

SLCAO UPCOMING EVENTS

- Sinhala-Tamil New Year, April 25th

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The newsletter of Sri Lanka Canada Association of Ottawa (SLCAO)

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Cold streaks and frost bites: facts, prevention and treatments

I would say that this winter rates among the coldest ones in recent years. I nearly got a frost bite just trying to unlock my front door on a -30 C wind chill day. I came to know that one of the prominent SLCAO EC member got his ears frost bitten while waiting for the bus. Although it looks like the worst of the cold days are gone, knowing the Canadian winters, we cannot rule out the possibility of another cold streak or two, completely. It may be worth while to know about facts on frost bites, prevention and treatments, just in case. It may help you family, friends or neighbors.

There are lots of information on these topics in web sources. I would like to summarize what I read in www.wikihow.com.

How does frostbites happen: Frostbite happens when body tissue freezes during exposure to cold temperatures and wind. Fingers, toes, ears and the nose are most commonly affected by frostbite, since they're harder to keep warm in the cold. Since frostbite can cause permanent damage to skin tissue, it's important to watch the weather, dress appropriately and seek immediate attention if you suspect frostbite has occurred.

Prevention: some of the thing you can do to prevent getting frostbites are:

- being aware of the outside temperature and wind before you go out;

- Make sure you have sufficient clothing to face any drops in temperature;
- Wear layers. Layers help to keep the body temperature better;
- Examine and cover any gaps in your clothing;
- Take extra care to protect head, hands and feet;
- Wear appropriate head wear, hand wear, foot wear and socks;
- Know when to go inside, if you have to stay out;
- Make sure children go inside at regular intervals. Most little kids may not be aware of the warning signs;
- Seek shelter if you encounter serious storm or extreme cold

Dealing with possible frostbites:

- go to a warm place immediately. Take off any wet cloths and change in to dry warmer cloths. Have a hot beverage;
- Immerse the affected area in warm (**not hot!**) water;
- Handle the affected area very gently;
- Call for medical assistance or see a doctor.

Satahan wishes you a healthy, worry free rest of the winter and speedy approach to a nicer spring!

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SAVE THE DATE - Saturday, April 25, 2015
Sinhala Tamil New Year Celebrations @ St. Elias Banquet and Conference Centre, Ottawa

Relinking the diaspora with their homeland is a win-win for all

Every year in January, India lays out the red carpet to members of the Indian diaspora and hosts them to a week-long junket.

The Indian diaspora, smartly referred to as Non-Resident Indians (NRI), travel from the four corners of the globe to participate in networking sessions, information sessions on India's economic prosperity and to rekindle old memories of the homeland they left behind.

The Pravasi Bharatiya Divas (PBD) is designed to connect India with its vast diaspora and to explore ways of tapping into the diaspora's extensive knowledge, expertise and skills for mutually beneficial purposes.

Many of those who attend PBD would return to India later on; to invest in upstarts, to takeover high level jobs at some of the Indian conglomerates, on buying and selling missions for companies in the countries of their domicile, to participate in trade and cultural exchanges. Some would return to buy homes and live close to their relatives at least for the foreseeable future.

This is just one scenario of the "re-linking" of expatriates with their homelands; a scenario that is exceedingly being played out in a world that has recognized the potential of tapping into the vast resource that is the diaspora.

Diasporas have been part of the world for centuries. From biblical times, individuals as well as groups of people large and small have left the countries of their birth, seeking new lives in distant lands. Some were motivated by adventure, many fled persecution and others in search of greener pastures.

Tough challenges earlier

Historically, those who immigrated to distant lands would never really return to their homelands. Those days new immigrants faced the tough challenges of housing, feeding and educating their kith and kin.

For many, overcoming culture shock in itself was an uphill battle, and the call for assimilation was real and daunting. The distance between the new and old countries seemed to appear even farther at a time when communications and overseas travel were costly and considered luxuries.

A century ago, an immigrant would wave goodbye to this family and friends and tearfully undertake an arduous one-way journey to a distant and unfamiliar land. They would never again see these loved ones.

Many years later, those of more recent generations would remember the "airmail" letters that arrived months apart from each other, bringing news of who married who, of new births and deaths and the occasional newspaper clipping showcasing a major political development or a natural catastrophe back home.

