



CANBERRA LANKAN



www.aslaact.com

E-Journal canlankan1@gmail.com Volume 3- Second Issue Nov 2015

WORKING COMMITTEE

CHAIRMAN

Charles Perera

EDITORS

Sangita Ashok (English)

Dr. Mali Maliyasena (Sinhala)

Co-EDITORS

DR. Kamal Wickramasinghe (English)

Ramya Wijayathilaka (Sinhala)

TECHNICAL DESIGNER

DR. Leonard Jayasinghe

WEB MANAGER

Asela Abhayapala

YOUTH CO-ORDINATOR

Natasha Perera

COMMITTEE MEMBERS

Jayaraj Samuel

Dr. Stephen Muller

Sena Athugala

INSIDE THIS ISSUE...

Editorial

Articles

Charity Corner

Amusement Corner

Travel Corner

Poetry Corner

Trivia Corner

Women's Corner

Sports Corner

Canberra Lankan is an e-journal published in English, Sinhala and Tamil. No material, including advertisements designed by Canberra Lankan may be reproduced in part or in whole without the written consent of the editor.

Opinions carried in Canberra Lankan are those of the contributors and not necessarily endorsed by Canberra Lankan Editorial Committee.

All correspondence should be addressed to:
Canberra Lankan;
Phone: 0416 146 493
Email: canlankan1@gmail.com
Web: www.aslaact.com

මේ දොරකඩ හිද සිතා සෙන්නේ වසන්තයයි.

මල්බර ගෙවුයන ගුමු ගුමු නදින් ඉපිලේ -
එළවළු ගොන්න සුළඟේ ලෙලෙමින් සැලේ -
ගොටුකොල නිල්ල ද ළහිරු රැසින් දිලිසේ -

මනරම් උදෑසන, මසින සතුට උතුරවා ප්‍රීතියෙන් ඔකඳ කරවයි

අප අමන්දානන්දයෙන් පුබුදුවා ලන මේ සොඳුරු අසිරිමත් වින්දනය කුමක්ද ?

සතුට අර්ථකථනය එය ලබා ගැනුම තරමටම දුෂ්කරය. අප ප්‍රීතියෙන් විසුමට කැමතිවාක් මෙන්ම, " මේ මොහොතේ මම බොහෝ සතුටින් සිටිමි" යි තිරසරව නිගමනය කිරීමද ඉතාම පහසුය.

එනමුදු, එය වචනයට නගන විට දිව පැටලී ගොළු වී යයි.

"ඒක මාර ආතල් feeling එකක් aunty" මේ ගැටවරයකුගේ සිනහ මුසු පිළිතුරයි.

අප සිත්හි මතු වන දහසක් ප්‍රාර්ථනා, අපේක්ෂා මුදුන් පත් කර ගැනුමට වෙහෙස නොබලා, දුක් විඳ වැඩ කටයුතු කරන්නේ, අවසන අත් විඳින ඒ නිරාමිෂ ප්‍රීතියේ අසිරිය හොඳින්ම දන්නා බැවිනි.

සතුට මැන බැලිය හැකි සිද්ධාන්තයක් ද?

ඔව්, අපට අවශ්‍ය නම් අපේ සතුට, ප්‍රීතිය ගැන අවංක වාර්තාවක් සපයන්නට අපට හැකි විය යුතුයි. අපට එසේ වාර්තා කළ හැකි නම්, එය මැන බැලීමද කළ හැකි විය යුතුය.

දෘෂ්ඨි පරීක්ෂාව ද මෙවැනිම මූලධර්මයක් මත රඳා පවතී.

දෘෂ්ඨි පරීක්ෂක වරයාට අපගේ දෘෂ්ඨි අත් දැකීම හඳුනා ගත හැකි හොඳම ආකාරය නම් උපකරණයක් දකුණට හා වමට කරකවමින් [click – click] එය වඩා පැහැදිලි දැන් ද, නැතිනම් [click-click] දැන්ද කියා අපගෙන්ම ප්‍රතිචාරයක් ගැනීමෙන් ය.

පර්යේෂණාත්මකව, සතුට , සොම්නස ට හේතු සාධක තුනක් හඳුනා ගෙන ඇත.

- 1) පරම්පරාගත ප්‍රවේණියෙන් උරුම වූ අපගේ පෞරුෂය [50%]
- 2) ජීවන අවශ්‍යතා වන යහපත් සෞඛ්‍යය හා ධනය [10%]
- 3) අපගේම විශේෂිත තෝරා ගැනීම් [40%]

පෞරුෂය හා යහපත් සෞඛ්‍යය අපගේ පාලනයට තනිකරම යටත් නොවන නමුත්, අපගේම විශේෂිත තෝරාගැනීම් කල්පනා කාරීව සිදු කර ගතහොත්, අප අත් විඳින සතුටෙහි මට්ටම වඩා උසස් තලයකට ගෙන යාමට එය මහෝපකාරී විය හැක.

උදාහරණ වශයෙන්, ධනාත්මක සිතුවිලි වර්ධනය අපට සතුට, ප්‍රීතිය ලබා කර ගත හැකි පහසු මාර්ගයකි.

එනම් “ කෘතවේදී බව” [Gratitude], “ශාන්ත බව” [Serenity], “ප්‍රමෝදය” [Joy], “ අභිරුචිය” [interest], “අභිලාෂය” [hope], “අභිමන” [pride], “ප්‍රමෝදණය” [amusement], “අනු ප්‍රාණය” [inspiration], හා “ස්නේහය” [love] වැනි ගුණාංග වඩ වඩාත් ප්‍රමුද්ධ කිරීම මගින් අපට සිතට සතුට හා ගතට සැනසිලි සුවය ලබා කර ගත හැකි වේ.

දැන් අපි “ඉරිසියාව” [jealousy], “ක්‍රෝධය” [anger], “වෛරය” [hatred], “කනස්සළු බව” [sorrow], “බොරුව” [lie], “මාන්තය” [arrogance], “උදාසීන බව” [apathy], “නුරුස්නා බව” [abhorrence] වැනි ගතිගුණ දෙස ද තෙත් යොමු කරමු.



FUN DAY

මේවා අප ජීවන ගමනේ විවිධ මත්සන්ධි අසලදී පා ගැටෙන නියුණු ගල් මුගුරුය.

මේ හැභීම සමගම අප ගතවත් සිතවත් දැනෙන විඩාව කෙතරම් බියකරු හා පීඩකාරී දැයි සිතීම පවා ඉමහත් වටයකි.

වඩාත් සතුටින් හා ප්‍රසාදයෙන් වෙසෙන අප දන්නා හඳුනන්නන් වෙත අපි දැන් සිත් යොමුකරමු.

ඔවුනට ඉතා ශක්තිමත් පවුල් සබඳතා හා මිතුරු සමාගම් ඇත. සෑම දෙයකම හොඳ පැත්තම දකී (glass half full).

ඔවුනට බොහෝවිට එකිනෙකාට සෙනෙහසින් වෙසෙන මවුපියන් ඇත. එසේම තම අවශ්‍යතා ඉටුකර ගත හැකි පමණට ධන සම්පත්ද ඇත.

ධනය ගැන සිතනවිට රන් රිදී, මුතු මැණික්, ගේ දොර, යාන වාහන, වතුපිටි, මිල මුදල් තව තවත් ඇත්නම් කොපමණ සතුටින් රජවරුන් මෙන් දිවි ගෙවිය හැකි නොවේදැයි අපට සිතෙන අවස්ථා ඇත.

තව වැටුප් වර්ධකයක්, රැකියාවේ උසස් වීමක් ලැබුනොත් මේ අඩුපාඩු සියල්ල අවසන් නොවේදැයි තවත් සිහිනයකි.

බිඳක් සිතා බලමු. සැමවිටම එය එසේම නොවනු ඇත.

ඔස්ට්‍රේලියාවේ ධනවත්ම කාන්තාව දෙස මොහොතකට තෙත් යොමු කරමු.

පිය උරුමයෙන් හිමිවූ ඩොලර් බිලියන 14ක වත් කමක් ඇති, රන් ආකර හිමි, ඇයගේ සතුට සොම්නස ඇත්තේ කොතැනද? ඒවා කිසි දිනක ඇය සතුවීද? මවට එරෙහිව බුදුල් නඩු පවරා තම කුසයෙන් වැදූ දරුවන් එකිනෙකා ඇණ කොටා ගනිද්දී ඇයට ප්‍රීතියක්, නිදහසක් ඇතිද?

ඇති පමණට වියදම් කර, හැකි පමණට යුතුකම් කර, දරුවුණුපුරන් පිරිවරා ජීවිතයේ සැඟ සමයේ ඔබ අප අත් විඳින මේ නිරාමිශ සුවය ඇයට සිහිනයක්ම පමණක්ද?

සිරස බිම හොවා කුරාණය නමදින පානිමාත්, සුවද දුමින් සණ දෙවි පුදන ලෙව්වමින්, ඉටි පහනින් මඩු මාතා නමදින සිත්තියාත්, සුදු නෙළුමින් දළදා නමදින සෝමලතාත් සැඟහැ සිතින් විඳින්නේ ජාති, ආගම් කුල බෙදයෙන් තොර එකම අපරාමර සතුටු සුවයකි.

