

SLCAO UP-COMING EVENTS

- Annual Sports Meet, July 20th
- 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 1

MAY 2013

Editorial - Welcome back - SLCAO Newsletter

Established in 1977, SLCAO has come a long way from a slow start. In the beginning, the membership was fairly small as the Ottawa dwellers of Sri Lankan origin were limited. Despite the dearth of technology in this era, the SLCAO committee was able to put out a newsletter. According to long standing members of the SLCAO, the newsletter was typed using a manual typewriter and was photocopied. As email facilities were then not available, the copies were delivered via snail-mail or personal drop-offs.

This year, The SLCAO Executive committee has decided to rekindle the interest in newsletter.

As a starter, the first edition would be limited to 4 pages. As the member participation grows,

we can increase the number of pages to match the demand. We are especially targeting the kids and youth groups to contribute material for this newsletter.

Only constraint for material submission is that they should meet the general ethical standards barring any political connotations. Members can submit articles on any area of interest (sports, music, scientific and technical topics to name a few), drawings, poems, cartoons, jokes etc.

In this issue we are presenting highlights from the 2013 Sinhala & Tamil New Year celebrations and a few articles received from



our membership.

We would also like to encourage our youth members to join the editorial staff. This possibly may lead to extra credit at your school and may provide some real life work experience while providing a very valuable community service.

We are always open for any suggestion to improve the services provided by the SLCAO. Please drop us a line if you have a suggestion or a contribution.

A message from the SLCAO President

Dear Readers

With pure intention to serve the readers of our membership, the Executive Committee of SLCAO came forth with a notion to launch a monthly newsletter starting from month of May.

We received many positive feedback and blessings from our members to go ahead with this noble project. With this start, we hope that the SLCAO will be able to provide its membership with a monthly newsletter for years to come. Started as a small project, we believe that this has a great potential to grow. I

am certain that you will hold hands with us to walk on a beautiful journey on a path filled with knowledge and fun.

On behalf of the Executive Committee I would like to extend my heartiest appreciation for all who provided articles for this issue and hope to see more participation in the future. We believe that this would give the opportunity to young artists and writers from our community to entertain SLCAO members monthly.

I want to thank you for your

continued contributions to our association. Your support, dedication and participation helped us to launch this newsletter and we look forward to work with you in the future to make this a great source of knowledge and information.



With regards and Best wishes
Chaminda Weerakoon

Highlights from SLCAO New Year Celebration 2013 Hellenic Centre, Saturday April 27, 2013



Photographs by: Vishan Senevirathne

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

By Nimal Rathnayake, Ph D.

In recent years coconut oil has become increasingly popular throughout Canada and the USA with the addition of more coconut oil based food products in many grocery stores. The coconut oil industry has aggressively been promoting coconut oil as a natural miracle oil possessing abilities to prevent or alleviate a wide range of medical conditions associated with blood cholesterol, heart health, diabetes, obesity, chronic fatigue, acne and Alzheimer's disease. A few medical doctors in Sri Lanka as well as some popular talk show hosts in North America have joined this band wagon by wrongfully propagating false claims of coconut oil being nutritious oil. Health claims on coconut oil can be found on the internet, in product literature, as well as in some health magazines. Although people make health claims regarding coconut oil, to date there has not any credible or reliable scientific evidence to support such beneficial health effects. The media buzz and hype surrounding coconut oil has therefore confused the general public.

Beyond the headline: the scientific facts

To understand the health and nutritional effects of coconut and other dietary fats and oils, it is important to have some fundamental knowledge concerning their chemical composition.

Fats or oils are made up of several different fatty acids, all of which are structurally different. Fatty acids are broadly classified into three different classes according to their degree of unsaturation (or number of carbon-carbon double bonds), as saturated (no double bonds), monounsaturated (one double bond), and polyunsaturated (two or more double bonds). No source of natural fat or oil is purely a single source of fatty acids; fats and oils are always a blend of saturated-, monounsaturated and polyunsaturated fatty acids.

Research conducted over the last 50 years has consistently shown that saturated fats are detrimental to the heart health, because it raises "bad" LDL cholesterol. In contrast to saturated fatty acids, polyunsaturated fatty acids lower LDL cholesterol. LDL cholesterol is considered "bad" because it is transported into the arteries where it can settle as plaque, resulting in a diminished blood flow and oxygen supply. Blocked arteries in the heart contribute to heart attacks. Higher level of blood LDL cholesterol (a level greater than 3.5 mmol/L) is a major cause for coronary heart disease. Therefore, it is preferable to have lower levels of LDL cholesterol. Recommendations to maintain a healthy heart include a daily intake of not more than 10% dietary calories as saturated fat. This means a healthy person eating a diet of 1500 calories a day should not consume more than 150 calories as saturated fat. Since 1 gram of fat is equivalent to 9

Nimal is a renown Research Chemist 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 2008 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

calories, the upper limit of saturated fat is 17 grams.

