cannot express enough my appreciation for the valuable support given by Deepani Waidyaratne for the electronic illustration and the visual elegance of this version of the Newsletter.

My heartfelt gratitude is also extended to all the past editors of the AAUPOC Newsletter; Kumudini Nicholas, Jaya Weerasinghe and Manoj de Silva for their past contributions, valued support and constructive ideas to make this version a success.

Special thanks should go to the current executive committee and the members of the AAUPOC for their continuous support and the encouragements toward the 2019 July version of the Newsletter.

I hope you enjoy this issue of the AAUPOC Newsletter and I invite you to contribute to the future editions with your creations. We would appreciate your comments and suggestions to improve our future newsletter editions and please send us your feedback at aaupoc@yahoo.ca.

Dayani Mohottalage