එය සැබෑමය , අප සිත් නිවී පහන් වී යයි. වුවටක් ඉන්න !

අභි-සක ප්‍රාණ ඇපකරුවෙකු ත්‍රාසයෙන් කුළු ගණ්වා, කඩුවෙන් ගෙල සිඳ, රුහිරු වෑහෙන හිස අතකින් එල්ලාගෙන, මාධ්‍යය හරහා අප හමුවට එන මිලේච්ඡ දාමරිකයා විඳින්නේ කවර ආකාරයේ සතුටක්ද?

අහෝ ! ඒ උද්දාමයේ අරුත ඔබ අප කෙදිනක හඳුනා ගනිද?

එම හිස තම සිහිනි සුරතින් එල්ලාගෙන, කැමරාවට ටිකිරි සිතා පාන ඔහුගේ අභි-සක නොදරුවා ගෙන කවර කතාද?

නොසතුට හෙවත් අසතුට කෙරෙහිද අපි දැන් මදක් සිත් යොමු කරමු.

අපට අභියෝගයක්, ප්‍රීතියක් නොලැබෙන දේවල් අප නිතරම කල් දමන බවත්, ඒවාට අතගසන්නේ මහත් උදසින කමකින් බවත්, ඒවා නොකර මගහැරීමට හේතු දහසක් හිතේ උපදින බවත්, මා මෙන්ම ඔබත් හොඳින් දන්නා පලපුරුදු සිද්ධාන්තයන්ය.













කාර්යාලයේ මාසිකව සිදුකරන අභ්‍යන්තර විසණක ක්‍රියාවලියේ වාර්තාව කළමනාකාරිත්වය වෙත යොමු කෙරෙන්නේ සතියක් දෙකක් කල් ඉල්ලාගත් පසු ඊලඟ මාසයේදීය. විශ්ව විද්‍යාලයේ නිබන්ධනය කොමිපියුටරය හරහා ඉදිරිපත් කෙරෙන්නේ නියමිත දින රාත්‍රී 11.59 ටය. ඕනෑ එපා සියලුම දේවල් සහවා දොර වසා තිබූ ගබඩා කාමරය මා අස් පස් කලේ අවුරුදු 18කට පසු නිවස විකුණා පිටවී යන දින උදයේය.

හේතුව ඔබට නොරහසකි.

එය එසේ උවත්, සිහිනි මිණිපිරිය අප සමග ගත කරන "Achchi Seeya fun day" නමින් ඇය සුරතලයෙන් හඳුන්වන, සතියේ සිකුරාදා දිනය එළඹෙන තුරු, අප දෙදෙනා මග බලා සිටින්නේ සෙනසුරාදා හිමිදිරි පාන්දර සිටමය.


හේතුව ඔබට නොරහසකි.

CONTENTS

		
	<p>--UNDERSTANDING TROUBLED MINDS-- <i>Dr. Abey Bandaranayaka</i></p>	<p>--HEALTH IS WEALTH-- <i>Kanthi Fernando</i></p>
		
	<p>--JUDE'S SPEECH ON ABORTION LAW-- <i>Jude Perera</i></p>	<p>--FROM DREAM WORLD DOWN TO EARTH-- <i>J. S. Swaradeva</i></p>
		
	<p>--WHY BUDDHISTS SHOULD CELEBRATE CHRISTMASS-- <i>Dr. Kamal Wickremasinghe</i></p>	<p>--DEADLY CHRONIC KIDNEY DISEASE IN SRI LANKA-- <i>Dr. Willie Senanayake</i></p>
		
	<p>--VIHILU THAHALU-- <i>Anonymous</i></p>	<p>--POLGAHA YATA-- <i>Priyantha Diyagoda</i></p>
		
	<p>--VEDIC ASTROLOGY-- <i>Sangita Ashok</i></p>	<p>--THE BOTANY OF CRICKET-- <i>Dr. Dilantha Gunawardana</i></p>
		
	<p>--SHANTHI FOUNDATION CHARITY DINNER-- <i>Dr. Stephen Muller</i></p>	<p>--WELI THALAPA-- <i>Dr. Kamal Wickremasinghe</i></p>



Understanding troubled minds
How family influences Adolescent Behaviour



Dr. Abey Bandaranayaka, MAPS (Psychologist)

The family is a very important unit in the process of socialisation of the child. Research studies indicate that family relationship during adolescence has important flow on effects on a number of domains, such as autonomy and later independence of the individual, adolescence self-esteem, individual pathology, and problem behaviour.

has implications for adolescent functioning, adjustment and identity achievements. The changes in parental adolescent relationships are vital in the personality development of the child.

It is important to consider how some of the factors such as parent-child relationship affect the development of a young adolescent. These factors influence adolescent development. Of concern are the effect of parenting styles and control, and that of divorcing and parental separation in the emotional adjustment of the adolescent. It is also important to look at how the parents and adolescents communicate, as well as the challenges teenagers face when they move in to new family environment.

Poor parenting has been noted as being the cause for most troubled children experiencing stress and anxiety.

I have written a number of articles on the effect of parental influence on the development of children. I am trying to highlight some of the important factors regarding how families play a part in influencing the development of behavioural patterns of adolescents in our community.

A young individual experiences first-hand knowledge of and experience in other humans within the context of the family. It has been suggested that the quality of the attachment and bonding process between parents and infants in the first few months of life is important for the later emotional wellbeing of the individual. I have written some informative articles on these issues in Sinhala in the Pahana community newspaper in Melbourne. This is an ongoing series of articles.

The family is a very important unit in the process of socialisation of the child. Research studies indicate that family relationship during adolescence has important flow on effects on a number of domains, such as autonomy and later independence of the individual, adolescence self-esteem, individual pathology, and problem behaviour.

As mentioned by most of the researchers in psychology they have seen that the family is a most important support system that any individual gets in his or her development. Consequently, any dilution/change of this support system through factors such as changes within adolescence, parental separation, or particular negative parental style

■ Children of all ages face situation on a daily basis that can evoke negative feelings of anger, anxiety and sadness

■ The failure to develop age appropriate emotional control for regulating intense emotional states is associated with the development of behaviour problems in children

■ This will lead to variety of psychopathologies such as character disorders, anxieties, and phobias, psychotic symptoms, depression, bipolar disorders, and conduct disorders with aggression, drug and alcohol abuse, and obsessive compulsive disorders.

Research Social Psychologists such as Patrick Heaven have attempted to better understand family interactions. The following have been listed as particularly influential theories of the family: symbolic interactionism, social exchange theory and family system theory. Symbolic interactionism is an attempt to view the world through the eyes of an adolescent. Key concepts or symbols include roles, categories, positions and definitions of situation. According

to this view of the family, teenagers organise their behaviour and interact with others in terms of their perceptions of these symbols. Adolescents and their parents fulfil quite different roles in the family and their interactions depend, to a large extent, on their definition of these roles. When adolescents respond to the actions of their parents, their response incorporates an interpretation of the parental action. According to this perspective, then, behaviour must be viewed in terms of perception and expectation of other family members.

Maximising rewards and minimising punishments is central to social exchange theory. This adolescent may engage in some behaviours and not others in the hope that this may have some beneficial effect on someone else, for example smiling to gain approval. Such two-way exchange occurs in all person to person interactions.

Others have argued that the family should be viewed from a system –oriented perspective, that is, the family should be viewed as an integrated network of individuals and relationships. According to a prominent writer, philosopher JB Schneewind, this perspective emphasises the organisation of the family in terms of relationships.

The parent child relationship undergoes changes as the child approaches early adolescence. This is almost certain as the child and the parent witness biological, cognitive and emotional changes.

The three models mentioned above implicating pubertal changes as a determinant of parent-adolescent relationships. It is possible to interpret these in the light of symbolic interactionism, social exchange theory and the systems perspective. In the first model, hormonal changes occurring within the child are likely to have an effect on his or her emotional ability, thus affecting interaction within parents. This has led to researchers to focus on

iRadio Ceylon
The heartbeat of Sinhala Music In Sydney
24 hours a day 7 days a week

www.iradioceylon.com
Broadcast from
Sydney to the world...
Sinhala Songs, Comedy,
Interviews and News...

Listen Live An interesting mix of
especially selected for
expatriate Sri Lankans...

Try this link **www.iradioceylon.com**

For more information email to
cfonseka@gmail.com

"සිව්නි රන් තැඟ"
සෑම ඉරිදුවකම දකවල් 12.00 සිට 1.00 දක්වා...

Creativeforce #422 328 902

Secondly, it is possible that the timing or rate of development of secondary sexual characteristics in teenagers may influence the nature of parent – child relationships. This may occur by influencing individual perceptions. For instance it was found parents attached more importance to pubertal changes than did adolescents.

Thirdly, pubertal changes interact with number of other parental factors to influence parent - adolescent relationship. Such factors include social and cognitive changes in the child, particular individuals and familial characteristics such as parenting styles and parent-child communication, perception of physical changes by adolescents and parents, and changes to the self-identity of the parents and child.

