

**SLCAO UP-
COMING
EVENTS**

• **AGM, October 27**

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

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Editorial - Fall is upon us

The summer is over again (sigh!). The fall is upon us which is comfortable on some days, but rain and cooler nights are common. As the weather starts getting cooler we tend to stay more indoors, becoming less active.

For the people in naughty-forties, not-so naughty fifties, and the older crowd, this should give a signal to find suitable physical activities matching to the weather pattern. Most of the local

community centers offer various programs for different age groups and skill levels. There are programs that may suit even the people who are not that mobile. Visit your local community center to find what is good for you during these cooler months.

Currently within the Sri Lankan community, only badminton is offered through SLBC (Sri Lankan Badminton Club). May be some focus on creating similar

clubs for other sports may help well being of our community.

I am not qualified enough to talk about health or fitness matters, but I am sure we have number of people within our membership who could provide good advise and information in those areas. If some of these people come forward to help the community, I believe that would help us immensely.

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Well received by Ottawa audience

The Sinhala stage drama “**Balloth Ekka Bae**” was staged at the Kalish Mitel Theater of the Carleton University on October 5th.

250 or more people attended the show and it looked like everyone enjoyed the show through out. The show was well organized by **Kapila Ushliyanage and friends**.

Although I enjoyed it, it did not exactly meet my expectation. May be I expected more from a mature artist like Vijaya Nandasiri or my dramatic mind is still stuck in 1970’s.

Most of my limited exposure to Sinhala drama was in that period while I was a undergraduate at the University of Peradeniya. As stu-



dents, we were treated to numerous classy dramas at the famous “wala” (open air auditorium). In that period, only the dramas of high caliber were allowed at the “wala” (anything below the expected standard was hooted away by the students). Few of the magnificent productions I have watched there include “Maname”, “Sinhabahu”, and “Hunuwataye Kathawa”. Having watched these high class dramas, my level of expectation is fairly high.

The opening act of “Balloth ekka bae” was pretty bold and exiting. The first half of the show was filled with funny scenes and dialogues. But this trend seems to dwindle away towards the second part of the show. Also, some of

the actors looked very amateur-ish. May be they had to get whoever was available at hand to fill some of the minor roles.

Despite my own estimation of the show, majority of the audience appeared to like what they saw and it is a rare treat for the Ottawa audience.

I am sure that the Ottawa audience is thankful to the organizers for the opportunity. Hopefully, Ottawa drama lovers will be treated to more shows of this nature in the future. (Keerthi)



The Rhine & The Mind

By Kumudini Nicholas



Like a thin line separating the sky and the glistening waters,
Across the river *Rhine*, a bridge holds its metallic posts
While breathing life into the water beneath it
The *Rhine*'s soul moves long elegant *Roman* boats

The *Rhine* holds no grudge if one boat will follow another,
In a race with time still greeting each other,
While a mind that creates a child's stubborn view
Attracts anger or ridicule from another

The *Rhine*'s bridge holds steady in gusty strong winds
Joining two cities for much needed harmony
The mind's *bridging* unhinges by emotional winds
Fostering disharmony and falling to great folly

The waves and ripples of the *Rhine* change with time
Never could see a constant body
The mind filled with waves of illusion and mental dance,
Gets hammered with an invisible *Waddy*

The mind neither turns yellow nor stagnates in its own right,
It is fluid from an inner fountain, unbounded and out of sight
While the *Rhine* slithers like a snake, margining its boundaries
tight,
It hopes not to stagnate and struggles to keep the colour right

The mind looks forward, which hijacks one's delicate present
The *Rhine* possesses neither a present, future, nor past as inher-
itance,
It stays on its course with reticence,
With a photo-illusion for the element of present

The mind travels '*helter-skelter*', prays for unity and peace
After unexpected betrayal and false hopes, the emotions would
freeze
The *Rhine* travels long distance not to seek everlasting unity or
peace,
Instead crosses unexpected pageantry with ease

The *Rhine* never sleeps, and neither does the mind,
That crosses 'wires' during day, to meet 'cross-wires' through the
night
While the *Rhine* happily flows uniting with the salty neighbour
The mind exhausts in its plight!

How to make sure that your home computer is secured?

In my previous article, I discussed about importance of having good antivirus software. No matter how good your internet router or how expensive your laptop are, in order to have secure computer you must install good Antivirus software. Today, I am discussing few simple steps to secure your computer and home network.

