

# සටහන් குறிப்புகள்

## SLCAO UPCOMING EVENTS

- Annual Sports meet July 12
- Tri-City Cricket Tournament July 26-27

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

VOLUME 2, ISSUE 5

MAY 2014

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Information, views or opinions expressed on 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. [ec@slcaottawa.com](mailto:ec@slcaottawa.com)

## The new face of the SLCAO Newsletter..

When we started this newsletter almost an year ago, we created the logo සටහන් ("Satahan") which means "Notes".

Based on feedback we received from our Tamil readers over the last year, we considered changing the logo to incorporate both Sinhala and Tamil words. After con-

sulting few of our Tamil readers, we selected குறிப்புகள் ("Karippukal") meaning "Notes".

In this anniversary edition of the newsletter, the logo was updated to include both Sinhala and Tamil words together while keeping the old, familiar look.

We hope that the new logo is to your liking. As a further improvement, we will include a synopsis in English with each and every Tamil or Sinhala article.

Please send your comments to SLCAO, so that we could further improve this magazine.

## Sinhala, Tamil New Year Celebrations 2014

The 2014 Sinhala, Tamil New Year celebrations organized by the SLCAO was held at the Hellenic Reception Center at Prince of Wales Drive, Ottawa on the Saturday, the 26th of April.

Highlights of the evening was the cultural show put up by the SLCAO kids. The 13 items were of very high standard. Lots of preparation, training and dedication have been input by the participants as well as the trainers to stage such a high class performance and the SLCAO is truly grateful to all who contributed.

Another event that was part of the evening was the Fashion show participating young kids, teenagers and young adults was delightful and appear to have caught the eye of the audience. Another event that required lots of coordination, practise and dedication. Bravo! Very well done!



As usual, the buffet dinner was delicious, filled with various Sri Lankan delicacies and desserts.

Among the special guest were the Ottawa Mayor Jim Watson, Acting

High commissioner for Sri Lanka in Canada Mr. Lionel Premasiri and other religious dignitaries.

The "Photo Booth" operated by Visan Senevirathne was also a big hit with audience. One could see nicely dressed couples, families, groups of friends queuing up to get their portraits taken.

More than 325 attended this year's event and most of the attendees were still bopping to the old, familiar Sri Lankan bailas as well as other dance music going in to wee hours in the morning.

**Check Page 6 for more photos from the celebrations.**

## Rare treat to Ottawa Drama enthusiasts

The two dramas staged by AAUPOC (Alumni Association of the University of Peradeniya - Ottawa Chapter),

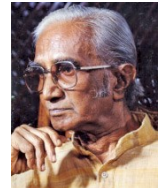
"Sinhabahu" and "Maname" are considered among the best classical dramas developed in Sri Lanka. Written and produced by **Late Prof. Ediriweera Sarachchandra**, these two dramas have been in circulation for over fifty years.

These two dramas and other dramas by Prof. Sarathchandra had been instrumental in promoting many talented artists.

The two dramas were staged in Ottawa on 3rd of May, 2014 at the St. Paul Catholic School auditorium, Draper Avenue, Ottawa. Nearly 300 enthusiasts attended the show which was remarkable from the general standards in Ottawa.

Please check the following excellent article written by our own **Rajendra Alwis** in **LankaWeb** on these two dramas, Prof. Sarachchandra and related facts.

<http://www.lankaweb.com/news/items/2014/05/20/sri-lankans-in-canada-enjoy-rare-treat-of-sarachchandra-stage-gems-maname-and-sinhabahu/>



## IT Security Awareness

Security Awareness is key in today's IT arena. **OUCH!**, a newsletter published by the SANS Institute adds greater value to any end user who's looking for a simpler overview on serious security vulnerabilities.

**OUCH** is the world's leading, free security awareness newsletter designed for the common computer user.

**OUCH** shows what to look for and how to avoid security vulnerabilities, providing resource pointers for self-testing tools.

Each **OUCH** issue focuses on and explains a specific topic and actionable steps you can take to protect yourself, your family and your organization.