Ways of family functioning

There are different and related ways of family functioning. Some researchers have proposed an integrative way of family functioning which combines elements and constructs each of the major categories. Researchers have emphasised eight dimensions of family functioning.

- Individuation vs. enmeshment
- Mutuality vs isolation
- Flexibility vs rigidity
- Stability vs. disorganization
- Clear vs. Distorted
- Clear vs. Role conflict
- Role reciprocity vs. conflicts roles
- Clear vs. diffuse generation boundaries

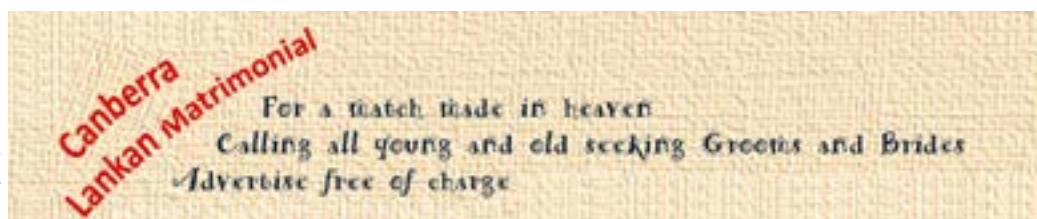
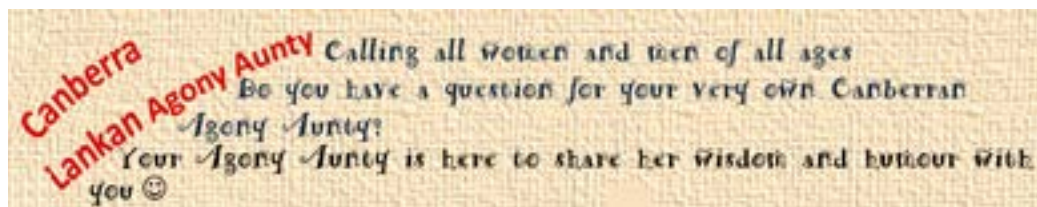
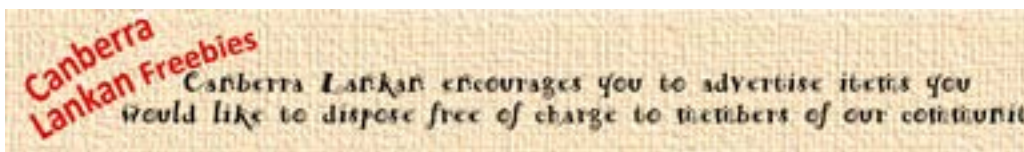
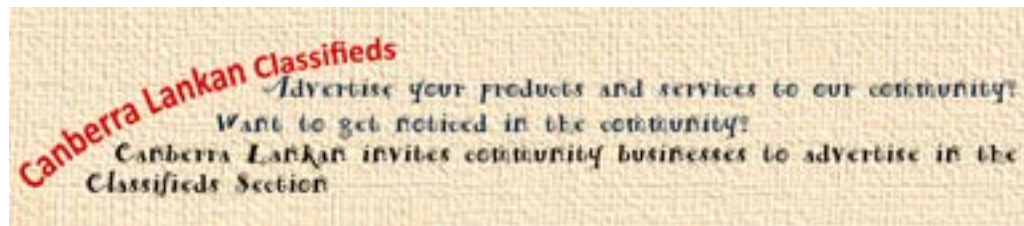
Walsh, one of the research psychologists stresses that these factors characterise normal family functioning, and that an

improvement in one is likely to lead to an improvement in others. It is also important to bear in mind that normal functioning is not within the sole domain of the traditional family unit.

Although the nature of the parent-child relationship in nearly all families will undergo some changes across time, certain family characteristics have been identified as crucial in predicting the psychological adjustment of adolescents.

The family plays an important role in shaping a child and adolescent behaviour. This is not to say that children are not influenced by other factors such as social experiences or peer groups. It is suggested that family influence is vitally important. Parents influence their teenagers in several ways. In the first place parents serve as role models, and teenagers learn by observation and imitation. Secondly, parenting styles and child-rearing patterns have an important influence on teenagers' social and emotional development and their wellbeing. Thirdly, parents transmit their values and morals to their children, and parental general belief systems about what constitutes acceptable behaviour. Finally parents are important source of information on a range of topics. Communication between teenagers and parents is vital to ensure that there is parental bonding with their children.

In the next article I plan to explore and discuss the many parenting styles and the effect of these different styles on your teenagers.

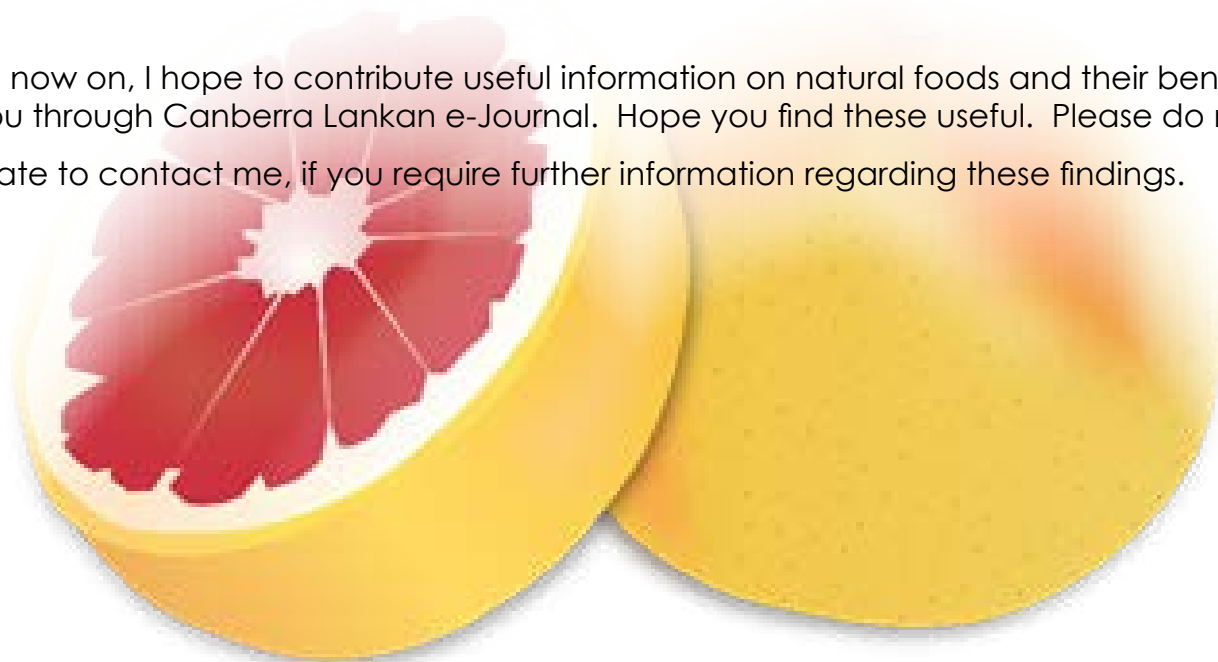


HEALTH IS WEALTH

By *Kanthis Fernando*

Health promoting foods are easily accessible. Eating natural food that is as close to the way nature created it is not impossible. When you set your mind about how much easier life is when your body works well, you will naturally adapt to eating healthy. The food we eat affects our physical body, mind and spirit and as a result it affects our state of mind, health and personality. Your metabolism is partly ruled by genetics but you can rev it up naturally by eating right. Eat smart and live healthy with natural and organic plant material and products. It is proven that inexpensive home remedies are best for common ailments. So spend money wisely, instead of visiting the chemist, visit your green grocer, better still, start growing your own vegetables and fruit.

From now on, I hope to contribute useful information on natural foods and their benefits to you through Canberra Lankan e-Journal. Hope you find these useful. Please do not hesitate to contact me, if you require further information regarding these findings.



FOR ALL YOUR TRAVEL REQUIREMENTS.....

