

SLCAO UPCOMING EVENTS

- Leather ball Cricket Match - June 13
Barrhaven Cricket grounds
- Annual Sports Meet - July 11, Vincent Massey
Park
- Tri-City Tournament - August 08, McCarthy
grounds

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Information, views or opinions expressed in the SLCAO newsletter originates from many different sources and contributors throughout the general community. Please note that content does not necessarily represent or reflect the views and opinions of SLCAO or the editor. Any feedback or contributions are most welcome.
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The newsletter of Sri Lanka Canada Association of Ottawa (SLCAO)

VOLUME 3, ISSUE 4

APRIL 2015

Ottawa SL community gathers to celebrate the Sinhala-Tamil New year 2015

On the eve of Saturday the 25th of April, the Ottawa Sri Lankan community gathered at the St. Elias



SLCAO President Naradha Kodithuwakku addressing the gathering

Center Banquet and Conference facility to celebrate the Sinhala-Tamil New year organized by the SLCAO. Over 350 people attended this ceremony.

As usual, the focus of these celebrations were to showcase the entertainments from community kids, renew and extend friendship among SLCAO members and friends, and broadcast the communi-

ty image.

On their arrival at the banquet facility, the guests were treated to a Sri Lankan style tea party comprising various traditional sweetmeats like *Kevun*, *kokis*, *kiribath*.

After the formal lamp lighting ceremony, the invitees and the guests were welcome by the **SLCAO president Mr. Naradha Kodithuwakku**. After brief new year related religious briefings by Buddhist, Hindu and Catholic dignitaries, the entertainments by the member children began.

As usual, kids put out a wonderful concert of dances



Religious dignitaries and invitees lighting the oil lamp to mark the start of the ceremony

and acts which they have been practicing over the last 2-3 months painstakingly.

After the kids events, the guests were treated to a sumptuous Sri Lankan Style buffet dinner.

After the dinner, guests were treated to a brief musical show orchestrated by SLCAO kids.

The traditional bailsa dancing session to the beats of DJ music continued till wee hours in the morning after which everyone finally said good bye to **another excellent New Year celebration!**



SLCAO kids singing the National anthems (Trainers: Nimal de Silva, Nayana de Silva and Ruwan Warnapura)

Please visit www.slcaottawa.com for more information on Sri Lanka Canada Association of Ottawa

How To Make People Like You

Everyone wants to be liked, even the people who swear they don't care. Yet many people go through life, or at least part of their lives, feeling as if people do not like them. This article aims to begin the discussion about what you can do to feel and be more liked.

The first step of getting people to like you is simple. All you have to do is be interested in them. Talk to people about themselves. Lead the conversation, making sure that it stays about them and they believe that they're the one in charge. Find out what they're interested in and seek to learn more.

People want to be happy more than sad, so positive things are happier to talk about than negative things. Talking about negative things or complaining too much can put the person you're talking to in an uncomfortable position and sometimes leads the conversation astray. Instead, focus on sharing the happy or positive aspects of your life for other people to enjoy or relate to. Even if people know next to nothing about what you love doing, they'll be happy if you're happy explaining it. That happiness is infectious. Look at yourself and find the humor in your life. It's okay to make fun of yourself if everyone knows that you're not taking yourself seriously. Develop your own sense of humor. Figure out what kind of humor you're good at so that you can call it your own.

Your body language is like another screaming signal that others will pick up on without ever really noticing. A lot of our body language happens without us even knowing about it subconsciously. Training your body to recognize the body language it gives off is an important part of being likable. Don't forget eye contact whenever you talk to anyone. The eyes are an incredibly potent part of our body. Making eye contact with someone tells them that you're engaged in what they have to say and interested in them. If your eyes are constantly darting around or looking down at the ground, that says that you're distracted or not confident. Smile, It's as simple as that. Separate studies found that people who smiled were seen to be more trustworthy, and that people who smiled more outlived people who smiled less. Smile from your eyes, as if you're truly happy to be meeting someone or speaking to someone. Look alert. Make sure you

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Sinhala Language
Teaching is now offered by the
Ottawa Carlton District School Board.