### OUCH 2014 – Past Newsletters

- **Securing Your Home Network**

[http://www.securingthehuman.org/newsletters/ouch/issues/OUCH-201401\\_en.pdf](http://www.securingthehuman.org/newsletters/ouch/issues/OUCH-201401_en.pdf)

- **What Is Malware**

[http://www.securingthehuman.org/newsletters/ouch/issues/OUCH-201402\\_en.pdf](http://www.securingthehuman.org/newsletters/ouch/issues/OUCH-201402_en.pdf)

- **The End of Life Windows XP**

[http://www.securingthehuman.org/newsletters/ouch/issues/OUCH-201403\\_en.pdf](http://www.securingthehuman.org/newsletters/ouch/issues/OUCH-201403_en.pdf)

- **Cyber Crime- Yes, you're Actually a Target**

[http://www.securingthehuman.org/newsletters/ouch/issues/OUCH-201404\\_en.pdf](http://www.securingthehuman.org/newsletters/ouch/issues/OUCH-201404_en.pdf)

- **Heartbleed (Virus) - Why Do I Care?**

[http://www.securingthehuman.org/newsletters/ouch/issues/OUCH-2014-special\\_en.pdf](http://www.securingthehuman.org/newsletters/ouch/issues/OUCH-2014-special_en.pdf)

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**Nadeeshani Senanayake** MSC.IT, ITIL, BSc.IT  
Software Engineer / IT Solution Operations Architect

## The Second Mind

By Kumudini Nicholas



Relax, Relax, the 'mind' keeps on prodding,  
The body at rest, but the 'mind' eager for trotting,  
The limbs at ease, the head upright to introspect,  
One breath goes in, the next follows with respect,  
With the passage of time, the body embraces the mind,  
Merges seamlessly,  
Enjoys the bliss and cherishes it as one of a kind.

Yet, out of nowhere, a melody so refined,  
Weaves in and out through the resting mind,  
There is neither a sound, nor an audible voice,  
From start to its end, it 'hums' through to rejoice!

Love blesses a life, images in mind sublime,  
After blessings end with regret,  
The residues linger through time,  
Numerous efforts to clean the 'grime'  
Vehemently declined!

Melodies and residues, uninvited; undesired,  
They lurk in the second mind!  
They hover over days and through the restless nights,  
Over powering the restful and useful mind

From the moment of birth till the end of a lifetime,  
Two different minds, criss-cross with time.  
Merging the second, with the resting peaceful mind,  
Is a battle of its own kind!

Here and now keeping eyes on the horizon,  
Penetrating the invisible to develop the peaceful mind,  
But until one harnesses the power of the second,  
Living in the moment using the resting mind,  
May only be an illusion,  
Embedded in the 'mind' of the human kind!



## සිංහයා සහ සිංහබාහුලා - මැටිවියේ ජවි

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| 3. ආදරයට ලොවේ මුල්තැනමය සැමද සැම තැනම පැසසුම් නැත මෙ-දහම පියා සතු තැන පසෙකට එනයිත් සිංහබාහුල අඩුනැත                   | අම්මා නිම්මා දැම්මා නිම්මා |

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| 4. කොයි බිරිඳු පුතා හර ර සැමියගෙ පියපුතු ගැටුමෙහිදි නිසකව 'මව සහ පුතුන්' ගැලපේ සටනක් කවදත් පියා පරදිසි තම පුතු | පැත්තේ සිටගත්තේ නැත්තේ මත්තේ    |
| 5. විඳගත නොහැකි පියෙකුට මිස සමකළ හැකිද කිසිවක් ඒ නොවුනත් එකඟ 'සිංහගේ' දැකි 'පිය සෙනෙහස' සමයි ලොවිතුරු          | පුතෙකුහට සෙනෙහසට පිලිවෙතට දහමකට |

Most likely, recent staging of the Sinhala drama "Sinhabahu" in Ottawa prompted "Mativiye Jawee" to write this set of poems. The drama "Sinhabahu" depicts the revolts of a growing son and the eternal love of a father. Jawee in his poems, compares the theme of the drama to the general societal struggles and bindings within families.

- Editor -



## What are the different types of Registered Education Savings Plans (RESPs) available?

Hi,

There are various RESP vehicles presently available to assist you in saving for your child's future post-secondary education. Generally speaking they are divided into two: Self-Directed RESPs and Pooled RESPs.