Naturally, immigrants of previous generations would soon lose any semblance of empathy, along with connections to the land of their birth and to those who remained. They would be replaced by new ideologies, new friends and even new taste buds. Hence, the notion that those who had the courage (and the financial capability) to leave one's shores would never return and therefore would be a loss to the homeland.



But that was then and this is now.

Fundamental Break

Today, an immigrant lands at Toronto's Pearson International and immediately sends a text to his mother announcing his safe arrival and complaining about the inflight food. Before long, he is part of a thriving multicultural society, drinking Canadian beer while discussing Sri Lankan politics.

Thanks to Facebook, Viber, Skype, Instagram, Flickr and a host of social networking and online news sites, today's immigrants are connected to their homelands than ever before. I am amazed to witness people who left Sri Lanka 40 years ago rejoicing at the news of recent political changes back in their homeland. Not too long ago, the name "Bodu Bala Sena" riled up more negative emotions here than the bitter cold Canadian winter.

As the world becomes more and more networked, diasporas are now connected dynamically to the countries of their origin. This is a fundamental break from the way past immigrants were viewed. Add to that the relatively inexpensive airfare of today and what you have are immigrants who have excellent access to their home countries. Knowledge of what would have been distant lands with fading memories is now vibrant, continuously refreshed, debated and analysed.

Pluralistic societies

Pluralistic societies of the Western world not only tolerate such attachments and allegiances to the old world, but welcome the diversity it creates. What would modern Canada be, for instance, without her Chinatowns, curry houses, noodle shops, shawarma shops and even hopper huts?

Turning away from the early American immigration philosophy of the "melting pot," today's multicultural nations expect immigrants to retain their cultural identity and exist within distinct cultural communities while becoming part and parcel of their adopted countries.

And today's immigrants have risen to the challenge, by and large, becoming illustrious citizens of the countries of their domicile while also maintaining strong cultural, social and economic links with the countries they left behind.

This seem to be turning tables on the concept of immigrants being classified as "expatriots" or those who left, never to return. In fact, today's immigrants never really leave. They can successfully belong to two countries. Hence the contemporary validity of India's acceptance of her expatriates as "Non-Resident Indians."

In a nutshell, diasporas matter today. Diasporas are viewed as a beneficial force for source countries as well as host countries.

Reversing brain drain

Former US Secretary of State Hillary Clinton drilled this point home in a 2012 speech to the Global Diaspora Forum in Washington, DC, when she said: "By tapping into the experiences, the energy, the expertise of diaspora communities, we can reverse the so-called 'brain drain' that slows progress in so many countries around the world, and instead offer the benefits of the 'brain gain'".

Just think. What better way is there for countries and multinational corporations to build connections across borders than to do it through the diaspora. They are clued in to developments in their old homelands, extremely well informed of prevailing political and social dynamics, have personal contacts at ground zero and know their way around. Their knowledge of the local language, culture and business customs, coupled with their exposure to western ethics and accountability requirements, make them potent influencers. These are valuable business traits that an American corporate executive on a three-day fact-finding visit would give an arm and a leg to have.

(...continues on Page 3)

The Panamure Elephant Kraal Panamure Eth Raja (Panamure King Elephant)

Panamure Kraal (an enclosure for the elephants).
The Kraal is a triangular funnel shaped structure made of timber with a wide entrance ending in a



narrow passage. Two enclosures that can accommodate captured elephants and are built using timber. Once inside, the captured elephants were tamed and trained for many purposes like carrying heavy loads, to participate in cultural pageants. The last Elephant Kraal in Sri Lanka was carried out at this camp in 1950 at Panamure, in the Ratnapura District. This land was part of a of the 99,000 acre virgin forest belonging to Francis Molamure and was built around a natural water spring called “Diya Bubula”.

A magnificent young elephant, who fought defiantly inside the Kraal protecting the rest of the 16 elephants including two females in their fertile periods. This elephant was eventually noosed twice with strong ropes. But both times he managed to break free with his strength. He broke free of a wire noose on the 3rd attempt making him even more violent. None of the tame elephants dared to go close to this elephant and finally it was decided to shoot this majestic elephant. A single rifle shot by a hunter between the eyes brought the elephant down. This single death triggered a chain reaction so powerful that it ensured the survival of all the elephants of Sri Lanka thereafter.