Flights • Family Holidays • Weekend Escapes • Beach & Sun • Tailor made Itineraries • Cruising • Escorted Tours
• Adventure Holidays • Skiing • Rail Journeys • Honeymoons & Weddings
Business Travel
• Private Jet & Yacht Charters • Car Hire

EKSATH PERERA

T 02 9686 9100

M 0411 599 107

E eksath.perera@travelcounsellors.com.au
















W <http://www.travelcounsellors.com.au/eksath.perera>

travel counsellors



















Travel Counsellors PTY Ltd, Level 4, 34 Queen Street, Melbourne, VIC 3000
ACT Lic. No. 18800689, ABN 46 125 068 448

MIRACLE CURE

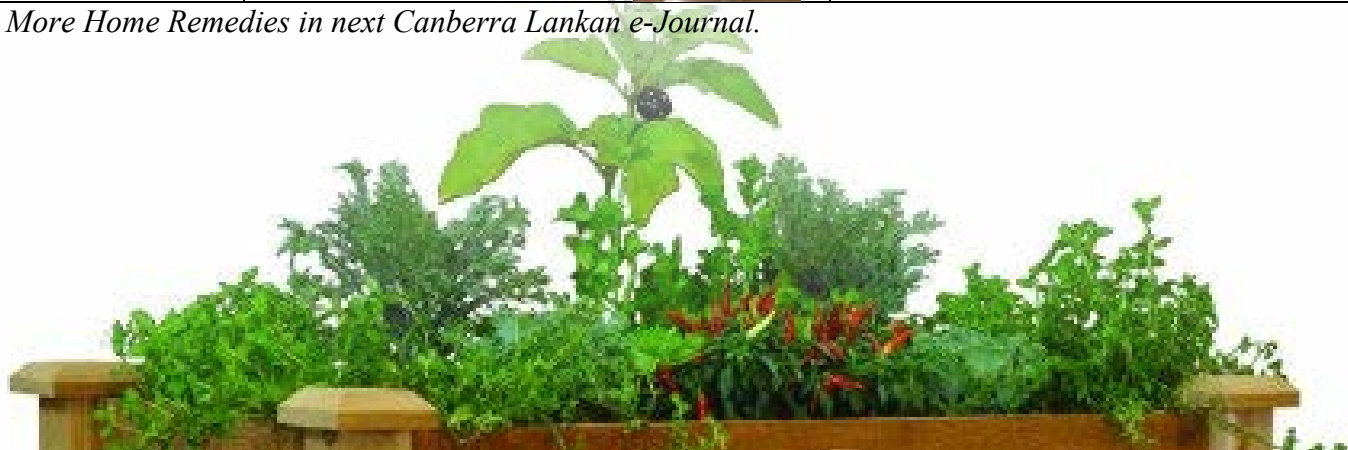
Illness	Food	Effect
Headaches	Fish, Ginger  	Eat plenty of fish. Fish oil helps prevent headaches. So does Ginger, which reduces inflammation and pain
Hay Fever	Yoghurt 	Eat lots of yoghurt before pollen season (spring)
Strokes	Tea 	Prevent buildup of fatty deposits on artery walls with regular doses of tea.
Insomnia	Honey 	Use honey as a tranquiliser and sedative
Asthma	Onions 	Eating onions helps ease constriction of bronchial tubes.
Arthritis	Fish 	Salmon, tuna, mackerel and sardines actually prevent arthritis
Upset Stomach	Banana, black coffee with lemon juice  	Bananas will settle an upset stomach. Black coffee with lemon juice also helps
Nausea	Ginger 	Ginger will cure morning sickness and nausea.
Bladder Infection	Cranberry Juice 	High-acid cranberry juice controls harmful bacteria.
Bone problems	Pineapple 	Bone fractures and the manganese in pineapple can prevent osteoporosis.
PMS (premenstrual syndrome)	Cornflakes 	Women can ward off the effects of PMS by consuming cornflakes, which help reduce depression, anxiety and fatigue.
Memory problems	Oysters 	Oysters help improve your mental functioning by supplying much needed zinc.
Colds	Garlic 	Clear up that stuffy head with garlic



Health is Wealth – Miracle cures continued.

Illness	Food	Effect
Cough	Red Pepper 	A substance similar to that found in the cough syrups is found in hot red pepper.
Breast Cancer	Wheat, Bran, Cabbage   	Wheat, bran and cabbage help maintain oestrogen at healthy levels.
Lung Cancer	Orange and Green Veggies  	A good antidote is beta-carotene, a form of Vitamin A found in dark green and orange vegetables.
Ulcers	Cabbage 	Cabbage contains chemicals that help heal both gastric and duodenal ulcers.
Diarrhoea	Apples 	Grate an apple with its skin, let it turn brown and eat it to cure this condition.
Clogged Arteries	Avocado 	Monounsaturated fat in avocado lowers cholesterol.
High Blood Pressure	Olive Oil, Celery  	Olive oils has been shown to lower blood pressure, Celery contains a chemical that lowers pressure.
Blood sugar Imbalance	Broccoli, Peanuts  	The chromium in broccoli and peanuts helps regulate insulin and blood sugar.
Pimples	3 tablespoons of honey, 1 teaspoon of cinnamon powder paste, Apply paste on the pimples before sleeping and wash it next morning with warm water. 	If done daily for two weeks, it removes pimples from the root.
Longevity	Tea made with Cinnamon powder – 4 teaspoons of honey, 1 teaspoon of cinnamon powder and 3 cups of water and boil to make a tea 	Drink ¼ cup, 3-4 times a day. It keeps the skin fresh and soft. Life span also increases and even if a person is 100 years old, starts performing the chores of a 20 year old.
Bad Breath	Gargle honey and cinnamon powder mixed in hot water 	If done first thing in the morning, your breath will stay fresh throughout the day.

More Home Remedies in next Canberra Lankan e-Journal.



were performed in the back shed or on the kitchen table without anaesthetic. To stop women screaming in pain at the time of the surgery, rags were stuck into their mouths. Utensils were sterilised by using boiled water from the kitchen. Abortion was the second most common cause of death of women in Victoria before the 1970s. The high rates of death and serious injury associated with unsafe and illegal abortions prove that those who oppose decriminalisation are blind and indifferent to the realities of women's lives. Those who oppose legally terminating pregnancy are ignorantly trying to wind back the clock and reproduce the situation that existed 40 years ago.

Fortunately, history does not repeat itself. In 1972 Dr Wainer established Australia's first public abortion

clinic in Victoria, making abortion Accessible, affordable and safe.

It is appalling that 36 years later we need to have this debate to decriminalise Abortion. Justice Menhennitt's ruling should have instigated this debate and a legislative amendment 39 years ago. It is incredible that there are some in today's society who continue to believe that laws against abortion will stop abortions, in spite of obvious evidence to the contrary. A 2007 study by the Guttmacher Institute in New York and the World Health Organisation revealed that non-restrictive abortion laws do not predict a high incidence of abortion and by the same token that highly restrictive abortion laws are not associated with low abortion incidence. Western Australia decriminalised abortion 10 years ago. The abortion figures

in Western Australia declined, from 8217 abortions carried out for women aged 15 to 44 in 1999 to 7828 in 2005, a drop of 389 in six years.

The only things that laws against abortion do is make abortions dangerous, turn women into criminals, produce thousands of disadvantaged children and create wide disrespect for the law.

Anguish, depression, mental torment and trauma can be experienced by a woman before and after her decision to terminate a pregnancy. It is not a decision taken lightly. It should not be made more difficult by a decision not to decriminalise abortion. I commend the bill to the house and wish it a comfortable passage through both houses of Parliament without any amendments.

Spice Corner
SPICE AND GROCERY STORE

Open 7 Days

YOUR PARTNER IN THE KITCHEN
මමේ මුළුතැන්ගෙයි සහකරු
നിങ്ങളുടെ അടുക്കള സഹായി
உங்கள் சமையலறை பங்காளி

Offers Canberra's Best Prices

8/67, Townshend Street, Phillip 2606 Phone: 02-6162-1434
(Corner of Townshend Street & Bellona Court)

TRICO INTERNATIONAL AUSTRALIA
Phone: (02) 8677 4894
Phone: (02) 6162 1434

From Dream World down to Earth

J. S. Swaradeva

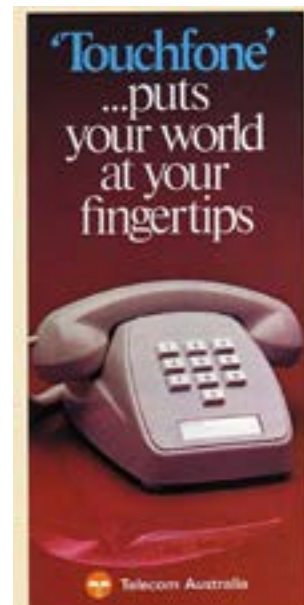
This story would be a good lesson to new migrants I suppose.

The author has in simple words described pitfalls of following commercial advertising in the western world by giving one of his true life stories.

He has also described the environment in Australia a couple of decades or so ago to give the reader an understanding of how Australia looked like then in terms of living conditions and cost.

I was thinking of buying a decent pair of sunglasses. It may have been in 2002 in Canberra as I remember. I switched on my Sanyo 51 cm colour television set which I bought in 1989 for \$999 in Melbourne. This was priced for \$799 in the catalogue but because I wanted to add an optional extra – a circuit for teletext – the price went up to \$999. A technician later came to my house to fix the circuit board. I think I bought it at the Billy Guyatt's shop at Carnegie when I was living in Melbourne then.

I went to work and phoned and told my wife to accept the delivery. At that time there were no mobile phones and the call from the delivery person should come to the land phone, which I rented from Telecom (name of Telstra at that time) and the cost was about \$50 a month for the equipment and line rental excluding phone charges. I had to pay an additional cost for installation and a technician came to my house to install the new Touch phone. I loved it as it was more modern than my uncle's Dial phone where you have to dial each number in a circular fashion. My new phone when we received a call produced a modern sound rather than the old ringing tone. However, there were no additional functionalities such as Call forwarding buttons, etc. An untimed local call was 25 cents without a call connection fee. Calling mobiles or overseas was like having a BMW over a normal car. However, we called Sri Lanka whenever there was a need. My parents got a land phone in Sri Lanka long after 1989 which was good to keep the call charges down.



