

**SLCAO UP-
COMING
EVENTS**

- Annual Sports Meet, July 13th
- Tri-City Cricket Tournament, August 3-4
- AGM, October

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

VOLUME 1, ISSUE 2

JUNE 2013

Editorial - We need your support

SLCAO was graciously proud to launch the first issue of the monthly newsletter last month. In order for us to continue this useful project, we require your contributions, especially from the kids and youth.

In this issue, we are presenting highlights from the Vesak Celebrations

and a few articles received from our membership.

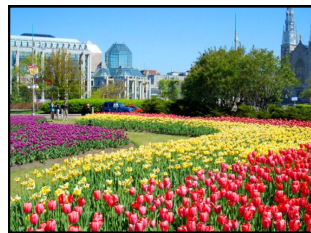
We are pleased to present some delightful artwork from our junior members. Please keep your articles coming to keep this newsletter afloat. Thanks.



Canadian Tulip Festival - Redolence of friendship between two countries By Rajendra Alwis

OTTAWA - The Canadian Tulip Festival, which was held for the 60th time in this month of May since its beginning in 1953, has now grown into the largest tulip festival in the world, with attendance of well over 500,000 people. The duration of the Canadian Tulip Festival is ten days, in Ottawa, from 11th to 19th of May every year. The festival stems from the gift in 1945 of thousands of tulip bulbs from the Queen of Holland to Canada. This giving of tulip bulbs became a yearly 'thank you' to Canada for hosting Dutch Princess Juliana and her two daughters during the Second World War.

A kaleidoscope of close to five million tulips, in more than 70 varieties, with every imaginable colour and combination cascades along the historic 15 km long Tulip Route linking Rideau Canal, Mayor's Hill Park, Canadian Museum of Civilization, World Pavilion of Ottawa, and Hull Casino located in and around the National Capital Region. The redolence of these tulips reminds us the story of friendship that began between Canada and Hol-



land in war and continued in peace.

During the Second World War, when the Netherlands were invaded by Hitler in 1940, Princess Juliana, later Queen Juliana, escaped to Ottawa for safe haven. She was pregnant at the time. Upon arrival, the Princess first

settled at Lansdowne Road in Rockcliffe Park and subsequently

at Acacia Avenue in the Stomoway, which later became the official residence of the leader of Federal Opposition.

On January 19th, 1943, Princess Juliana was admitted to the Ottawa Civic Hospital and given birth to a daughter, Princess Margriet.

In order not to prevent Princess Margriet's chances to inherit the Royal Crown by being born on foreign soil, Canadian Parliament

declared her birthing suit of the Ottawa Civic Hospital as a part of Holland for the occasion. Upon hearing the news of the birth of the Princess, the Dutch Flag was hoisted at the Peace Tower of Parliament Hill (for the first time and most probably the last time that a foreign flag was granted this privilege) and the carillon rang out Dutch National anthem on Parliament Hill. Later on Princess Margriet was baptized at the St. Andrew's Presbyterian Church, and also attended kindergarten school in Ottawa.

When the Royal Family returned to Holland in 1945, the people of Netherlands sent a gift of 100,000 tulip bulbs to Canada's Capital. This gift was in appreciation not only for the safe haven that Canadians provided to the Royal Family but also for the Canada's prominent military role in liberating the Netherlands in Second World War, in which some 7500 Canadian military men and women lost their lives.

(The second part of this article will continue in the next issue...)



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Photographs by: Vishan Seneviratne

Is coconut oil good for your health? **No!**

By Nimal Ratnayake, Ph D. (continuation from May 2013 issue)

One positive quality about saturated fatty acids is that they can increase blood levels of good HDL-cholesterol. HDL-cholesterol is considered good because it removes and transports cholesterol from the arteries to the liver. The transported cholesterol is eventually converted to bile. Therefore, a high blood level of HDL cholesterol is desirable; a level of HDL-cholesterol

higher than 1.0 mmol/L for men and 1.3 mmol/L for women prevents coronary heart disease. The high content of saturated fat in coconut oil is probably responsible for its unusual HDL raising effect. However, polyunsaturated fatty acids are also capable of raising HDL cholesterol

levels and therefore, one should not rely solely on saturated acids to boost HDL levels. Further, evidence also demonstrates that HDL-cholesterol is not strong contributory factor as LDL cholesterol for coronary heart disease. In conclusion, coconut oil is not better than competitive vegetable oils. Unlike coconut oil, vegetable oils such as canola, soya, olive, sunflower, corn oils, contain a high proportion of polyunsaturated fatty acids and therefore simultaneously lower LDL cholesterol and increase HDL cholesterol.