Even till this day the kraal carries a significant place in the Sri Lankan History. The public outcry of this killing was so huge that the government

(Relinking the diaspora... continued from Page 2)

In Canada, the diaspora is widely credited as a link that brings Canada to the world and the world to Canada. With a population comprising of over 100 different ethnicities, Canada has realised the benefits of engaging some of their knowledge and expertise to enhance cross-border trade and also uses their insights to fine-tune her foreign policy.

In addition to facilitating global reach and commercial opportunity, the diaspora is also exposed to and well-versed in good governance practices and Western business ethics and are likely to be a strong supportive voice for civil society organisations and change agents working in countries with corrupt regimes.

Relook policy

Sri Lanka should take another look at its policy of engaging her large diaspora. Perhaps a new policy of re-linking with this population is in order; one that does not necessarily call for them to return, but a policy that envisions the building of bridges between the new countries of their domicile and the old countries of their youth.

Through such bridges, Sri Lanka would witness the exchange of knowledge, trade, democratic dialogue and a host of other ideas that will enrich both the old and the new world.



The writer Mohan Samarasinghe is a former journalist in mainstream Media who now lives in Ottawa and is a long-standing member of the SLCAO. This article of Mohan's was published in the February 9th issue of the Sri Lanka Financial Times. Use the following link to reach the original article:

<http://www.ft.lk/2015/02/09/immigrants-in-a-networked-world-relinking-the-diaspora-with-their-homeland-is-a-win-win-for-all/>

passed a law banning Elephant Kraals, capture and killing of elephants, forever changing the fate of all Sri Lankan Elephants.

This elephant was iconized as “Panamure Eth Raja” and became a part of Sri Lankan popular history. This proves that animals are just like us humans there are even some that would risk their lives for others. They care about their existence, and their trend. Panamure is but a memory now. Gone are the elephants that roamed free in these jungles and the jungle itself.

Fact: There was a song named “Panamure” created in honor for this Elephant, which was written by sugathipala Malalasekara.

Link To Song:

https://www.youtube.com/watch?v=8UIb_mN7-aQ

An article by: **Kasuni De Silva**

‘සිනහව අතරින්’ කතාවට සනත් ගුණතිලක සාධාරණය ඉටුකළා

ප්‍රවීණ රංගධර සනත් ගුණතිලක සිනමාවට හඳුන්වා දුන් නිෂ්පාදකවරයා ලෙසින් ඔහු හැඳින්වූවාට වරදක් නැත. විජය ධර්ම ශ්‍රී අධ්‍යක්ෂණය කළ ‘සිටු කුමරියෝ’ චිත්‍රපටය නිෂ්පාදනය කරමින් ඔහු සනත් සිනමාවට හඳුන්වා දුන්නේය. කලක් සංගීත නිෂ්පාදකවරයකු ලෙසින් ද නමක් දිනාගත් ඔහු වමීන්ද පෙරේරා ය. දැනට කැනඩාවේ පදිංචිව සිටින වමීන්ද වරින්වර ලංකාවට පැමිණෙන අතර කලාව කෙරෙහි ඔහුගේ වන කැමැත්ත තවමත් අඩු නැතිවම පවතී.

මෙවර ඔහුගේ පැමිණීම සුවිශේෂ වූයේ ඔහුගේ කතා සංකල්පයක් අනුව නිර්මාණය වූ ඉදිරියේ දී තිරගත වීමට නියමිත චිත්‍රපටයක් නිසාවෙනි. එය සනත් ගුණතිලකගේ ‘සිනහව අතරින්’ ය. නුදුරු දිනක ප්‍රේක්ෂක ඔබ සැමට නැරඹිය හැකි ‘සිනහව අතරින්’ චිත්‍රපටය පිළිබඳ වමීන්ද පෙරේරා සමඟ කළ කතාබහකි මේ.

‘සිනහව අතරින්’ චිත්‍රපටය ඔබේ කතාවක්

‘සිටු කුමරියෝ’ චිත්‍රපටයෙන් මම තමයි සනත් ගුණතිලක සිනමාවට හඳුන්වා දුන්නේ. ඊට පස්සේ මම කැනඩාවට යනවා. එහෙදී තමයි මේ කතාව මම ලියන්නේ. මේක මගේ පෞද්ගලික අත්දැකීමක්. සත්‍ය සිදුවීමක්.

