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

VOLUME 2, ISSUE 9

SEPTEMBER 2014

Link to newsletter archives: <http://www.slcaottawa.com/Newsletters.html>

SLCAO UPCOMING EVENTS

- AGM—26th October! **Please mark your calendars!**

INSIDE THIS ISSUE:

Shingles	2
An "angle" in the Andean-	2
From our sponsors	3
Samanala Kanda	4
කත විමර්ශන	5
Canada's Anti-spam Legislation (CASL)	5

Information, views or opinions expressed in 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

Cooling down...

To some, September signals the end of summer. A nice change from humid, hot July, August days to pleasing temperatures during day followed by cooler evenings. New school year starts which keeps everyone busy.

As the outside temperatures keeps going down, it is the general tendency to slowly get away from the outdoor activities, especially the sports activities. It may be beneficial to start focusing on indoor activities to become healthy and fitter during

the fall and winter seasons. Local community centers and similar organization offer various activities fitting the whole family. Now may be the time to start checking out community



centers and alike to keep your summer shapes intact. **Have a great, healthy September!**

The Challenge for including Grandparents in the Life of Immigrant Families

by Martin Nicholas

September is the month where Grandparents are honoured in North America. This year in Canada, National Grandparents' Day is celebrated on Sunday the 14th of September. It began in Canada in 1995. Motion number 273 submitted in the [house of commons](#) by Mr. [Sarkis Assadourian](#) read:

That, in the opinion of this House, the government should consider designating the second Sunday in September of each year as Grandparents' Day in order to acknowledge their importance to the structure of the family in the nurturing, upbringing and education of children.

Family class migration was supported by the 1976 *Immigration Act* by clearly enshrining in legislation the significance of family reunification. Since then, one of the three basic goals of Canada's immigration program has been to facilitate the reunion in Canada of Canadian residents with close family members from abroad. <http://www.horizons.gc.ca/eng/content/primer-%E2%80%93canada%E2%80%99s-immigration-system>

(continues on page 5...)



(Photo was taken by a Sri Lankan Australian while visiting her Grandmother in Sri Lanka. It was downloaded from her Blog)

SHINGLES

What is shingles? Shingles, also known as the herpes zoster is a rash that is caused by the virus, Varicella Zoster. This rash appears mostly as a band, strip or small area on one side of the body, including the face. Shingles appear mostly in adults and individuals with weak immune systems.

Majority of the individuals who suffered from shingles may never have to suffer from shingles for the rest of their life.



Since the varicella virus is also responsible for the cause of chicken pox, therefore the only way one can get shingles is by getting chicken pox.

The symptoms of shingles occur in stages, first individual might get a small headache or become sensitive to light. The individual might also feel like they have gotten flu with a fever; however it can turn out to be that the individual never has gotten the flu or the fever. Then the individual might feel itchy, tingling, or pain in different areas on the body. After few days one will begin to see the band, strip, or small area of rash. After 2-4 weeks it will begin to heal however it will leave some scars depending on how big the rash was. Shingles begin to occur as a small blister on the red base and after 3 to 5 days new blisters begin to form. This skin condition is contagious and can spread to other individuals, such as babies, children or adults who has never suffered from chicken pox. Instead of developing shingles the individuals might get chicken pox.

A cure for shingles still has not been found, however there are medicines that will help to fight the virus. For more information about treatments, it is always better to discuss it with your physicians before trying anything new.

Work Cited

<http://www.webmd.com/skin-problems-and-treatments/shingles/shingles-topic-overview>

<http://www.onhealth.com/shingles/page2.htm>

<http://www.nlm.nih.gov/medlineplus/shingles.html>

By Chathumi De Silva
Second year Biochemistry Honors student, Carleton University

An 'Angel' in the *Andean-Range*

By Kumudini Nicholas



While nestled in the *Cuzco*¹ valley,
Bordering the *Amazon* forest,
Among lush greens, seamless walls,
The cuddly *Llama* in *Machu Picchu*
And the terraces made by *Quechua*²
I met an 'Angel';

With wings warm as a bird's gentle feathers and,
A wing-span wider than that of the mighty *Condor*³,
That roams around the *Andean-range*.

Along the 'creamy' *Urubamba* river
Surrounding the Citadel of the ancient *Inca*
This 'Angel' spreads gentle thoughts;
Encourages failing hearts;
Warms cold damaged souls,
And protects all from harmful elements
Spread across the majestic *Andean-range*.

Genes of the kings of *Quechua*,
Directs 'Angel' to the '*trail-of-the Incas*'⁴
To share wonders of this land
Embraced by the Sun-God,
That protects the mystic *Andean-range*.