Have you or someone you know ever complained about not been able to login to email account? Maybe your display name has been changed or looks odd? Or you have received an email from one of your best buddy claiming that he is stranded in Mexico? Most likely someone gained access to your email password and sent spam in hopes of tricking friends and family. Not a pleasant experience right? Cure is better than prevention!

Password, Password, Password!!

Change your email password immediately! If you cannot change your password, then the hacker has already changed it. In this case, **you will need to contact your email service provider to reclaim your account.**

Few simple steps to secure your home network:

1. Always connect to secure network –
 - Configure the wireless network to use WPA2-AES encryption for data confidentiality
 - Change your default password (use strong password)
 - Change the default wireless SSID
 - Buy a cheap router and connect to your ISP provider modem.
2. Enable your windows firewall
3. Install Antivirus software and update the definition frequently
4. Go through installed software and remove all unnecessary software
5. Create two user accounts
 - Administrator access to install software etc.
 - Standard or restricted access to day to day activity
6. Look for windows updates and make sure to install all the updates.

Always **create a restore point** before you install windows updates. In case, something goes wrong with new update, you can always restore your computer back to original state

Securing your computer and network with above steps would simply improve computer's security and efficiency. Ultimately, you could **save many trips to BESTBUY or FUTURES SHOP!!**

Roshan Fernando, MSc.

Senior Engineer Fortinet Technologies Canada Inc.

Please see page 4 for current Employment Opportunities from Fortinet.

SUSANTHIKA JAYASINGHA An athletic icon

Susanthika Jayasingha is a well-known athlete in Sri Lanka. She was the only woman from Sri Lanka who won a medal in the Olympic games. Susanthika was born on December 17th, 1975. In 1997, she won the silver medal at the Athens World Championships, which was held in Greece. After that for about two years Susanthika went to a training program in U.S, with a famous coach named Tony Campbell that helped her to get prepared for the Olympics. This talented runner brought a great reputation to Sri Lanka by winning the first bronze medal in the Sydney Olympic games. This was the first time a Sri Lankan female had won an Olympic medal, but she was not the first Sri Lankan to win an Olympic medal. Duncan White, a Sri Lankan born, white, male athlete also won a silver medal in the 1948 London's Olympics.



After training abroad for two years, Susanthika returned back to Sri Lanka and got trained by her husband. Susanthika is a talented and smart woman who adored her life as a runner. Due to that She insisted that she wants to keep her career as an athlete for a while. Unfortunately in 2009 she announced her retirement as an athlete because by that time she was already a mom. Right now she works as a consultant for ministry of sports. She helps young talented athletes from different schools in Sri Lanka and brings them to the national level. As we all know, everybody have their strengths and weaknesses, Susathika's strength was in athletics, but it might not be yours. Susanthika accomplished her goal and now **it's your turn to think about accomplishing your goals.**

By: Kasuni De-Silva (Grade-9)

Chez and his Partner



This is a art generated using Adobe Photoshop by one of own talented, young artists **Shannon Silva**.
 The art depicts a cartoon character or a dual personality who in the artist's own words *"He sometimes looks like he does not care but really does care. He is not good at comforting others with words. He seems like a normal guy but when he has to shoot monsters or enemies he is very crazy."*

A worthy cause looking for support

The **Deadly Kidney disease (CKD)** is taking at least two lives a day in North Central and Uva Provinces in Sri Lanka and is spreading in Eastern and Southern provinces as well. It has killed over 20,000 people over the last 20 years and currently there are over 200,000 patients including children as young as 10 years old. Upon the deaths of the breadwinners, many families are left helpless. In the midst, there are some children who have lost both parents due to CKD.

A Food Fair in November 17th, 2013 and staging of an award winning stage drama 'Suddek Oba Amathai' in January 2014 plus a couple of activities will be held in order to raise funds

for this worthy cause of helping the kidney (CKD) patients in Sri Lanka. Volunteers are welcome. Further information will be provided shortly. If interested, please contact helasavi-vacanada@gmail.com, or Manamendra at 6138693123 or 6138901695.



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INNOVATION CORNER

By Martin Nicholas

Ideas for products from the internet that SLCAO members with skills could make on their own workbench or sewing table.