මේක වරින් තුනක් මූලික කොටගෙන ඒ වටා දිවෙන්නක්. ප්‍රධාන වරින් තුන අතර කැතේඩියානු වරින්තයකුත් ඉන්නවා. ඒ නිසා මම හිතුවේ මේ කතාව කැනඩාවේදී රූගත කරන්න. ඒත් ඒක කරන්න බැරිවුණා. පස්සේ සුනිල් ටී. ඒක ලංකාවේ කරන්න කැමැති වුණා.



මෙරට රූගත කිරීමේදීදී තේමාවට හානි නොවන පරිද්දෙන් යම් යම් දේවල්වල වෙනස්කම් කරන්න සනත්ටත් මටත් සිදුවුණා. විශේෂයෙන්ම මේ ෆිල්ම් එකේ ප්‍රධාන වරින් තුන අතර සිටින ශ්‍රී ලාංකික වරින්තය දේශීය සංස්කෘතියට අනුව හැඩ ගැසුණු, දේශීයත්වයට ප්‍රිය කරන ආධ්‍යාත්මික වරින්තයක්.

සනත් ගුණතිලක ඔබගේ කතා සංකල්පයට සාධාරණයක් ඉෂ්ට කරලා තියෙනවා ද?

අනිවාර්යයෙන්ම. මම මේක ලියන කාලේ සනත්ට කතාව කියන කොට හරිම කැමැත්තක් දැක්වුවා. සනත් ඉතින් ස්ක්‍රිප්ට් එක ලියනවා. ටීක කාලයක් නතර කරනවා. මේකට අවුරුදු 15 විතර යනවා. මම හිතන්නේ ෆිල්ම් එක ඩිවොලොප් වෙන්නත් ඒක බලපාන්න ඇති. මොකද ‘විරාගය’ චිත්‍රපටයත් සෑදුණේ මාර්ටින් වික්‍රමසිංහයන් කාලයකට ඉහතදී රචනා කළ නවකතාවක් ආශ්‍රයෙන්. මං හිතන්නේ මූල ඉදන්ම මේ කතා සංකල්පයට සනත් ගුණතිලක තුළ තිබුණු කැමැත්ත නිසාම ඔහු අතින් මේ කතාවට උපරිම සාධාරණය ඉෂ්ට වුණා.

මෙහි අධ්‍යක්ෂණ කාර්යය පිළිබඳ ඔබේ අදහස?

මේ කතාවේ තිර පිටපතට අනුව එහි ලොකේෂන් විතරයි වෙනස් වෙන්නේ. කතාව, දෙබස්, නළු නිළියෝ වෙනස් වෙන්නේ නෑ. කතා සංකල්පය කෙරෙහි අධ්‍යක්ෂවරයා තුළ මූල පටන්ම තිබූ

කැමැත්ත මතම මෙහි අධ්‍යක්ෂණය ඉතාමත් සාර්ථකයි කියලයි මට හිතෙන්නේ.

කැමරාව, සංස්කරණය වැනි වෙනත් අංශ ගැන මොනව ද කියන්න පුළුවන්?

ඇත්තටම ඒක වචනයෙන් විස්තර කරන්න බෑ. ෆිල්ම් එක බැලූවහම තමයි ඒක තේරෙන්නේ. පැය 2 ක් පුරාවට ප්‍රේක්ෂකයාට ඉතා හොඳින් සිනමාත්මකව රස විඳින්න පුළුවන් ආකාරයට එක දිගට කතාව ගලාගෙන යනවා. චිත්‍රපටියක් කියන්නේ දෙබස් විතරක් නොවෙයි. සියල්ලේම දායකත්වය මත තමයි චිත්‍රපටියක සාර්ථකත්වය පවතින්නේ. මේ චිත්‍රපටියේ කැමරා වලන හා ශබ්ද පාලනය කරලා තියන ආකාරය ඉතාම විශිෂ්ටයි.

චිත්‍රපටයේ රහපෑම් කෙබඳු ආකාරයේ ද?

කතාව තුළ අන්තර්ගත වෙලා තිබෙන සංකල්පය නළු නිළියන්ගේ කැප කිරීම මත සිනමාත්මක අතින් විශිෂ්ට නිර්මාණයක් කරලා තියෙන බව කියන්නට පුළුවන්. විශේෂයෙන්ම මෙහි දර්ශන දෙස බැලූවාම මේ තරම් අපූරුවට ඔවුන් රහපෑවා දැයි කියා හිතාගන්නත් බැරි තරම්. මං හිතන්නේ අධ්‍යක්ෂවරයා සතු කුසලතාව ඊට විශාල රුකුලක් වෙන්නට ඇති.

