

SLCAO UPCOMING EVENTS

- Tri-City Cricket Tournament July 26-27

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

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JULY 2014

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SLCAO Sports meet 2014 a great success despite the "Gazebo" debacle!

On Saturday the July 12th 2014, I got to Vincent Massey Park little late than usual, probably around 8:15 or so. To my surprise, everyone was having down-cast, long faces. I asked around why the long faces? Another community group has staked out the large gazebo we usually use for setting up the administrative tables and



the sounds etc. However, the long faces were only temporary. The EC members led by Roshan and Anura and the volunteers present sprung in to action and before long, they managed to get an alternative facility setup for administration and sounds. As the time went everyone completely forgot about large gazebo. it looked like the mishap was a blessing in disguise. As the families arrived and set up the house tents, people started mingling freely.

Number of families brought "Kiribath" (milk rice) with "Katta sambol" (chilli paste) which was enough to feed the whole crowd as breakfast.

Usually, the sports meet day brings humid, hot weather being in mid July. For our luck, it was a

pleasant 27°C with a bit of a cloud cover, on this day. Although we got bit behind the schedule with the "GAZEBO" debacle, once started, everything fell in to place. The event got started around 10 AM with the usual tribute to Sri Lankan and Canadian anthems. The acting High Commissioner Mr. Lionel Premasiri and some of his staff were present and I am sure they enjoyed the day a lot with us.

The houses concept which was brought back from previous years was a big hit. The members allocated to each "house" participated as a team. It also brought in the friendly rivalries which we are all familiar in our school days in SL. Participant from each house made efforts to make their tent attractive as much as possible as well as getting points from the event for their respective house.

There were lots of activity in the grounds. Track event, kids events, Volleyball, Netball, Cricket etc.. On another part of the grounds, the karaoke bar was open for anyone to come and sing their favorite Sri Lankan tune. It was a pleasure to see all the young kids playing and running around with little smiley faces. From the administrative tent, I could see the toddlers wondering around on their own and mothers chasing behind them. A two-man jazz band (Jason Silva) played around the lunchtime while Lakshman provid-

ed tasty, familiar tunes and other community singers joined him toward the end of the day.

Overall, it looked like a carnival in the olden days in Sri Lanka. It reminded me of something one of our guys (M. S. "guess who"?) mentioned years ago in a casual discussion. He was envisioning a recreation of a small town carnival atmosphere in Ottawa within our community. I would say that we came pretty close to making his vision true. What was missing was the "Saravita" (beetle seller) or the Ice cream man, which was part of his vision. But we had a local seller making and selling "Koththu rotti" and other community food vendors selling their food products in the premises. And the "popsicles" provided to all by the SLCAO did a little bit to cool down the afternoon heat.

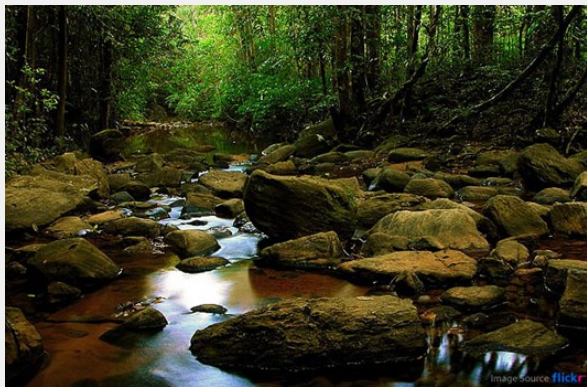
More than 200 were present for the event and most stayed till the end which happened around 9 PM, as the darkness and mosquitos arrived.



Let us together to make this event even a better one next year and years to come !

SINHARAJA RAIN FOREST

Sinharaja Rain Forest is a world heritage site, which can also be described as a tropical lowland rainforest or tropical wet evergreen forest. **Sinharaja** Forest is bordering three districts: Galle, Matara and Ratnapura.



The word 'Sinharaja' means, Lion (Sinha) King (Raja), and it is popular belief that the legendary origin of the Sinhala people is from the union between a princess and the lion king who once lived in the forest.

These rain forests date back to 150 - 200 million years. It had been said that there had been three strips of large rain forest lands called Amazon, African and Far Eastern at that time. However these large extents of rain forest areas were later less in content and were confined to smaller areas. Then about 140 million years back, during the Paleozoic era, a part of land from the Southern hemisphere called Gondwana land, where present day India and Sri Lanka also were situated, started its slow process of separating from the main land. About 55 million years back during Cretaceous era that land mass called Decan plate, where Sri Lanka and India were located separated from the Southern hemisphere, started drifting towards the equator and joined with the Northern hemisphere called Laurussia.