The legends and the myths of the Andean people,
The calendric movement of heavenly bodies,
Move through the veins of the 'Angel'
To induce curious minds of the travellers,
And explore mysteries hidden beneath
Peaks and valleys, that built the *Andean-range*.

The patriotic 'Angel', a perfect host,
An ambassador to the land of the *Inca*,
Revives the ancient energy in every step and,
Expresses the glory of the land,
Without a drop of '*Pisco-sour*'⁵
Or a goblet filled with corn-based rum,
Made me wonder,
Is this the incarnation of the *Inca-Huayna-Capac*⁶
Who once ruled the Peruvian *Andean-range*?

¹ A City situated in the sacred valley of the Andean mountains, the navel of the *Inca* world; ² the name of the people of the central Andes of South America and their languages; ³ a bird native to the Andean mountains, with a white collar and an immense wings spread; ⁴ the foot-path of the ancient *Inca* from Cuzco to Machu Picchu, the iconic "lost city of the Incas", untouched during the Spanish conquest; ⁵ an alcoholic beverage served widely in the Andean-range; ⁶ The last *Inca* who died of measles, brought by the Spaniards in 1527



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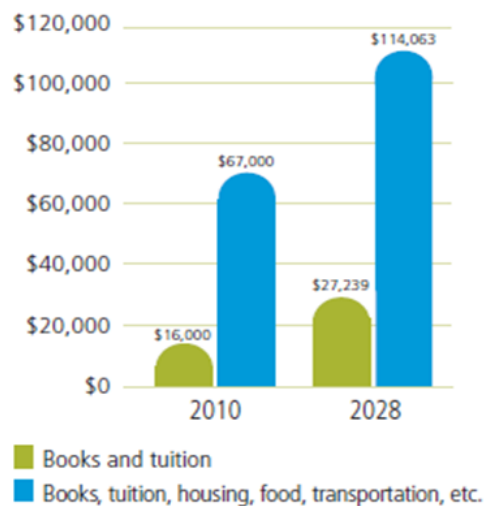
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- Flexibility to change the plan's beneficiary.
- Withdrawals of contributions are **tax-free**.
- The investment income is **transferable to your RRSP** if the child chooses not to pursue a post-secondary education.

Cost of a university education over 4 years**



* Canadian average

** Projection based on a 3% inflation rate per year

Source: Statistics Canada

Why wait...?

Contact **Dulani Samarawickrmama** for further details
(email: dulani.samara@agc.inalco.com, Tel: 613-680-5278)

SLCAO welcomes their latest sponsor, Industrial Alliance and Dulani. They bring to the table another option with your investments, helping your children's' education while offering more alternatives.

Advertising inquiries: ec@slcaottawa.com

SAMANALA KANDA

The road to **Samanala Kanda** (Sri Paada) takes you past some spectacular waterfalls and winds through the heart of some of the finest tea-growing country in the world. Sri Lanka's Tea Research Institute has played a major role in improving Sri Lanka's tea production. The road drops as it crosses the railway lines and winds through the tea estates of Dimbula. Along this stretch, there are some magnificent views from the road. You first spy the 80m **St Clair Falls**, dropping in three cas-



acades down to the valley below. Opposite the view point for 98m **Devon Falls**, an enormous bronze tea boiler introduces you to the St Clair Tea Center, a good place to stop for a cup of tea.



The mountain is more easily seen from the sea than from land. Samanalakande is also called **Adam's peak** or the **'butterfly mountain'** because of the myriads of small butterflies that fly

from all over the island to die upon the sacred mountain. The ascent of Samanalakande is traditionally made by night, allowing climbers to reach the top in time for dawn, which offers the best odds of seeing the extraordinary views free from cloud as well as a chance a glimpsing the peak's enigmatic shadow. Most visitors climb the mountain during the pilgrimage season, which starts on the Duruthu poya day in December or January and continues until the Vesak poya in May. During the season the weather on the mountain is at its best, and the chances of a clear dawn at the summit highest;

The Samanala kande remains an essentially Buddhist place of worship and the mountain has been an object of pilgrimage for over a thousand years, at least since the Polonnaruwan period, when the kings Parakramabahu and Vijayabahu constructed shelters here for visiting pilgrims. In the twelfth century, Nissanka Malla became the first king to climb the mountain. The mountain has the unique distinction of being sacred to the followers of four of the world's major religions: Hinduism, Buddhism, Christianity and Islam. To the Buddhist, the imprint found on the summit of the mountains the hallowed footprint of the lord Buddha. To the hindus, the footprint of Adam, hence the title "Adam's peak".

