

SLCAO UPCOMING EVENTS

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

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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

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

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JUNE 2014

Vesak Celebrations

We are bit behind in bringing this to you. Nevertheless, Vesak is an important religious celebration to all Buddhists around the world.

It commemorates the birth, enlightenment (*nirvāna*), and passing away (*Parinirvāna*) of **Gautama Buddha** in the *Theravada* or southern tradition.

The Vesak is celebrated in different ways from country to country and from community to community. In village atmosphere, people celebrate Vesak in more se-date, religious manner by attend-



ing religious (*dhamma*) sermons and by observing the eight precepts on the day. In contrast, cities and towns celebrate Vesak little bit more colorfully. Some of you may remember Vesak pandols with beautiful art work and amazing electric light displaying all over Colombo and other cities.

Some of my childhood memories about Vesak in Sri Lanka brings back how my more industrious colleagues made Vesak lanterns (*Vesak koodu*) out of bamboo and tissue paper. Kids those days enjoyed doing such probably because



there were no TVs, Xboxes, PlayStations etc.

Little known facts about Vesak

Until I started writing this, I did not know that the Vesak holiday was formalized in 1950 at the first conference of the *World Fellowship of Buddhists* held in Colombo. **Did you know this?**

Ottawa Vesak

There were celebrations at all three temples. Some participated in programs to observe the eight precepts (*Ata sil*) and meditation to practise and improve morality, simplicity and humility, while some participated in musical tributes to Buddha.

Page 5 presents photographs from the Vesak program at Sri Jayawardhanaramaya.

Ask the Experts - a new column

Dear Editor,
Not too long ago our Hotmail account was hacked after I accessed it in a free Wi-Fi area at a hotel complex. I would like to have an IT expert give SLCAO members some tips on how to prevent or minimize the possibilities of having the security of personal e-mail accounts be compromised by hackers. I am seeking advice for protecting accounts whether accessed from a home computer, personal electronic device or a friend's or public computer. Also, please advise on what is the best course of action if one's account is hacked.

Thank you,
Martin

Dear Editor,
We have heard that some people use something called "staging" before putting their house up for sale. We would like to know what staging is and what are the pros and cons of using it. Is it true that it is harder to sell a home that is empty? What is the cost range for staging and could it be done through a realtor?
Thank you,
Persons thinking of Selling their home.

From time to time we receive requests from our readers requesting advice on various topics. I am sure that we have many experts on different fields and we are hoping that they could answer few of these queries. We also encourage our readers to send us their queries, so we could help them.
- Editor

Erratum!

In the last issue, we modified our logo to include the Tamil equivalent of "Satahan" in the logo. In presenting the new logo, the Tamil equivalent for "Satahan" was presented as "Karippukal". One of our readers pointed out that it is pronounced as "Kurippukal".

We sincerely apologize to our Tamil readers about this oversight while thanking the reader who pointed this out to us.

Your comments will help us to improve the quality of delivery and they are most welcome!

SIRIMAVO BANDARANIYAKE (THE FIRST WOMAN PRIME MINISTER IN THE WORLD)

Sirimavo R.D. Bandaranaike was born on April 17, 1916, in Ratnapura, Ceylon (Sri Lanka) to a wealthy family (Rathwatte). She was the eldest child in the family of six children, four brothers and one sister.

She married a politician named S.W.R.D Bandaranaike in 1940 and gave birth to 3 children named Chandrika, Sunethra and Anura. SWRD became the Prime minister of the country in 1956. Upon her husband’s assassination in 1959, Sirimavo entered the politics. She was elected prime minister in 1960, becoming the world’s first woman to hold the position. She died on the election day October 10th 2000, after having cast her vote for the first time since 1980.

Sirimavo was the country’s Prime Minister in two separate periods: 1960-1965 and 1970-1977. She was later charged with abuse of power for delaying the elections during her rein. She was expelled from parliament and banned from public office for seven years. The 1980s were her dark days. She became a political outcast, rejected by the people who had once worshipped her. She had very little real power. Her daughter Chandrika outmaneuvered her mother to become the prime minister; and then was elected president the same year. Since her daughter Chandrika was the president Sirimavo was subordinate to her daughter, the President. She remained in office till a few months before her death.