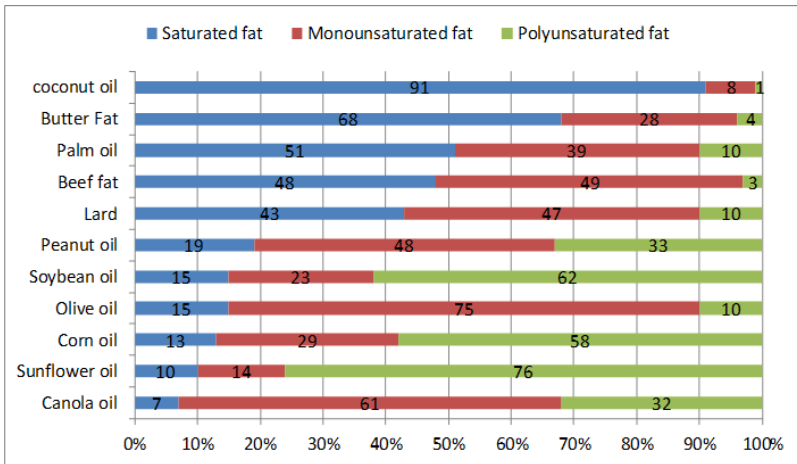


Figure 1: Comparison of fatty acid composition of dietary fats (normalized to 100%)

Although some people have tempted to use coconut oil and coconut milk in all sorts of food preparations due to its desirable taste, texture, and heat stability, my recommendation would be to use it occasionally and in small quantities. The key is to use it in moderation. Credible scientific data shows that coconut oil “unhealthy” due to its high saturated fat content.

Nimal is a renown Research Scientist in Canada who has conducted a vast number of researches pertaining to oils and fats. He was awarded a commemorative medal for Queen's Golden Jubilee in 2003 for his research on the health risks associated with trans fats and beneficial health effects of canola oil. Currently, he is the head of the metabolic research section of Health Canada, Ottawa - Editor

Youth Talents Corner (more on page 4)



Sadev Amararathne (Grade 7) - A Pencil Sketch



Senya Amararathne (Grade 2) - A water color painting

The First 'Wild Hunt' - by Kumudini Nicholas

The spring of 1993 turned to a hot summer. Pussia spent most summer days on the upper level deck. She sat there after breakfast, and like a 'nomad', chose her settlement by following the moving sunny spots till dusk. Pussia's natural instincts surprised Jimmy, who reciprocated those with love.



Pussia's a damaged paw, and her eyes were sorrowful with a touch of unbearable failure.

"Catch a rabbit for lunch, eh"? Jimmy asked rhetorically.

Pussia purred and blew a kiss with her eyes. Jimmy patted her affectionately.

Pussia lost her escape route after reinforcements to the railing. Jimmy inherited extra responsibilities, the family missed the strawberry patch,

and the rabbit never returned. Pussia's first attempt as a 'wild hunter' meant her forays had just begun!

That night, Jimmy dreamt a small orange kitten with a paw-cast catching a large brown rabbit in the strawberry patch. He woke with a smile.

Kumudini Nicholas is a scientist employed by Health Canada. She has published several articles in peer reviewed scientific journals and a chapter in a science book. Creative writing is one of Kumudini's hobbies, which she started at a young age. - Editor

Jimmy combed Pussia every morning, and Sam enjoyed her napping on his belly while he soaked the rays. From the backyard garden, Lilly enjoyed watching the family activities on the deck and Pussia's face peeking through the railings. Pussia brought a new dimension to their family life!

On Victoria Day, Lilly planted strawberry vines below the deck, which turned to bushes with berries. Then, one August day, a brown rabbit visited the strawberry patch, and changed everyone's life.

"Pussia is missing" Jimmy screamed. "Pussia is gone, but how? Lilly questioned.

"She may have fallen through the railing" Sam suggested.

Lying on the grass below the deck was Pussia, watching the rabbit munching on strawberries, only a foot away from her. Pussia could not move, but her nasty stare focused on the rabbit's movements. The oblivious rabbit continued its lunch.

That evening, a tiny cast covered