Now Sinharaja is surrounded by 22 villages with a population of approximately 5000 people. The two villages, Warukandeniya and Kolonthotuwa are located within the reserve. The houses have small floor area, averaging 25 sq. The roof is thatched with leaves of a forest treelet called "Beru" or with Bamboo leaves. Even though Sri Lanka is a small country it's so unbelievable how many wonderful heritage sites there are in a such a small country compared to many other countries in the world.

BY:KASUNI DE SILVA GRADE 10

Pussia's Moving Day Adventures

By Kumudini Nicholas

It was spring of 1999. After enduring a long Nova Scotia winter, the family decided to move to Ottawa. They looked forward to new experiences in a new province. However, moving Pussia was a major concern as she had never travelled by air before. Pussia sensed the commotion around her and was unusually inquisitive and understandably fussy.

Traveling with a feline can be an enjoyable experience or a nightmare. To handle the associated stresses, the family visited the veterinarian who 'primed' Pussia for travel. After administering a half of a 'tranquilizer' tablet, Pussia was placed in her 'carrier' padded with a warm blanket. She was already dozing off when the family started the journey after saying goodbye to their home on Astral Drive.

The airport security clearance for a feline is no different to a human. Pussia awoke to a crowd of people focused on her going through security checks, rather than their own clearance, which made the security staff agitated due to delays. Checking her ear cavity for hidden devices frightened Pussia, and her loud 'meow' turned curious heads. Yet, during the flight, Pussia slept like a baby in her 'carrier' next to Jimmy, all the way to Ottawa.

In Ottawa, Sam booked a room in a pet-friendly-hotel. Pussia was delighted to be in the same room with the family as that was a 'first' for her. Unfortunately, the family did not get a wink of sleep, as Pussia decided to walk over each one of them, purring to her hearts content all night long. The sleepless night created a problem for



Pussia the next morning. She could not do her 'business' as usual! To help Pussia, Lilly found several blades-of-grass in the garden. Pussia appreciated the help immensely by blowing kisses to Lilly. Jimmy considered Pussia as the most grateful animal, indeed he did not exaggerate.

Finally, Pussia arrived at her new home with the family.

Will Ottawa be her final destination?

The life of a Sri Lankan-Canadian in Ottawa

by Martin Nicholas

Search for a Sri Lankan-Canadian Design to Represent the Life Experiences: As Canadians, we celebrated Canada Day. Yet, I presume many of us wish to retain our Sri Lankan heritage and culture. It partly says who we are and what we like. A workable metaphor for us in Canada can be a *tapestry*, made by weaving both Sri Lankan and Canadian threads to represent our Sri Lankan and Canadian elements for who we are and who we are becoming through our constant thoughts and interaction with others and the world around us. As much as the color of the threads is not lost in a tapestry, we don't need to lose our good Sri Lankan characteristics. Weaving gives strength to a tapestry. Likewise, blending of cultures gives us power. We need someone to make a design which blends Sri Lanka and Canada into a tapestry-like picture. This could symbolize life in Canada as an immigrant.



When the Going Gets Tough, the Tough Get Going: As Sri Lankan-Canadians we rejoiced when Captain Angelo Mathews and the Sri Lanka Cricket Team became united and displayed fortitude in midst of adversity and turned impending defeat into victory. This reminds us that we too could overcome difficult challenges in Ottawa by looking out for one another in the spirit of togetherness.



A Special Destination: Many of us get visitors from out-of-town during the summer. One popular place to take guests is the *Saint Joseph's Oratory of Mount Royal*. It has around two million visitors every year. The shrine on Mount Royal is the most important pilgrimage center in the world dedicated to Saint Joseph. It has been described as a religious crossroads. Some are awed by the Basilica; others are enthralled by the natural beauty of the surroundings; and many visitors have been reported to experience a spiritual encounter.