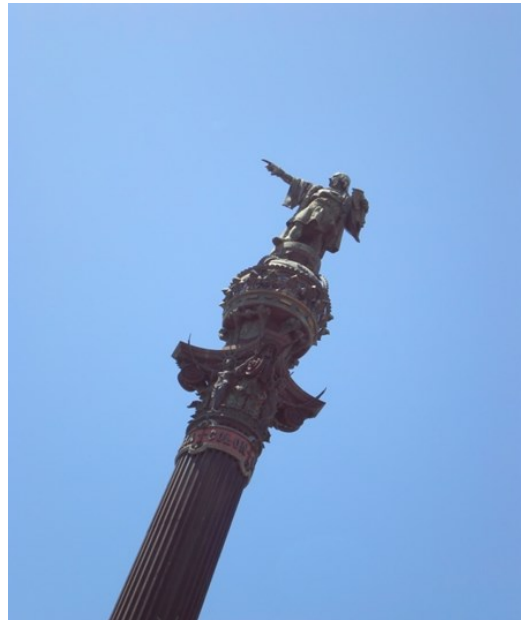
Sirimavo Bandaranaike may have been the first woman elected prime minister of a nation, but she's not the last. Since her historic election, more than 50 countries, from Argentina to Yugoslavia, have voted women into their top post. A few have even elected more than one woman into the position of president or prime minister. Sirimavo was a great role model to her surroundings and showed people that a woman can also have the same rights as men, and how they shouldn't be judging people by gender. She showed people how both genders are equally the same. I have no political knowledge but I am proud to know that a Sri Lankan woman out beat the men and became the first woman prime minister in the world.



BY:KASUNI DE SILVA (GRADE 9)

Monumental Efforts

Photographs by *Kumudini Nicholas*



By Man: Christopher Columbus; Barcelona, Spain (2008); made in honor of Columbus first voyage to the Americas; hand pointed towards the New World, wrong direction; an architectural error.



By Nature: The John Ford Point (a famous Western movie site); *Monument Valley* at the border of Utah and Arizona states, USA (2011). The ‘monuments’ developed from sediments of a sea-bed, emerged over thousands of years. A Navajo (a native Indian) man is on the horse. A ‘climb’ on his horse costs \$10.

Eczema - by Chathumi De Silva

Eczema is a medical condition that causes the skin to become inflamed or irritated. In U.S. about 10% to 20% of infants and about 3% of adults and children suffers from eczema. Majority of infants who suffers from eczema outgrow it by the time they turn ten years old, however minority of them will continue to have symptoms on and off throughout life.



Eczema is a common skin problem in individuals with brown skin including those of Asian, Latino and African descent. Eczema has found to be the second most common skin disease in African-Americans. Eczema is almost always itchy. Sometimes the itching will start before the rash appears, but when it does, the rash most commonly appears on the face, back of the knees, wrists, hands, or feet. Scientists and researchers are still trying to figure out the main cause for eczema.

They believe that this skin condition is linked to an overactive response by the body's immune system to an irritant. Eczema is also



mainly found in families with a history of other allergies or asthma. In 2009 a study carried out by scientists at the University of Edinburgh concluded that the defects in a particular gene known as the filaggrin gene are linked to a considerably amplified risk of developing allergic disorders such as eczema, rhinitis, and asthma.

A **pediatrician, dermatologist, or your primary care provider** can make a diagnosis of eczema. Sometimes doctors do not need tests to see whether an individual is

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suffering from eczema, they can just tell by looking at their skin. Since many people with eczema also have allergies, your doctor may perform allergy tests to determine possible irritants or triggers. Children with eczema are especially likely to be tested for allergies.

<http://www.webmd.com/skin-problems-and-treatments/guide/atopic-dermatitis-eczema>

<http://www.eczemaCanada.ca/>

<http://rhemashope.wordpress.com/2008/09/18/hope-allergies-and-autism/>

<http://eczematreatmentadvice.com/eczema-on-scalp-how-to-fight-off-seborrheic-dermatitis/>

Chathumi is a Second year Biochemistry student at Carleton University

Get fit with Netball

By Shirani Ferdinand

Netball has one of the fastest-growing participation levels of any sport, and with its fast-paced, intensive style providing a range of health and fitness benefits, it's easy to see why.

The pace of a Netball game means it's a great calorie burner - you're looking at burning around 450 calories during an average game, which is pretty impressive. Netball is also great for toning

your legs - calves, thighs and buttocks all get a workout. Chest passes can also help tone the arms, shoulders, chest and back.



But while speed and agility are prized attributes in a netballer, being able to read the game is what keeps the pace up. Having a netball brain, and having a good understanding of the other players and anticipating what they will do, is highly prized. Netball is a challenge for the brain. Netball has much to offer - whether you're a defence or attack. Every position is dynamic, so you've got to be prepared for it. Because of the dynamics of the game, netballers need to develop power, balance and core stability. Netball is tough on the knees, ankles and sometimes the lower back, depending on how you jump and land.