Classes run from **September to June** on
Saturday mornings from 9.30am to 12 noon at the
Farley Mowat Public School
75 Waterbridge Dr, Nepean, ON

Language classes are available, free-of-charge to Ontario resident children of elementary school age (Junior Kindergarten to Grade 8), regardless of their heritage. Only a non-refundable materials and consumables fee of \$10.00 will accompany each registration.

For more information, please call:
613-239-2703, Upeksha at 613-424-5417
OR visit:
www.InternationalLanguagesinOttawa.com

Please spread the word
to your friends and family in the community and
encourage them to register their children
in the language class!!

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do not look like you are wrapped up in yourself, or distracted by some other thing. When meeting a new person it is vital to communicate that you are interested in them. Crossing your arms at your chest tells other people that you're bored and don't want to be talked to.

Tapping your feet repeatedly means that you're in a hurry. Clenching a fist means that you're nervous or angry. Be energetic and enthusiastic. Let your voice, your body, and your confidence show that. Give a lively and pleasant tone to your voice. Moderate the pitch in your voice so that it has a lot of en-

ergy and emotion. Try not to stammer or say too many "Ahs" or "Ums". It's a sign of nervousness. If you find yourself stammering a lot, slow your speech down. Rehearse the gist of what you're going to say in your head before you say it.

The golden rule of making people like you is to just be yourself. You can modify things about you, but you can't change your personality. You are who you are. And that's great, because that person is special in ways that no other person is, and so are you.

An article by: **Kasuni De Silva**



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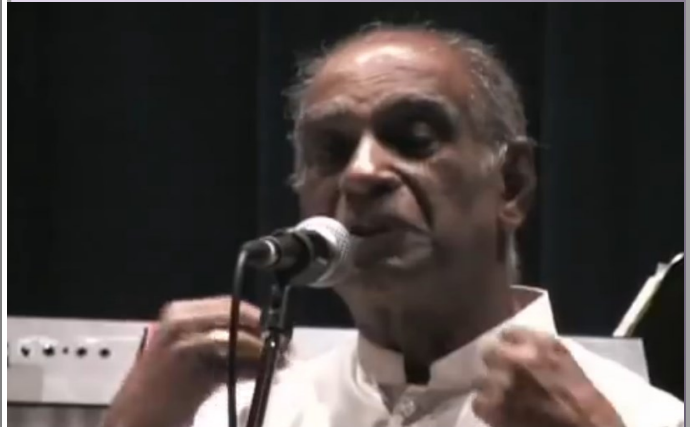
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මම කියන එක විශ්වාස නැතිනම් මේ වෙබ් අඩවියට ගිහිල්ල බලන්න අපේ විශාරද තුමා හිනාවෙව් මේ ගැන කියන හැටි:

<https://www.youtube.com/watch?v=BCEufZtmJ3M>



Whenever a new, tasteful Sinhala song emerges, it is customary that youth start creating their own versions of the lyrics. While some look down upon this youthful behavior, I tend to think that it is a way they enjoy the song. At least some of the artists acknowledge this behavior from their youthful fans. The comments made by maestro Amaradeva on different variations made on one of his popular songs appear to reinforce my thinking.
- KeeWee Vivaadamaawatha

Starfrit Rock - a nice accessory for Sri Lankan cooking

Few months ago, while walking around the isles of Wal-Mart store on Baseline road, I came across a deal on frying fans. A set of two

non-stick frying pans, one large and one medium for just \$25 + tax. The brand is called the "Rock" by Starfrit. The label read to have various good stuff like "life-time" warranty, never warps, nothing sticks, dishwasher safety etc etc. Although I was not sure of the brand, I bought it as the price was right.



I was pleasantly surprised when I tried it. As they claimed, its heating was even and quick. Most pleasing for me was that it looked genuinely non-stick unlike most of the so-called non-stick pans. It was easy to clean. I have not tried the dishwasher as I don't have one (ha! ha!)

Anyway, as most of the Sri Lankan style cooking involves deep frying (karawal baedum, seeni sambol, ala thel dhaala etc.), this could be very useful utensil in your kitchen. Try you neighborhood Wal-Mart, RONA or Canadian Tire.



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