Long before the development of these religions, the mountain was worshipped by the aboriginal inhabitants of Sri Lanka known as the **Veddhas**. Their name for the peak was Samanala Kanda; Saman being one of the four guardian deities of the island. But according to Buddhist traditions from as early as 300 BC, the real print is actually be-

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neath this larger marking. Imprinted on a huge sapphire, it was left by the Buddha during the third and final of his legendary visits to Sri Lanka. The Samanalakande is the 3rd highest mountain in Sri Lanka. There are three routes taken by the pilgrims who climb the Peak today which are known as the Ratnapura route, Kuruwita route and Hatton route.

Sri Pada's surrounding mountain forests is the watersheds of four major rivers, the Kelani River, Kalu river, Walawe river and the Mahawelli river. Theses four watersheds being at the Samanala adaviya. This Mountain is 7341 feet above the sea-level. As mentioned before, "Sri Pada" is where the footprint of the Buddha is located. According to the legend Buddha, during his 3rd visit to kelaniya 2,580 years ago he made an imprint of his foot as a relic worthy of veneration. According to folklore the god Saman's request. Apparently there is a saying in sri lanaka that if you haven't visited sri pada at least once you are a fool and if visited it more than once you are an even bigger fool. A very interesting fact about the samanal Adaviya forest is that it has a remarkable biodiversity over 640 medical plants which have been recorded. It should make us very fascinated to see the fascinating things located in our land the. This one of the only countries with such strong cultural background that reflects back to our old days.

BY KASUNI DE SILVA

ගීත විමර්ශන

මං මේ වාරයේ ඉදිරිපත් කරන ගීතය 1970 ගනන්වල ඉදිරියට ආපු ගීතයක්. ඔබ සමහරකට මතක ඇති ලංකාවේ පලමුවෙන්ම බිහිවු චිත්‍රකතා සඟරාව 'සිත්තර'. ඒ කාලයේ ඒ සඟරාවේ බොහෝම ජනප්‍රිය වෙච්ච කතාවක් තමයි බලංගොඩ සරත්මද ඉදිරිපත් කල 'ඉතින් ඊට පස්සේ' කියන කතාව. මට මතක හැටියට ඒ කතාවෙන් කියවුනේ 'දේදනු' සහ 'කැලුම්' කියන ප්‍රේමවන්තයින් දෙදෙනාගේ කතාවයි. ඉතින් මේ කතාව ජනප්‍රිය වෙනකොට එය මුල් කරගෙන ලියපු



ගීතය තමයි 'ඉතින් ඊට පස්සේ'. මං මහන්සි ගත්ත කවුද මේ ගීතය ලිව්වෙ කියල හොයාගන්න, නමුත් බැරවුනා. කවුරු හරි දන්-නවානම් කියල එවන්න. ගීතය ගායනය නම් කලේ වික්ටර් රත්නායක සුරත්. ඉතාම මනරම් ගීතයක්. දැන් ඒ ගීතය:

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ඉතින් ඊට පස්සේ...

The writer presents a popular Sinhala song from yester years. The song is based on a story included in the first-ever comic magazine published in Sri Lanka called "Siththara". The song was sung by maestro Victor Rathnayake.

(The Challenge for including Grandparents... continues from page 1)

Despite this in 2011, significant reforms to Canada's Family Class for immigration began with the freezing of applications for parent and grandparent sponsorship and by May 2013, a package of reforms to the Family Class was proposed, which imposed more stringent conditions for the sponsorship of parents and grandparents under the Family Class. The new Super Visa is an alternative to bringing parents and grandparents to Canada on a temporary basis. However, it could be a much more costly avenue for families than the application process for sponsorship or permanent residency. The Super Visa process alone involves substantial application fees and paying insurance coverage for at least \$100,000. Let's hope family sponsorship becomes less onerous in the future.

Grandparents play many helpful roles in the life of Sri Lankan-Canadian families. The support is enhanced and enriched when they reside here. We have all heard of the range of great things they do especially for their grandchildren.

I salute all elders for enriching our community by imparting wisdom and bestowing love to family and friends. I wish success to each one of you working on family reunification in Ottawa.

Canada's Anti-Spam Legislation (CASL)

The new law came into effect July 1, 2014 and will restrict all email messages that refer to commercial or monetary transactions. The Executive Committee must seek "express consent" from anyone with which it communicates about SLCAO activities, ticket sales, sponsorship opportunities, event photos, cultural programs etc.

To comply with the law, **SLCAO is planning on to discontinue the yahoo email list** in the coming weeks and move on to a new email system. The new email system was developed in conjunction with Executive members will be in place thereafter.

To ensure you are informed of SLCAO activities, please click on the following link <http://www.slcaottawa.com/subscribe> and enter your information. An email will be sent to the email address you provide for confirmation. Please click on the link contained in the email to fully subscribe to our emails.

The link is also available in our website.

Thank you

SLCAO Executive Committee