Good netballers need:

Core stability and balance - Helps with almost every aspect of attack and defence. Whether you're a shooter standing on one leg, a defender leaning in to guard the ball, or you just like to be able to leap and change position quickly, balance and core stability help improve your game



and help you avoid injury. To improve your balance and stability, do strength exercises for the arms, chest and shoulder while standing on the opposite leg, do a twisting lunge holding a medicine ball or dumbbell, perform exercises on a Swiss ball or stand on a wobble board (or on one leg for 60 seconds, building up to doing it with

Children's Day and Father's Day in June

by Martin Nicholas

A special day for children is recognized in many places around the world, to honour children nationally or globally. Such a day was first proclaimed by the World Conference in 1925 for the well-being of children and then established universally in the 1950s. Since then, the *International Day for Protection of Children* is observed in many countries as *Children's Day* on June 1. However, in Canada, since 1993, November 20th has been proclaimed as the *National Child Day*, while in Sri Lanka, *Chil-*

the passage of time, they are very much on our minds. When I reflect on my life with my late father, the quotations given below come to mind. They represent his approach to relationships he had with my siblings and with me and epitomises what was his regard for us: .

.Events for the Month of June: National Aboriginal Day is June 21. June is Awareness Month for Brain Injury, Stroke, *Spina Bifida* and Hydrocephalus and ALS (also known as Lou Gehrig's disease). See the following Health Canada web link for details: <http://>

"The only way love can last a lifetime is if it's unconditional..." — [Stephen Kendrick, The Love Dare](#)



"Love -- so far-seeing that it can glimpse around corners, around bends and twists and illusion; instead of overlooking faults love sees through them to the secret inside." — Vera Nazarian, *Salt of the Air*

(Image courtesy : <http://www.pinterest.com/pin/374432156491474392/>)

dren's Day is on 1st of October.

As you know, in North America we celebrate *Father's day* on the third Sunday in June. For some of us, whose fathers have passed away, it is a time to honour their memory. In spite of

www.hc-sc.gc.ca/ahc-asc/calend/index-eng.php

Wishing you a summer filled with Sri Lankan like warm weather, fun times with family and friends, relaxation through leisurely pastimes and cultural fulfilment by engaging in community activities

your eyes closed). Make sure you include holding the plank position for up to 60 seconds at a time in your strength regime.

Explosive speed - Needed to sprint into position, change direction suddenly and to leap up to intercept a ball. For this you need to include plyometric in your training - jumping up leaping sideways or jumping over low hurdles. It's all about improving your power and your leg strength. Fartlek training, where you explosively sprint short dis-

tances, is also perfect for netballers. No matter what your position, you need to be able to get to where you're going faster than your opponent.

Endurance is essential - If you want to maintain your pace for the whole game. Train by building up to running continuously for up to 20 minutes, only slowing down when you need to, then speeding up for a sprint.

Highlights from the Vesak Celebrations - Sri Jayawardhanaramaya Buddhist Monastery (photographs: Vishan Senevirathne)



මිතුරු - පසමිතුරු!
(මැට්ටියේ ජවිගේ නිර්මාණයක)

මිනිසකු විලස දැනගත් මොහොතෙහිදී එම සය වසරකට පෙර ඔහු හමු උනෙමි මම මා සිත් ගත් නිසා (නොදනිමි කරුන කිම) මිතුරෙකු උනා ටික කලකදී අසම සම	මිනිසුන් අතර නෙක උස් මටි කම් රන්දා පරයන එකිනෙකා ගැන ඔහු වෙර බැත්දා මගෙ සිතුවලින් ඒ හා ගැලපෙන හන්දා මනසින් ලංඋනා මොන කරුමෙද මන්දා!
සැනෙකින් වෙනස්වෙයි අදහස් මෙන් දුලි වැඩකදී කිසිතැනක පෙන්වා නැත මැලි දෙදෙනා එක්ව පෙර පැවසුව පල් හැලි මතකයෙ කිදා බැස ඇත සදහට වෙලි	හමුවේ අදත්(නැහැ දැන් දොඩමලු වන්තෝ) නොදනිමි කිමද මට එරෙහිව අවි ගන්තෝ පුදුමය! අහේතුක දේමය සිදු වන්තෝ අප විරසකය (නැත මා සටනට යන්තෝ)
බැඳුනත් පෙර දිනක ඒ මිතුදම යාළු (නොදනිමි)මගෙන් හිත රිදුමක් සිදු වීළු තව දුරකට කතා බහ අපගේ නැලු "කලකදී රහලු -කලකදී වහ වෙන වාලු"	මිතුරන් සැහැසි දේ පිටුපස කරන තුරු සතුරන් අතර වෙනසක් නිති දකිනු බොරු ගිණි දළ මැදත් මල් අතරත් ගමන හුරු මේ දිවි ගහේ තනියම මම පදිමි ඔරු

In the span of our lives, we all experience various ups and downs in our relationships with others. People who have been close to us sometimes get distant. These do happen due to reasons beyond our control and sometimes due to breakdown in positive communications between the parties. The above poems by JaVee depicts such a breakdown in a relationship.
- Editor -