Self-Directed RESPs are offered through financial institutions with the subscriber directing the investments. The choice of the RESP investment vehicle is dependent on the subscriber's own investment strategies and these types of plans typically require investment knowledge and experience to perform well. The contributions into Self-Directed RESPs are not necessarily guaranteed; risk to the subscriber's principal would be in correlation to the volatility of the investment vehicle chosen.

Pooled RESPs, like the one Heritage Education Funds distributes, combines the contributions of all subscribers and professional managers direct the investments. Contributions and interest earned are generally invested in lower risk investments, government and fixed-income investments.

Regardless of the savings vehicle chosen, it is imperative that the Plan be registered as a RESP to benefit from the Canada Education Savings Grant.

### Government Grants that can assist you:

#### Canada Education Savings Grant (CESG)\*

The CESG equals 20% of the first \$2,500 of your annual contributions. If your child is eligible for the CESG, you will receive a maximum of \$500 to \$600 annually until your child reaches the age of 17, to a lifetime amount of \$7,200.

#### Canada Learning Bond (CLB)\*

If your child is eligible for the Canada Learning Bond (CLB), you will receive a one-time initial contribution of \$500 to your child's RESP with an additional \$100 for each year of eligibility until age 15.

Contact me today to learn more about the CESG and CLB, or learn more about us today by visiting our website: [www.respottawa.com](http://www.respottawa.com)

**Jacques Waisvisz (613 829 5980)**

*\*Certain conditions apply - see prospectus for full details.*

### Get the Facts on RESPs

A common RESP myth... If the child does not attend or complete his university studies, the subscriber would lose most of the contribution.

#### FACT:

If your Beneficiary decides not to pursue a post-secondary education, you can switch your Group Plan to the Self Determined Option (SDO) prior to maturity. This way you can withdraw the Principal and the interest can go to your or your spouse's RRSP (in the case of joint-subscribers), given that you still have contribution room and meet the conditions of an Accumulated Income Payment (AIP). You may also replace the Beneficiary on your Plan to a sibling, so that you can keep the principal and the new Beneficiary will be able to use the money when he, or she is ready for college or university, or until the Plan reaches its 35 years lifetime limit.

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## Cricket News - Shashikala makes the Rest of World team

Sri Lanka Cricket announced that the Captain of the National Women's team **Shashikala Siriwardene** has been selected to represent the Women Rest of the World who will play against the Marylebone Cricket Club (MCC) at Lord's this month.

There has never been an MCC Women vs. Rest of the World Women match at Lord's, neither has a Rest of the World women's team ever taken the field anywhere in the World.

The Match which will be played on the 19th of May 2014 will be an unique occasion. This is in celebration of the Bicentenary of the present Ground.



**Shashikala** has been selected by MCC in association with the ICC Women's Committee. **Shashikala** currently leads the Womens T20 International ICC rankings as the best all rounder

Read more: <http://www.cricurf.com/newsbox/latest/shashikala-selected-represent-world-xi-mcc-lords.html#ixzz319AEbHab>

Advertising inquiries: [ec@slcaottawa.com](mailto:ec@slcaottawa.com)

Spring of 2014, Mother's day and connection of this special day to *Ubuntu* By *Martin Nicholas*

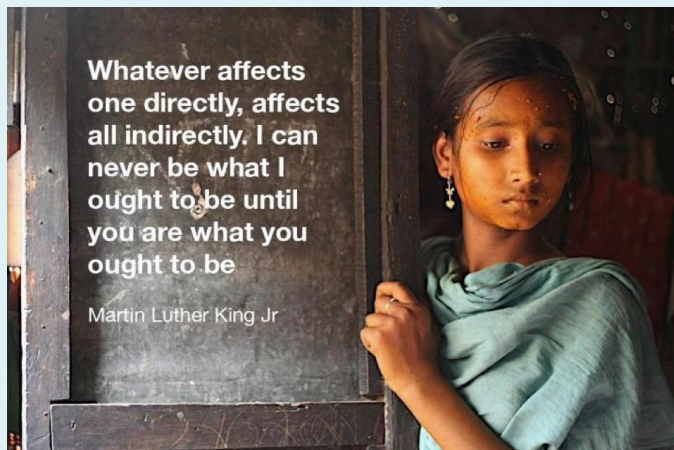
Finally, is spring here? The *Farmers Almanac* correctly predicted this winter's severity and its extension to May. Spring launches the allergy season. Appropriately, May is *Asthma and Allergy Awareness Month*. The Asthma Society of Canada (<http://www.asthma.ca/>) helpline has expanded into the Allergy and Asthma Education and Support Program (1-866-787-4050).