It was an exciting day for me when the Sanyo was going to be delivered. I came home after work to find out the TV was not delivered! I rang the shop the other day and was told it was delivered! I said I did not receive it. After a back and forth series of conversations, they told me the truck driver had lost the TV set meaning somebody has stolen it from the back of the van/truck. They promised however to send me another one.

The next day, I rang my wife from work and to my intense happiness; she told that the TV was delivered. I knew she would wait till I arrive in to set it up. I had to leave the TV set on the carpeted lounge floor of our one bedroom apartment in Glen Huntley for which the monthly rent was \$75. The three month gas bill was normally \$10. During winter, however, the electricity three month bill came to \$175 because I used the small bar heater in the lounge for extended periods in the night as I was doing a study.

When I switched on my Sanyo TV in 2002 in Canberra, my mind

was on a pair of sunglasses, and there to my amazement was a large advertisement on channel 10, and yes it was on sunglasses. They were selling a wonderful brand of sunglasses from USA. The brand was Mohabe (the real brand name was different). I was listening with excitement.

"This is so rugged and comes with interchangeable lenses".

They showed on screen that a person placing the sunglass lens on a rock and beating it with a hammer but surprisingly no damage was done to the glass! A person walks with the glasses -it falls on the ground but nothing happens!

"It is 100% safe for your eyes. Do not pay \$1000 but only \$300. Yes, we slash the price by more than 50%.



You can have it for four easy monthly payments of \$79.99 each plus we do not charge postage if you order within the next 24 hours. Our operators are ready to receive your calls and be ready with your credit card details. But stop, that's not all. If you place your order today, you can own one frame with 6 interchangeable lenses. Yes, you heard it right.. SIX

interchangeable lenses. If you are not satisfied with our product, send it back within one month and we will refund the money with no questions asked".

"Six different looks! Six different light effects! Make these the most versatile sunglasses around town! Mohabe sunglasses are created to protect you while keeping you on the cutting edge style. Consisting of a black frame (or any colour of your choice) and six different sets of lenses, you have the ability to create six unique combinations. No matter the lighting condition or the outfit, you will be ready to wear".

"The lenses range from light enough for the indoors, to dark enough for the sunniest days. Plus, you receive one polarised lens for high glare circumstances if you order today. Don't be caught with anything less. Plus, fit your entire set into an easy to carry pouch meaning you can be prepared all the time!"

"The Mohabe frames are flexible and comfortable, yet nearly unbreakable! They are hard-coated, optical grade polycarbonate, and all lenses block 100% of UVA and UVB rays".

It was like a local market place and video footage followed the excellent dictation.

"That's it", I told my wife.

"I am going to buy it. I am going to be stylish. I am going to be standing out amongst the Sri Lankan crowd. I will have an expensive look and all the others will admire me and be jealous of me for having an expensive brand from USA! What are you waiting for? Bring me my credit card!" I yelled if not screamed.

I had never bought tele-marketed products before but my uncle did it very often. I would not get caught for cheap products as he would. I was exhilarated.

Having never ordered on the phone, I nervously rang the 1300 number but there was a long queue to wait. I was wondering whether I could not receive the gold plated frame they said that is offered to the first 100 callers. The operator was not that helpful given that he gets more commission now for a new customer. Within 7 days, I received my wonderful sunglasses with all the accessories that were announced.



I changed the lenses on the frame. It was quick and very easy to change them. In the mirror I looked like James Bond.



The next day, I wanted to try it outdoors and wore it to go to a Sri Lankan musical show. There was no other better place to show off my elegance.

I heard a little rattling sound and I saw one lens has come off. But it was not broken and has reached the edge of my couch on the carpeted floor. While I was fixing it back on the frame, there came a little brittle sound, the frame broke. That was the end of my pride. I was worse than the milk maid who was day dreaming in Aesop's fable, "The Milkmaid and Her Pail".

I tried to send the product back for the money back guarantee but in considering the postage I had to pay to send it back, I thought it was a worthless exercise. Thereafter I have never been seen wearing an expensive set of sunglasses. One of my friends bought a pair of sunglasses in Singapore, years ago that was chromatic; meaning it changed its colour and the user's viewing colour of the environment according to the intensity of the light around. That was an expensive Ray Ban brand indeed which was never advertised on a telemarketing session. I would have thought Mohabe would exceed that quality but it did only in my dream world!



Why Buddhists should celebrate Christmas

By Dr Kamal Wickremasinghe

ANOTHER CHRISTMAS IS GOING TO BE ON US... SOON!

Christmas commemorates the birth of Jesus Christ whom Christians believe is Son of God, the Messiah, and redeemer of their sins. However Christmas has evolved over two millennia into a worldwide celebration by Christians as well as by those of other faiths. In countries like Sri Lanka Christmas is celebrated by large numbers of Buddhists who respect all religious traditions.

These days Christmas has become mainly an opportunity for families and friends to get together and exchange gifts and engage in other forms of merrymaking; We should not forget however, that the word Christmas originates from the old English word



Crīstesmæsse, meaning "Christ's Mass", signifying that it is also a time to look closely at the life of Jesus and the moral code he preached for lessons to learn.

Modern historical evidence seems to suggest that there may

be 'special' reasons that almost oblige Buddhists to celebrate Christmas due to the strong similarities between the legend of Jesus and the key messages he preached to the life and the message of Siddhartha Gautama - the Buddha - who lived 500 years earlier. Such speculation has been around for a long time: 19th century missionaries called Buddhism the "Christianity of the East" after reading the translations of ancient Sanskrit and Pali Buddhist documents in India, albeit forgetting that Buddhism came 500 years before Christ.

Evidence that confirms the original assumption of influence of Buddhism on Christianity however has come to light only during the last half a century or so. The similarities between Christianity and Buddhism have inspired Buddhist authors like Thich Nhat Hanh to treat Buddha and Jesus "spiritual brothers" in his

book *Living Buddha, Living Christ*, further asserting that "When you are a true Christian, you are also a Buddhist. And vice versa."

Parallels between the lives, mission and the religious philosophies of the Buddha and Jesus are too numerous to be discarded as mere coincidences. The legend of Jesus' spiritual experience prior to the Baptism, as given in the gospels according to Matthew (4:1) and Mark (1:12) is almost identical to the legend of the Buddha's defeat of the Mara before achieving enlightenment, described in the *Buddhavamsa (Sutta Pitaka, Khuddaka Nikaya)*.

According to the gospels, the devil attempting to coerce Jesus away from his spiritual journey led him in to the wilderness and tried to tempt him exploiting his hunger following fasting for 40 days and 40 nights; Similarities between this crucial Jesus legend and the account of the visit of Mara (devil,

Satan) to the Buddha just before his Enlightenment, when he was meditating under the Bodhi tree after a period of starving himself, given in the *Buddhavamsa* are clearly more than coincidental; There are many other such stories throughout the Bible, suggesting close parallels between the life stories of Jesus and the Buddha.

There are even stronger similarities between the religious philosophies the Buddha and Jesus chose to disseminate with the noble objective of freeing the people from exploitative practices of the priestly-classes who dominated their respective societies at the time of their birth: the Buddha preached against the exploitation of an Indian society priestly-class by binding them to ancient religious rituals and laws originating from the oral law known as 'Dharma-Shastras' such as the *Laws of Manu*, believed to have come directly from Brahma, the Creator to the sages. The





social system was based on a rigid caste system with almost divine reverence reserved to the 'priestly' caste, and a despicably discriminatory attitude towards the 'Sudras' (the lowest caste) and women.

The Buddha rejected the prevalent Brahmanism - the precursor to later Hinduism - that had been practiced for thousands of years by Indians, based on what he called the 'erroneous' foundation of seeking salvation through philosophical speculation; The Buddha presented a novel philosophy of emancipation that discouraged speculation on issues such as divine creation and life after death on the grounds that such speculation distracts from the more urgent task of seeking salvation from "suffering". He preached the urgency of working towards the attainment of nirvana - a special state of mind free of the causes and conditions responsible for suffering.

Through this new philosophy that

attacked the very foundation of Brahmanism - the caste system - the Buddha confronted the priests, the founders of this patently unjust Indian social system. He preached that no one is a Brahmin or an outcaste by birth, and only the deeds make one a Brahmin or an outcaste. The rapidly growing Buddhism drew a hostile response from the priestly-class as the Buddha had removed the pedestal they had occupied for centuries, enjoying immense privileges and material comforts emanating from that. So they retaliated by attacking Buddhism in various ways, including attempts to defame the Buddha in the eyes of the general public. As an example, Yājñavalkya - one of the first philosophers in Vedic India, renowned for his unrivaled talent in theological debate - declared that the very sight of a Buddhist monk, even in dreams, is inauspicious and should be avoided.

The new moral code preached by Jesus was equally transforming, and drew a similarly aggressive response from the priestly-classes - mainly the extremist Jewish sects known as the Scribes and the Pharisees who held sway until then.