So where does coconut oil stand with regards to saturated fat recommendations for a healthy life style? More than 90% of the fat content in coconut oil is saturated fatty acids. In comparison all the other common edible oils contain much lower amounts of saturated fatty acids. For example, butter fat contains 68%, beef fat 48%, lard 43%, olive oil 15%, soybean oil 15%, corn oil 13% and canola oil 7% (see Figure 1). A single tablespoon of coconut oil contains 12 grams (108 calories) of saturated fatty acids which is close to the daily recommended upper limit intake of saturated fatty acids-without factoring in any other sources of saturated fat. Another problem with coconut oil is that it contains almost no polyunsaturated fatty acids (the LDL cholesterol lowering fatty acids). On the other hand, oils such as olive, soybean, and canola contain moderate to high proportions of polyunsaturated fatty acids (see Figure 1). In short coconut oil is not a heart friendly oil and not as good as canola, soybean or olive oils.

(The second part of this article will be published in our June issue)

Techy Tips

Looking for techy writers to contribute tips for this column. Please contact SLCAO if you are interested

In this volume, we are introducing a couple of on-line technical training providers.

www.lynda.com: Offers wide variety of self-learning topics via instructional videos. Their instructors have very good credentials and most topics are presented in interesting manner. While most topics are information technology based, they also present a fair number of common interest courses like audio and video recording.

They offer a 7-day free trial which is often sufficient to see whether this matches your requirements. The monthly charge is \$25 and the site can be accessed on 24/7 basis. Worth a try!

www.trainingsignal.com: Similar to www.lynda.com, but deals with more technical aspects. Specializes in technical training leading to IT certifications such as Microsoft, CISCO, Oracle.

They offer a 3-day free trial and a monthly charge is \$50.

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The writer presents a song by Maestro Amaradeva with a write-up on its origin.

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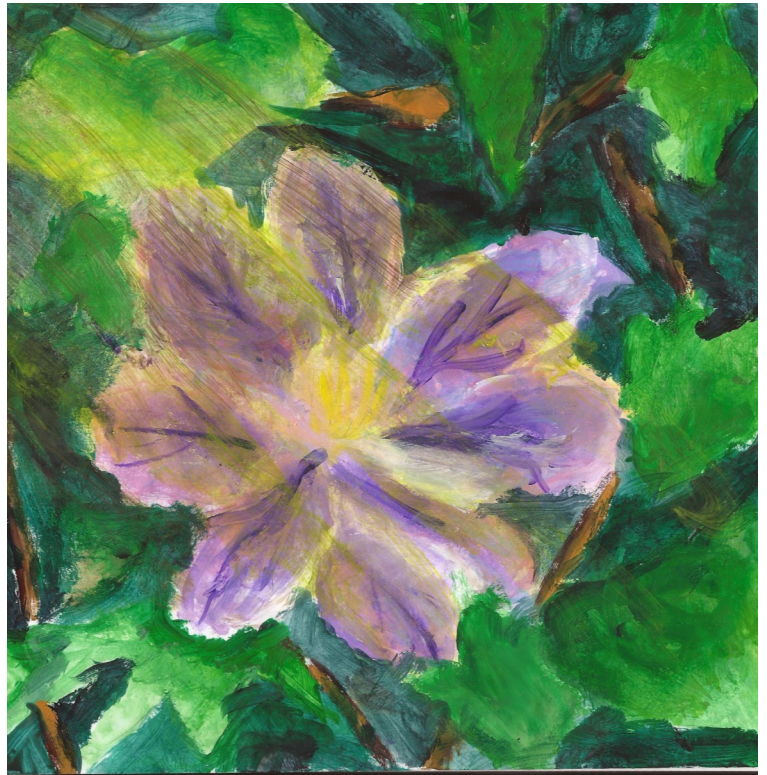
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A Wild Flower

a water color painting by **Ruwani de Alwis** (Grade 7)

Introducing 'Pussia' - by Kumudini Nicholas

It was the spring of 1993. A typical Nova Scotia weather brought rain and wind from the North Atlantic Ocean. However, unlike former years, April 1993 had many sunny days. It was the perfect time to move to a new home. The new home overlooked the Bissette Lake. The fireplace in the lower level brought warm air to the family room and instigated lively discussions after dinner.

One evening, ten year old Jimmy suggested that the family should have a kitten to fill the spare space and his spare time. His father Sam and mother Lilly responded with a question.

“Are you willing to take responsibilities such as cleaning the litter box and combing the kitten?”

“Yes! Please Mom, can we have

a kitten?” Jimmy’s eyes gleamed with excitement.

At the local pet store, in the ‘playpen’, among many active cats, there sat a bright orange kitten. The pointy ears had a small brush of white hair erected straight upwards, depicting extra hearing capacity. The large green eyes examined the surrounding intently. A little tail with rings of orange was placed neatly folded on two



tiny paws. The kitten sat perfectly motionless while her head moved back and forth, up and down rapidly, with the movements made by the fellow kittens. A delightful sight indeed!

“The orange kitten is the one” Lilly exclaimed. Jimmy and Sam agreed.

Thirty two dollars and fifty cents completed the transaction, and the family headed home with the precious cargo in a cardboard box.

“Is Ginger a good name for her?” Jimmy questioned.

“This cat is special. A Sri Lankan name ‘Pussia’ seems appropriate” Lily suggested.

The family would experience many adventures with ‘Pussia’ for seventeen years. What effects ‘Pussia’ had on each member of this family! **The saga will continue in written words.**