විශේෂයෙන්ම මම මෙහිදී කියන්න ඕනෑ සේමිණි ඉද්දමල්ගොඩගේ රංගනය ගැන. දැන් ඉන්න හොඳම නිළිය සේමිණි කියලයි මේ චිත්‍රපටය බලන විට මට අනේක වාරයක් හිතුවේ. ඒ තරමටම ඇගේ රහපෑම ප්‍රශංසනීයයි; ඉදිරියේදී ඇගේ රංගනය ගැන අනිවාර්යයෙන්ම කතාබහට ලක්වෙව්.

මේ වරින්තයට සේමිණි පණ පොවා තිබෙන ආකාරය ගැන මම අවංකවම සතුටු වෙනවා. ඇගේ වරින්තයට ඇය උපරිම සාධාරණය ඉෂ්ට කරලා තියෙනවා. සේමිණි විතරක් නෙව්, ක්‍රිස් හෙන්රි, ජයනි සේනානායක ඒ වගේම හෂනි ගෝනගල විශිෂ්ට රංගනයක යෙදෙනවා.

චිත්‍රපටයේ සංගීතය ගැන මොනව ද කියන්න තියෙන්නේ?



මම ලංකාවේ සංගීත නිෂ්පාදකවරයෙක්. ලංකාවේ හිටපු ප්‍රවීණ සංගීත අධ්‍යක්ෂවරු, තනු නිර්මාණ ශිල්පීන්, ගායකයන් ඉතා ළඟින් මම ආශ්‍රය කරලා තිබෙනවා.

ෆිල්ම් එකක සාර්ථකත්වය අනිවාර්යයෙන්ම රැඳීලා තියෙන්නේ ඒකෙ තිබෙන සංගීතය මත. විශේෂයෙන්ම

පසුබිම් සංගීතය ඉතාමත් වැදගත්. මේ චිත්‍රපටය පුරාවට දිවෙන සංගීතය කතා තේමාවට උපරිම සාධාරණය ඉෂ්ට කරනවා. නිරෝෂා විරාජිනිගේ ගායනය ගැන යමක් කිව යුතුමයි. අපට හිතාගන්නත් අපහසු වෙන විදියට, ඒ තරමටම නිරෝෂාගේ ගායනය විශිෂ්ටයි. ඇගේ ළයාන්විත හඩ මේ කතාවට අපට කියන්නා වගේ. ඒ තරම්ම වින්දනාත්මකයි.

The above article is based on an interview done by Nuwanthi Udayavila with **Chaminda Perere**. Chaminda is a long standing member of SLCAO and an ardent supporter. While in Sri Lanka, he has been involved with many classic movies in producer capacity and also was involved in the music industry. This article was published in the “Silumina” of February 01, 2015. Link: http://www.silumina.lk/2015/02/01_art.asp?fn=av1502015



PROJECT PULSE OTTAWA

Pulse 2015

The possibilities are endless



Project Pulse is a Canada-wide, youth-led organization determined to connect high school students to the world of health sciences. Through a one day conference, students get the opportunity to network and attend lectures provided by experts and university students who are studying in this diverse field. Project Pulse Ottawa will be hosting a conference for students in the region on **March 7** at the Roger Guindon Hall. Check out the following video more information: <http://project-pulse.org/pulse-2015-cover/>

This is a message forwarded to us by SLCAO member Indu Vidyaratne. Based on the information provided by her, this conference will be beneficial for kids in our community, specifically the ones who are interested in pursuing a career in **health sciences**.

Indu's son **Gayashan** and 2 other students from Colonel By have started a regional branch of **Project Pulse** in Ottawa, which was instrumental in organizing this conference. **Great stuff Gayashan!**

කොලොම්පුරේ ශ්‍රීයා කොලොම්පුරේ ශ්‍රීයා බොහොම ලස්සනයි කොලොම්පුරේ ශ්‍රීයා ශ්‍රීයා
These lovely, night life photos of Colombo were forwarded to us by Nirosh Kannangara (SLCAO Sports Chair) who visited Sri Lanka during the Christmas season, last year...