Jesus was born in Judea to a Jewish society governed by a set of ancient laws contained in the Torah (the Old Testament), traditionally believed to have been revealed by God to Moses. These laws had been supplemented by oral law developed by the Pharisees who tried to explain the bitter experience of the Babylonian Captivity of Jews as divine punishment for the neglect of the law. The oral laws of the Pharisees emphasised Temple worship and formal religious rituals, and

imposed harsh penalties for any violations of the law. The Pharisees placed no emphasis on the personal relationship with God. Throughout his ministry, Jesus denounced the Pharisees relentlessly in public for pretending to appear righteous, while being full of greed, wickedness, hypocrisy, spiritual blindness, and evil ways inside. Jesus called them blind guides and fools who had shut the gates of heaven to the people as well as themselves, making Jews slaves to the legal precepts they invented.

The Gospel according to Matthew, the first of the four gospels in the New Testament records that at the very first sermon Jesus delivered, the "Sermon on the Mount", he referred to the Pharisees as "the hypocrites" (Matthew 6:2, 5, 16) and warned that the righteousness of his disciples must surpass that of the Pharisees or they will not enter the kingdom of heaven (Matthew 5:20). A list of criticisms by Jesus against the Pharisees, referred to as *Woes of the Pharisees* is in Luke (11:37-54) and Matthew (23:1-39).

Jesus preached an alternative religious practice founded on doctrines such as abstinence from killing, stealing, adultery, false witness, and craving; advocacy of peace instead of war; helping the poor and preached against slavery and caste systems; Jesus warned explicitly against the Old Testament teaching of "an eye for an eye" and "tooth for tooth". Jesus taught: "*Ye have heard that it hath been said, an eye for an eye, and a tooth for a tooth: But I say unto you, That ye resist not evil: but whosoever shall smite thee on thy right cheek, turn*

to him the other also. (Matthew 5:38-40). Jesus preached against the traditional emphasis on temple worship by declaring that the spirit exists within the soul or conscience of the individual.

Such key components of Jesus' preachings were identical to the moral code the Buddha had promulgated five centuries before. As to Jesus' continuation of the essentially Jewish concept of a creator God, in contrast to the Buddha's virtual silence on the issue, may be seen as arising from his recognition of the enormous difficulties he would have faced if too radical a break from Jewish tradition was attempted.

Almost identical to the reaction of the Indian priestly-class to the Buddha's ministry, the Pharisees found Jesus' criticism of their ways an outrage (Luke 6:11). They saw him as a threat to their popularity and their authority over the people (Luke 13:17). They denounced the philanthropic doctrines Jesus was preaching as wicked and heretical. The fear that they were losing their privileged position led them to falsely accuse Jesus of breaking the law, and of blasphemy, and plotted to kill him like they had done to many rebel leaders before Jesus.

Until the early 20th century however, suggestions about any association between Jesus' preachings and Buddhism tended to be dismissed off-hand; Doubts were being expressed as to how Buddha - a Hindu born and lived in India (563 - 480 BC) - could have influenced Jesus who walked the surface of the earth 500 years later; Also, 'fundamental' differences such as the belief in a creator God at the

core of Christianity that contrasts with Buddhism's orientation towards non-theism were cited as differences that were too difficult to reconcile.

In addition to such legitimate questioning of the proposition that Jesus had been influenced by Buddhism, there were also systematic movements hell-bent on rebuffing any mention of the subject. These movements were led by the so-called European "Enlightenment thinkers" and the early church.

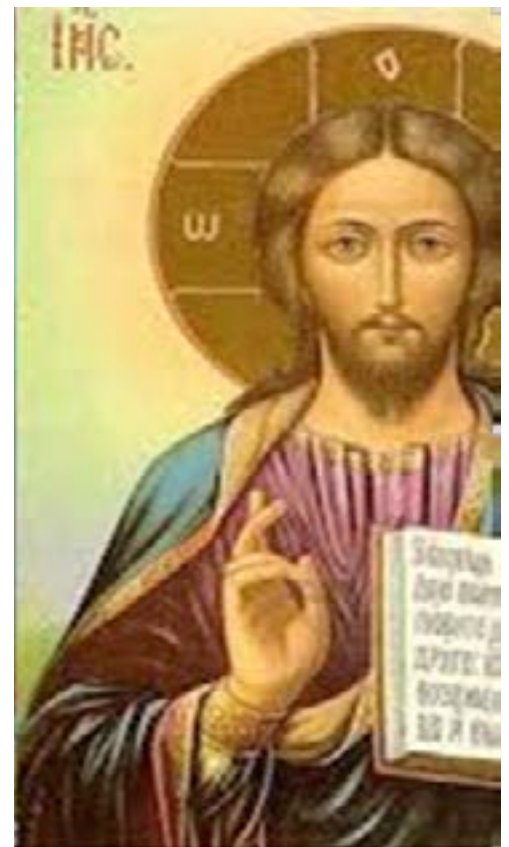
The Enlightenment thinkers of the 17th and 18th centuries had been tracing the roots of "western" religion, philosophy and law to a mixture of Hebrew, Greek, and Roman sources as part of a theory that 'advanced culture' originated in Sumer in southern Mesopotamia (the modern-day southern Iraq). They were not interested in proceeding further East (labelled the Far East) in search of older, more 'advanced' philosophies. They rejected suggestions of Buddhist influence on Jesus that challenged their theory. Also the church clung on to the doctrine that Christ was a Jew who started his own religion as the Son of God. The church reacted to the challenge by re-writing all evidence supporting Buddhist influence on Jesus, including the four gospels, and suppressing others as "apocrypha".

By the early 20th century however, serious discussion on the question of Buddhism's Influence on Jesus had begun in earnest: A serious of books such as *A Comparative Study of Gautama and Jesus* by Dwight Goddard (1927) and *The Story of Civilization: Our Oriental Heritage* by the American historian and philosopher Will

Durant (1935) began shining a light on this once-prohibited subject.

According to these sources, there was no mystery behind the Buddha's influence on Jesus' thinking: Indian philosophy had influenced the development of the so-called "Western" philosophy throughout history up to the time of Jesus' birth. Additional evidence emerged that Jesus had 'learnt' Indian philosophy on matters of life and salvation during his "missing years", which he had in fact spent in India; The German book *Jesus Lived in India* by Holger Kersten (1994) offered thorough, methodical and authoritative evidence of Christ's life in India before his return to Galilee.

The documented historical context that enabled Buddhist influence on Jesus dates back at least to the time of the Greek philosopher Pythagoras (570-497 BC). A contemporary of the Buddha, he is known to have visited India



sometime before 520 BC and had been greatly influenced by Indian ideas such as mathematics, vegetarianism, communal property ownership, Indian musical theory and speculative Indian thinking including the concept of the 'transmigration' of souls.

More than 200 years later during Alexander's failed invasion of India (327 BC), Pyrrho and Anaxarchus, Alexander's "philosopher tutors" had come under the influence of the Indian gymnosophists known as the 'naked philosophers.' The extent of Indian influence on Greek invaders had been such that upon return to Greece, they founded the first school of Skepticism. Pyrrho himself is recorded to have adopted a life of solitude, returning to his home town Elis. Buddhism became the official religion of the eastern Greek successor kingdoms to Alexander's empire (Greco-Bactrian Kingdom (250 BC-125 BC) and Indo-Greek Kingdom (180 BC-10 CE).

Historical evidence shows that at the time of Jesus' birth (50 BC-50 AD) Buddhism had a strong presence in his birth place Judea due to Buddhist missionary activities. He may also have been exposed to Buddhist teachings in Alexandria, the Roman region of Egypt, where his family fled to avoid King Herod's persecution.

Since long before the time of Jesus, Jews had begun to follow three major sects - the Sadducees, the Pharisees, and the Essenes; The Essenes were a religious order of monks made up of Jews who rejected the worldly thinking in the Torah in favour of a celibate, austere life along the lines the Buddha had advocated. The Essenes were known to have

descended from the pre-Christian monastic order of reclusive ascetics in Alexandria, known as the Therapeutae. Modern historians believe that Therapeutae is the Hellenised version of the Pali word 'Theraputta' (literally 'son of the elder') or "Theravada" and the sect was founded by Asoka's emissaries to Pharaoh Ptolemy II in 250 BC.

Jewish historians Philo and Josephus who lived in Alexandria during the time of Jesus refer to the Essenes with great reverence, as surpassing all others in virtue, leading the same kind of life as the Pythagoreans in Greece. There are volumes of scriptural evidence to suggest that the Essenes had great influence on Jesus' thinking, and he could have been a member of the Essenes himself.

In addition to this possible early initiation to Buddhism and other Indian philosophical thinking, other evidence shows that Jesus may have studied Buddhism exclusively during the so-called "lost years" of his recorded life, from the age of 13 to 29; The Bible provides no information on Jesus' whereabouts during this time, hence referred to as the lost years. The modern theory is that Jesus spent those years in India, Kashmir to be exact, learning and preaching.

The first account of the time Jesus is believed to have spent in India came from a book titled *The Unknown Life of Jesus Christ* by Nicholas Notovitch, a Russian doctor who had visited the monastery of Himmis near Ladakh (Kashmir) in 1888. Notovitch had reviewed written verses that described the presence there of Jesus known as "Issa."