Let every mother and grandmother be acknowledged and appreciated during this month we think of them. Mother's Day evokes strong memories of my mother who passed away in January 1986. As the youngest of four siblings, there was a time I stayed home with my mother while the others went to school. *Amma* had been a teacher. Everyday, she would allocate time to teach me. I loved learning from her. Her lap was my *magic learning chair*. She sacrificed much and laboured hard to nurture her children by showing them unconditional love and I try to emulate her inspiring example. She groomed me to be committed to help people in the spirit of service. Interestingly, these values passed to me by my mother resonate with *Ubuntu*.

*Ubuntu* is an African word for a universal concept which values the good of the community above self interest. The concept is defined by the many African languages. In Xhosa, it means "People are people through other people." In Zulu, *Ubuntu* embodies a distinctive worldview about "we" – not "me."

The official definition in English is: "the principle of caring for each other's well-being and as a spirit of mutual support. Each

individual's humanity is ideally expressed through his or her relationship with others and theirs in turn through recognition of the individual's humanity. *Ubuntu* means that people are people through other people. It also acknowledges both the right and the responsibilities of every citizen in promoting individual and societal well-being"



Recently, I got an illustrative story about *Ubuntu* by e-mail from a friend in Ottawa. See the following link for that story and other details on *Ubuntu*. <http://theubuntuproject.com.au/stories-of-humanity/>

**May you experience the spirit of *Ubuntu* during this Spring.**

**MAADU GANGA (RIVER) BALAPITIYA BY:KASUNI DE SILVA (GRADE 9)**

**Maadu Ganga** (River) is one of the nature's fascinating creations off South West coast in the town of Balapitiya. It is also considered as one of Sri Lanka's second largest wetland, and has 64 spectacular islands, but only 32 are found. Madu Ganga Wet Land spreads across 915 hectares, out of which 770 hectares is covered with water.

The largest island of these 64 used to be called "Maha Doowa" which is currently known as Maaduwa, where about 300 families live. The smallest island is known as the "Satha Paha Doowa", some say that this island was purchased for only 5 cents back in the day. Kothdoowa island is one of the famous attractions with a Buddhist monastery. This island has a statue of Buddha and an old Bo (Pipal) tree. In this monastery they also have a 150-year-old book, fringed by coconut palms where according to the legend, the Sacred Tooth Relic was once enshrined. These islands have many treasures that have yet to be found.

The smaller Randonbe Lake connects two narrow channels, which forms the Maadu Ganga wetland. It is a home to 303 species of plants and 248 species of animals.

Maadu Ganga is possibly one of the last remaining tracts of pristine mangrove forests in Sri Lanka. These islands also produce peeled cinnamon and cinnamon oil. Back in the day Maadu Ganga was used as one of the main ways of connecting cities and ancient Sinhala kingdoms.

Sri Lanka might be a small country but the, heritage and the amazing sites it has makes it one of the most beautiful countries known on this earth. The culture, and the history makes this country more and more interesting. It is a beautiful place to visit and especially the Maadu Ganga

(River) is a spectacular place for tourist attraction because of the heritage and history behind it. Sri Lanka is our home, no matter where we live. No other place in the world can be as beautiful



and historical like Sri Lanka.

### Acne: The enemy that lowers our self esteem

I am sure that many of you who are reading this article have suffered from acne at some point in your life. According to a research conducted by browns University, approximately 17 million people in U.S., ranging from ages 12 to 24, is suffering from acne (Acne, 2014).

So my question is why do so many people all over the world suffer from acne? Where did it all start? Did our ancestors from millions of years ago suffered from acne? Studies have shown that the of acne occurs when there's a collapse in our pores which then causes the sebum (oil) and dead skin cells to be trapped causing our pores to be clogged (Bering, 2011).



According to the evolutionary theorists, Stephen Kellett and Paul Gilbert, during the past, our glabrous (hairless) skin evolved in order to enable our ancestors to keep themselves cool (Bering, 2011). For example, when our ancestors were traveling across the hot savanna—the sure-footed pace at which genes for depilated flesh were selected posed some cosmetic problems (Bering, 2011). Therefore, a similar evolution began to occur in our sebaceous glands, which were accustomed to dealing with

hair-covered flesh, thereafter it lead to our change in appearance (Bering, 2011).