May you encounter many uplifting moments while you enjoy the summer with family and friends

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A TRIBUTE TO JOTHI: THE SINGER AND HIS SONG

Lakshman I.Keerthisinghe LLB, LL.M.Phil, Attorney-at-Law
Music has charms to soothe a savage breast -William Congreve- The Morning Bride

Hettiarachchige Reginald Jothipala well known as **H.R. Jothipala** or **Jothi** among Sinhala music lovers in Sri Lanka whose 27th death anniversary falls this month was a prolific playback singer in the Sinhala cinema. He also worked as an opera singer. He was born on February 12, 1936 and died on July 7, 1987 at the age of 51 years and five months. Jothipala lent his voice to all classes of actors ranging from Eddie Jayamanne, Ananda Jayaratne, Gamini Fonseka, Vijaya Kumaratunga, Sanath Gunathilaka, Tony Ranasinghe, Ravindra Randeniya and even several of the young generation of actors in Sri Lanka.



Read more.....
<http://www.dailynews.lk/?q=features/tribute-jothi-singer-and-his-song>

Vitiligo by Chathumi De Silva

Vitiligo is a skin condition that causes the skin to become depigmented. This skin condition occurs when melanocytes (cells that are responsible for the pigmentation of the skin)



begins to die. For many years researchers has been working hard to understand the main cause for this disease. Although the cause for Vitiligo is unknown, researchers suggest that this condition may arise from autoimmune, genetic, oxidative stress, neural, or viral causes.

One of the main symptoms that many people who suffer from vitiligo will start notice are the small patches on their skin. Individuals who suffer from extreme vitiligo will start to notice that as they get older their white patches will start to get larger. In addition to white patches, some individuals will start to notice that the scalp of their hair, eyelashes, eyebrows, and beard will begin turn grey. Dark skin people will start to notice the loss of color in their mouth.

Luckily there are numerous ways to treat this skin condition, such as to apply tropical steroid creams, psoralen photo chemotherapy, also known as **ultraviolet A therapy**, and depigmentation. There are many diseases that are associated with Vitiligo, such as *Pernicious anemia*, *hyperthyroidism*, *Addison's disease*. If individuals with Vitiligo are feeling upset or depressed about their appearance there are several things that they can do in order to cope with the disorder, such as find a professional doctor who is experienced with the treatments for Vitiligo, also try to find an individual who is a good listener and are able to give good advice for dealing with emotional stress, and lastly, try to find other individuals who are also suffering from Vitiligo so that they can support other individuals who are suffering from the condition. In conclusion, ***it is important to never give up because there's almost always a solution for everything.***

http://www.medicinenet.com/vitiligo/page5.htm#what_treatment_options_are_available
http://www.niams.nih.gov/Health_Info/Vitiligo/vitiligo_ff.asp#h
https://www.google.ca/search?q=vitiligo+before+and+after&source=lnms&tbn=isch&sa=X&ei=5bDGu4aWLoM1yASm5oLwBA&sqi=2&ved=0CAYQAUoAQ&biw=1024&bih=689#facrc=&imgdi=&imgcr=lQ_FYChlio7yZM%253A%3BzW1r00I-CpCbM%3Bhttp%253A%252F%252Fwww.milfordmd.com%252Fbefore-afters%252Fvitiligo%252Fvitiligo-Teen-face-BA.gif%3Bhttp%253A%252F%252Fwww.milfordmd.com%252Fpages%252Fbefore-after-vitiligo.html%3B800%3B218

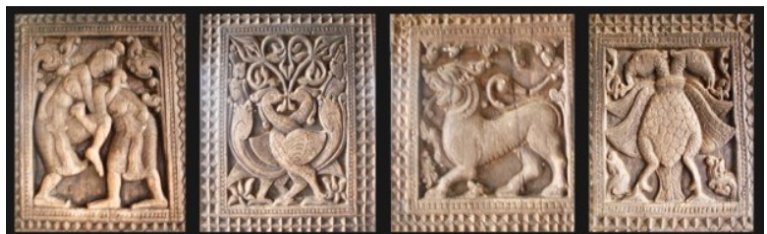
Chathumi is a second year Biochemistry student at Carleton University

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In this set of poems, Javee talks of human nature and human conditions where hypocrisy, jealousy, power hunger etc. overshadows the natural good in man kind. Javee has blended his poems with verses from traditional Sinhala poetry to bring a deeper meaning to his ideas. In his poetic way, Javee urges people to be more caring and helpful to the others, and to be genuine. -Editor -



Ambekke Temple - (Image courtesy: www.panhinda.com)

Few highlights from the SLCAO Annual Sports Meet 2014 - 12th July, 2014 Vincent Massey Park, Ottawa
(For more pictures, please go to: <https://www.facebook.com/media/set/?set=a.895143827179165.1073741829.307356369291250&type=1>)