Other passages elaborate on Jesus' travels in India, his teachings, his acceptance of the untouchables, and his conflicts with the priests.

The publication of Notovitch's account immediately drew controversy and a smear campaign by vested interests: The Anglican Church denounced it as a hoax and commissioned the services of Max Muller, paying the princely sum (at the time) of £4 per sheet of his writing, to find evidence against Notovitch's case. Muller claimed that the Himmis monastery's abbot insisted at an interview that no documents about Jesus existed and that Notovitch never visited there.

But Notovitch received credible support from people such as the Buddhist scholar Fida Hassnain of the University of Srinagar and head of the Kashmir Archives. In a book titled *The Fifth Gospel* Hassnain corroborated most of the information provided by Notovitch: Jesus left Judea when he was 13. Travelling with merchants, he made his way to Kashmir via Damascus, Babylon and Persia. Jesus remained in India for about 16 years; he studied Buddhism and the Vedas mostly in Kashmir, also lecturing and travelling throughout India. He left India at the age of 29 and eventually reappeared in Galilee to begin his ministry. His time in Kashmir coincides exactly with his "lost years" in the gospels. There seems to be little doubt about such accounts of Jesus' life in India through the lost years.

There is a similar period of unexplained absence of Jesus from public life following his recovery from the injuries suffered in his crucifixion. The Bible has no further record of the life of Jesus

after this crucial event, other than a reference to his living with his disciples privately, but not displaying himself "to all the people" (Acts x. 41). Again, the above mentioned German author Holger Kersten provides compelling evidence that Jesus, following "resurrection", recuperated and fled eastward to Kashmir to escape the Romans and continued his ministry and lived there until his natural death.

To this day, pilgrims worship the tomb and shrine in the Khanyaar quarter in Downtown area of Srinagar in Kashmir, known as the 'Roza Bal', which they believe without a shred of doubt to be the tomb of the sage Yuz Asaf - the Muslim name for Jesus Christ!

Who needs more evidence that Jesus was the greatest Buddhist ever lived?

Let's all raise a glass for Jesus Christ this Christmas!



AUSTRALIA - SRI LANKA
ASSOCIATION (ACT) INC



London Grill

CAFE

Now Catering for Office Functions, Conferences, Cocktails, Heavy Cocktails, Lunches and Dinners

Folk buffets, Engagements, Weddings or any special occasion. Catering only. No service included.

Please visit www.bananaleafrestaurant.com.au for the menus

240/250 City walk, Canberra City 2601 - Tel 62485522 or 62577681

CHRISTMAS MESSAGE

Br. Lalith Perera

-Head Coordinator -Community of the Risen Lord

Christmas is a time of thanksgiving and sharing of love and unity with one another

God visited Moses and spoke of how He heard and felt the cry and anguish of the people enslaved in Egypt. God needed a man to be His voice, hands and feet to set the people free. Several millenniums later God chooses to become a man to share His love, concern and set the whole world free. It is His coming we celebrate at Christmas. Remember that he has come into your life and filled you with His Spirit so that He could live within and you could have a life that is free of sin, brokenness and pain. He also invites you to offer your own life to Him in gratitude and surrender so that He could once again speak, touch and set the world free through you.

May the Lord of Christmas who is also the Risen Lord empower us as a community to continue to live in Him and bring Him to more and more people in the coming year

God Bless

Dj For Any Occasions

BAILA, HOUSE, HIP HOP, R&B,

OLD SKOOL, TOP 40

Jeewan Basnayaka

BASNAYAKA323@YAHOO.COM

0413716923

Deadly Chronic Kidney Disease in Sri Lanka

- by Dr. Willie Senanayake

A new form of kidney disease, which is commonly referred to as CKDu (chronic kidney disease of unknown etiology), is rapidly spreading in the dry zone of Sri Lanka. Although the prevalence of this disease was first detected in the North Central Province (NCP) nearly 15 years ago (around 2000 - 2001), the causal factor(s) that contribute to CKDu is hitherto uncertain. CKDu has now been detected in a number of other districts adjacent to NCP, including *Kurunegala, Matale, Badulla, Vavuniya* and *Trincomalee* districts. The highest rates and longest history of CKDu are found in NCP. The majority of CKDu victims are poor, agriculturally dependent communities in north-central Sri Lanka and their experience of the disease is enmeshed with long-standing conditions of poverty and political marginalisation.

The unique feature of CKDu, compared with normal kidney diseases, is that it has no association with the well-known kidney related risk factors such as high blood pressure (hypertension), diabetes, or glomerulonephritis (inflammation of blood vessels in the kidney). Therefore, an early diagnosis of the disease may not be possible without proper urine and blood tests. This makes the detection of CKDu at its initial stage (Stage 1) somewhat difficult, because people living in remote areas very rarely visit a doctor or go to a hospital for medical tests unless they are seriously ill. As a result, a majority of CKDu cases are diagnosed when the severity of the disease has reached Stage 2 or Stage 3 at which the kidney has been significantly damaged.

In the past two years, I have been to CKDu endemic

Willie made us aware of this chronic disease in Sri Lanka with his first article appeared in **Canberra Lankan before. He has collected invaluable data of the disease to write up these invaluable accounts to this journal.**

Let us do our part to help eradicate this disease from Sri Lanka in many ways we could.

Canberra Lankan is an e-Journal published in English, Sinhala & Tamil. No material, including advertisements designed by Canberra Lankan may be reproduced in part or whole without the written consent of the editor. Opinions carried in Canberra Lankan are those of the contributors and not necessarily endorsed by Canberra Lankan Editorial Committee.

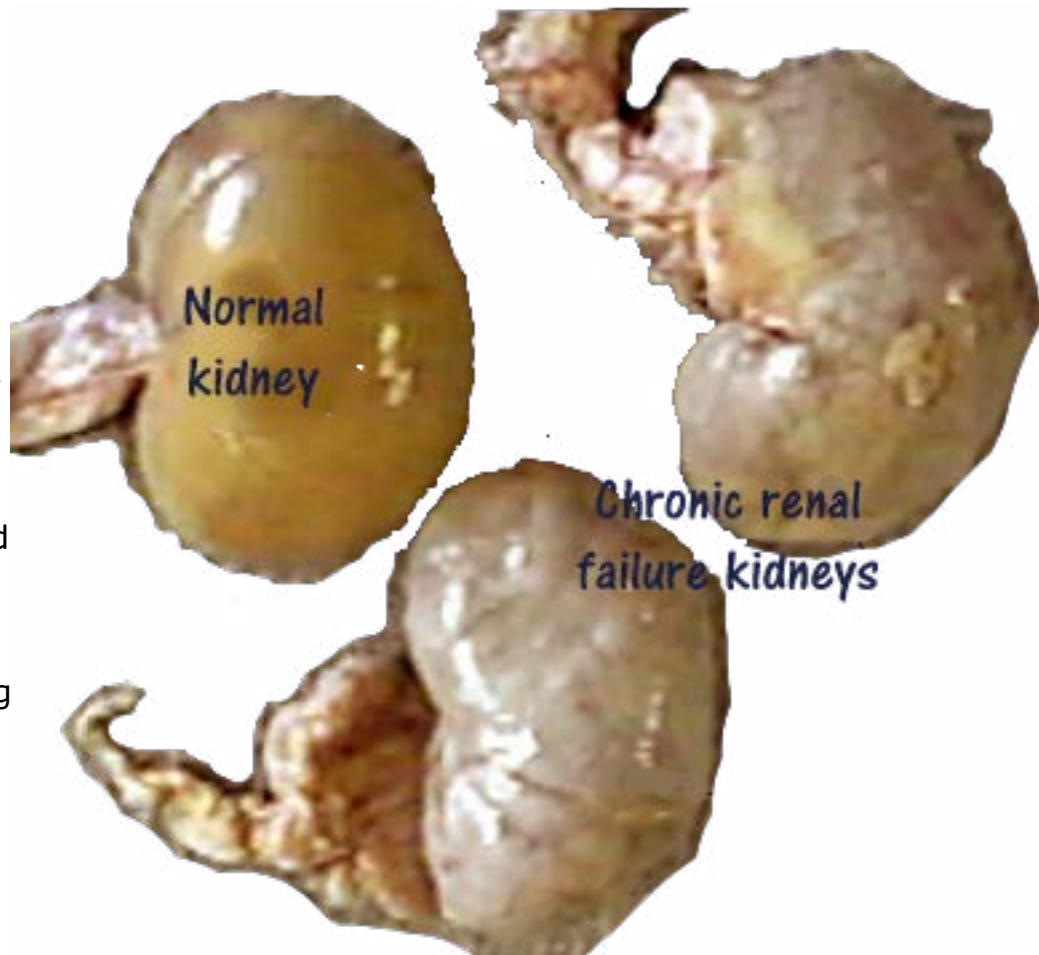
All correspondence should be addressed to:
Canberra Lankan

canlankan1@gmail.com

Web: <http://www.aslaact.com>

areas in NCP twice to assist my daughter in her field work relating to her postgraduate research project on CKDu. My first visit was in August 2013 to *Padaviya, Kebithigollewa* and *Horowpathana* in Anuradhapura district; and *Hingurakgoda* and *Medirigiriya* in Polonnaruwa district. Last July - August we again spent nearly three weeks in *Padaviya, Medawachchiya* and *Eppawela* in Anuradhapura district; and *Hingurakgoda, Medirigiriya* and *Maduru Oya* in Polonnaruwa district. During these visits, we were able to meet farmers and their families who have been diagnosed with CKDu, learn how they were coping with the disease burden, and gain a better understanding of the problems and difficulties they currently encounter.