1. FOR THOSE WITH CARPENTRY SKILLS

Wine Glass Holder



Table Tennis Door

2. FOR THOSE WITH SEWING SKILLS



3. FOR SLCAO'S QUALIFIED ELECTRICIANS

Hidden Power Outlet



Built-in Wall extension cord



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දැවසක් පැල නැති හෙතේ අකාල මහ වැනි වැස්සා තුරුලේ හංගා ගෙන මා ඔබ තෙමුනා අම්මේ පායන තුරු හිටි පියවර හිටියා ඔබ අම්මේ

නුවර විදි යටකරගෙන නින්දා වැනි වැගිරුන දා බිරිඳකගෙ සෙනෙහෙ ගියා යෝධ ඇලේ නැමිමේ (ඔබෙ සෙනෙහස යුවද දිදි දැනුනා මට අම්මේ)!!

කොලඹ අහස කලු කරගෙන මුහුද හුලන හඬලනකොට ඔටුන්න බිම දා දැවගෙන එන්නද එක පිම්මේ (මං එනතුරු ඉදිකඩ ලග ඉන්නවාද අම්මේ)!! මං එනතුරු ඉදිකඩ ලග ඉන්නවාද අම්මේ

අධිහිඤ රත්බන්ධා සෙනෙවිරත්න රචනාකල ගීතයක්. මුල් ගායනය කලේ විශාරද ආචාර්ය කපුගේ. ඒ දෙන්නම දැන් පිටතුන් අතර නැහැ.

ශ්‍රී ලංකාවේ සංගීත නිවේදකයෙක් මේ ගීතය විමර්ශනය කරන්නේ මේ ආකාරයටයි.

මේ ගීතය ඇහෙන කොට අපිට හිතෙන්නේ දැවසක් අම්මා කෙනෙක් පොඩි දරුවෙකුත් වඩාගෙන පැලක් නැති හේනකට යනවා, එනකොට ආපු මහ වරුසාවෙන් දරුවා බේරගන්න අම්මා දරුවාට තුරුලේ කරගෙන එක තැනටම වෙලා හිටිය කියලා.

මේ නිවේදකයා කියන හැටියට මේ ගීතයේ අර්ථය රට වඩා හුක් ගැඹුරුයි. ඒකේ පසුබිම වෙලා තියෙන්නේ අනුරාධපුර රජරට අත ගම්මානයක දුප්පත් පවුලක ඉපදුන රන් බන්ධා සූර්නගෙ පිටින අත් දැකීම.

ගීතයේ පලමුවෙනි පදයේ කියවෙන "දැවසක් පැල නැති හේනේ" කියන පදය ඔහු සම කරනවා පියෙක් නැති ගෙදරකට. එවැනි ගෙදරක දුප්පත් කම කියන මහ වැස්ස පතිත වෙනවා. අම්මා කෙනෙක් මේ වැස්සට හොඳටම තෙමෙනව, නමුත් දරුවන්ව ඒ වැස්සට තෙමෙන්න දෙන්නෙ නෑ. "පායන තුරු හිටි පියවර හිටියා ඔබ අම්මේ" කියන පදය ඔහු සම කරනවා අම්මා ඒ දුප්පත් කමෙන් දරුවාට පියනය නොවී වැඩෙන්නට සැලැස්වීම.

දෙවෙනි පදයේ කියවෙන වැස්ස ඔහු සමකරනවා බිරිඳ ඔහු හැරදා යෑම. ඉමිය ලංකාවේ බිරිඳක් ස්වාමියා හැරයාම නින්දාපනක ලෙස සැලකීම පෙන්වන්නේ "නුවර විදි යට කරගෙන නින්දා වැනි වැගිරුන දා බිරිඳකගේ සෙනෙහෙ ගියා යෝධ ඇලේ නැමිමේ" පදයෙනි.

කොතෙකුත් පිඩා මැද්දේ අමාරුවෙන් ඉගෙන ගෙන ඉහල තත්වයකට ආවත් සමාජයේ ඇතිවන දේශපාලනාත්මක හා ආර්ථික උද්ගමනයන්ගේ බලපෑම් තුන්වන වැස්සකට සමකරනවා.

මා කෙටියෙන් ලියා නිසා සම්පූර්ණ අර්ථය ගිලිහී යන්නට ඇති. මුලු කතාවම අහන්න යන්න වෙතට <https://www.facebook.com/photo.php?v=156280091203455>

Employment Opportunities

Fortinet is always looking for top-notch people to join our company. We are currently looking for the following positions:

If you are interested, please feel free to send your resume to Roshan rfernando@fortinet.com

- Technical Support Engineers, Level 1
- Embedded Linux Application Developer
- Senior Software Engineer