So as a consequence, all that oily and waxy sebum, normally used for lubricating fur, hadn't much fur to lubricate (Bering, 2011). So the sebum began to build up and clog our pores instead (Bering, 2011). Which lead our human kind to suffer from acne (Bering, 2011).

Although acne can sometimes stay in our body for a very long time and leave disgusting scars, lower our self-esteem, and make us less attractive to people,

we should be happy that without the evolution of acne we would not be even here. If our glabrous skin did not evolve then our ancestors would have probably died from too much heat.

**Work Cited**

- Acne. Brown University. 2014. Web. 11 May 2014.  
 - Bering, Jesse. Acne Science: What Makes Pimples so Peculiar to People? Slate Magazine. 2011. Web. 11 May 2014.

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[http://www.slate.com/articles/health\\_and\\_science/science/2011/04/the\\_human\\_skin\\_condition.html](http://www.slate.com/articles/health_and_science/science/2011/04/the_human_skin_condition.html)

By Chathumi De Silva - A second year Biochemistry student at Carleton University

### Sri Lankan Canadian Jevone Nicholas running for City Council

OTTAWA -- Sri Lankan--Canadian Ottawa resident Jevone Nicholas is a candidate in the Ottawa City Council elections this fall. Nicholas is running in Ward 13, Rideau Rockcliffe.

Born in the Southern Ontario city of Welland, Nicholas has lived in Ottawa for twelve years. His father was born in Ratnapura and his mother in Jaffna. "My parents were among the first Sri Lankans to immigrate to Canada," Nicholas said. "My father arrived in 1966 and my mother in 1969. There were very few Asians in Well and, let alone Sri Lankans. This motivated us to get involved in the community."



Nicholas' father was a professor at Niagara College. His mother received her diploma there and ran a non-profit daycare. The family volunteered in different local causes. As Nicholas and his younger brother Tyrone grew up, they helped raise money for local charities.

Nicholas has an MBA degree from McGill. Since moving to Ottawa, he has worked at the Canadian International Development Agency, now part of the Department of Foreign Affairs, Trade and Development. He serves on community boards and is a past president of the Vanier Community Association.

"I'm running for Council because I have the passion and drive to make a difference for my community," Nicholas said. "My career and my volunteering are all about helping people."

While there are few relatively Sri Lankan-Canadians in the Rideau-Rockcliffe area, Nicholas is asking residents from across Ottawa to support his campaign. "Regardless of where you live in the city, all councilors vote on issues that affect you," he observed. "I want to be someone who brings positive action to City Hall. If you believe in what I stand for, then you can still join my effort, even if you can't actually vote for me!"

**Web:** [www.jevonenicholas.ca](http://www.jevonenicholas.ca)  
**Email:** [info@jevonenicholas.ca](mailto:info@jevonenicholas.ca)  
**Facebook:** [www.facebook.com/electjevone](http://www.facebook.com/electjevone)

### Sri Lankans in England..

Just got your attention! Right after winning the T20 World Cup, the Sri Lankan Cricket team is touring Ireland and England.

This will mark as the first tour where a Sri Lankan is coaching the National team. After Paul Farbrace left the position of the National Coach of the Sri Lankan team to join the England team as the Assistant coach, Sri Lanka Cricket (SLC) had no option but to go with **Marvan Atapattu** as the interim coach. I am sure that Marvin will do a great job with the help of assis-

tant coach **Ruwan Kalpage** and bowling coaches **Chamnida Vaas** and **Mutthaia Muralidaran**.

The team started slowly as players needed to get used to the conditions in England. Although then won the Limited over match

against Ireland, it was basically the bowling that got the win there. After a lost to Essex county, Sri Lankans look like they have hit the stride again. They beat Kent convincingly in a 50-over match and then blitzed Sussex county team in a T20 match. The

only T20 International with England starts the main part the tour on the 20th May. A 5-match series of one-day internationals will be played during May 22-June 03. Two test matches will be played later in June.

**Wish the team the best!**

Highlights from the Sinhala Tamil New Year Celebrations - April 26th, 2014, Hellenic Reception Center, Ottawa