The majority of CKDu patients whom we met in endemic areas were not satisfied with the level of medical facilities available to them in public hospitals in NCP or the assistance receiving from government agencies. Only three hospitals (*Anuradhapura, Medawachchiya* and *Padaviya*) in Anuradhapura district have renal clinics to treat a large number of CKDu patients. Those who are living in remote areas have to travel long distances to attend those clinics and then wait for average 3 - 4 hours for their treatments. Due to the lack of trained medical staff and equipment, only a limited number of CKDu patients of severe stages (Stage 4 and Stage



5) have access to dialysis treatment. For instance, *Padaviya* hospital, with only six dialysis machines available there, cannot provide dialysis treatment to a significant proportion of severely ill CKDu patients in the area. Dialysis treatment only provides a temporary relief and it does not cure CKDu. The only means of sustaining life during end stage-CKDu is through a kidney transplant. Yet only a very few CKDu patients can afford to have kidney transplants, because most transplant surgeries are conducted in private hospitals with significant patient fees (average around 2 million rupees per transplant surgery).

When asked what could cause CKDu, most farmers tend to believe that the contamination of their

drinking water by harmful substances contained in the agrochemicals which they currently use in rice and vegetable farming would be the main reason for the spread of the disease. Although most of them are convinced that agrochemicals could be harmful, they continue to use excessive quantities of chemical fertilizers, pesticides and weedicides in their paddy fields. However, one positive development I noted during my last visit to NCP was that a small, yet sizable, number of farmers in areas such as *Padaviya, Eppawela* and *Medirigiriya* have started growing traditional rice varieties which hardly require any artificial fertilizers, pesticides or weedicides.

Causative factors for CKDu

in Sri Lanka is still uncertain, in spite of numerous studies and research conducted on this subject matter over the past 10-15 years. A joint study over the period 2010-2012 by the World Health Organisation (WHO) and the Sri Lankan Ministry of Health, which was quite detailed and expensive (overall cost was over 100 million rupees), yielded some important insights into the problem of CKDu. However, its findings have been widely critiqued as inconclusive and, as a result, significant gaps of knowledge about the disease's prevalence and causes still remain. The main hypotheses presented so far on the causative factors of CKDu are:

1. agrochemical use (contamination of drinking water and food chain (rice, fish, lotus etc) by arsenic and cadmium present in chemical fertilizers and pesticides as impurities)
2. chemical composition of groundwater (fluoride, naturally contained in dry zone ground water, forms harmful nephrotoxic substances when stored in poor quality Aluminium pots)
3. microbial toxins (rapid growth of blue-green algae in dry zone tanks tends to produce toxic substances that contaminate drinking water from wells)
4. lifestyle factors (dehydration from labour intensive occupation in hot climates; selenium deficiency due to unbalanced diet; and Illicit liquor consumption)
5. genetic predispositions

In my view, immediate intervention in two broad policy spheres is essential to address the CKDu epidemic: i.e. improving access to good quality drinking water in endemic regions; and reforming existing systems of agricultural production in the dry-zone. During my recent visit I saw some small-scale investments in the water infrastructure in *Padaviya*, *Medawachchiya* and *Hingurakgoda*, including a combination of water purification methods (water filters, community-level reverse osmosis plants, and electro chemical coagulation units). This is certainly a positive step in right direction, but more concerted actions are needed, in particular from relevant government agencies, to improve the existing water purification methodology.

It is quite encouraging to note that the newly elected President Maithripala Sirisena has shown a keen interest in taking urgent actions to eradicate CKDu. This is not surprising, given the President was a farmer, a former Health Minister, and had close association with the Polonnaruwa farming community as a Parliamentarian representing that region for many years. He recently established a Presidential Task Force on Prevention of CKDu; the primary objective of this task force being to manage CKDu and prevent further spread of it with the coordination of respective authorities to ensure preventive

and welfare measures are in place to the benefit of communities affected by CKDu. The President also announced that the import of glyphosate, which is the most used herbicide, will be banned with immediate effect and also directed relevant authorities to stop the release of already imported stocks of glyphosate.

The number of CKDu related deaths or the total disease burden is still unknown, though the WHO - Ministry of Health joint study suggests that more than 15% of the current population in NCP may have been affected by CKDu. Given the NCP population was around 1,260,000 according to the 2011 census statistics, the prevalence of CKDu in that province could be over 200,000 by now. Not surprisingly, some scholars tend to argue that CKDu poses a bigger predicament than the country's 30 year long civil war.

The **Canberra Lankan** e-journal is your journal. We welcome our readers to submit your greetings or well wishes on any celebratory occasions such as weddings, birthdays, anniversaries, and any photographs to accompany this. Please forward these to Canlankan1@gmail.com

Vedic Astrology



through the houses

Below are the effects of the planets Guru, Saturn, Mercury, Ketu and Venus through the houses. By now Jupiter has transited and has spent over 3 months in his new Leo home, where it will stay until 11 August 2016.

The next major event will occur when Rahu and Ketu moves into the sign of Virgo and Pisces respectively from 31 January 2016 until 17 August 2017. Rahu and Ketu as you may be aware transit backwards.

Effects of Guru through the houses

1 st house	Increase of happiness, expansion of trade, fame, trouble to enemies, optimistic outlook.
2 nd	Wealth through family, improvement in status, good state of financial affairs.
3rd	Spread of fame, recognition of merit by the ruler, increase of wealth
4 th	Success in ventures, buying and selling vehicles, success in ventures.
5 th	Acquires precious metals, happiness to and from children, opportunity to show talent.
6 th	Difficulties to and from enemies, dysentery and eye trouble.
7 th	Happiness, fearlessness, destruction of enemies, happy with spouse
8 th	Sickly, forbidden acts, weak.
9 th	Charitable deeds, interested in religion, good income, pilgrimage, righteous acts.
10 th	high position, defeats enemies, purchase properties, precious metals
11 th	Gain through networks, friends. Enormous strength, charitable. happy as far as children are concerned, good income.
12 th	Troubles, fear of loss of reputations

Effects of Saturn through the houses

1 st	Illness, native's enemies try to bring down his name. Birth of child if exalted position of Saturn.
2 nd	Wealth later in life with vehicles. Devoted to mother, no happiness with brothers, happy in foreign lands, gain through royal favour
3 rd	Destruction of enemies, financial gains, acquisition of land, enmity with relatives
4 th	Difficulties in occupation, fear, fire, sorrow through relatives
5 th	Fear of action by the State, aberration, serious illness or passing away of a child
6 th	Purchase land, good income, respect, fame.
7 th	Illness to spouse, trouble in travel, unexpected trouble, stomach trouble excess of gas in the body
8 th	Long life, many misfortunes, loss of money, theft at home.
9 th	Dawn of good period, financial gains, defeat of enemies, trouble to brothers, fame
10 th	Loss of land, destruction, ill-health to close relatives, gain in agency business
11 th	Gain of money, purchase of land, fame, misfortune to children, contact with masses
12 th	Troubles in business, loss of money in litigation and disputes, migration

Effects of Mercury through the houses

1 st	Scholar, wise, good looking, fond of literature and writing, many changes, journeys
2 nd	Gain through commercial, administrative and organising work, logical, intelligent, gain of wealth
3 rd	Many short journies, fond of reading, interested in education, science, literature, good luck in 24 th year
4 th	Friendship of superiors, income through hard labour, famous, fortunate, enjoys life
5 th	Accumulates wealth by hard work, many friends and love affairs,
6 th	Harsh in speech, disputes, losses, quarrelsome nature, journeys, good in accounts, mentally active, worry or over-worked
7 th	Intelligent, fond of good clothes, good spouse, active, shrewd.
8 th	Intelligent, rich, famous, practical mind, interested in occult and gain from this, financial worries
9 th	Learned, wealthy, well spoken, success in legal affairs, travelling, religious
10 th	Wealthy, liberal, learned, famous, gets recognition due to wealth, politician, well spoken
11 th	Very rich, long life, truthful, many acquaintances, but few real friends, leads a life of luxury, is dear to women
12 th	House of occult, exclusion, self-examination and understanding, scandal, secret acts, unusual line of thought, troubles through courts and public, uncharitable.

Effects of Ketu through the houses

1 st	Loss of happiness, untrustworthy friends, chronic ailments, relationship with characterless persons
2 nd	Bestows happiness and gain of wealth, opposition with friends, trouble in the mouth
3 rd	Acquisition of wealth and comforts, fights enemies with courage, donate for charitable causes
4 th	Truth speaking, good earnings, harmful to mother, shows strength
5 th	Loss of children, troubles from the Government, loss of name, baseless allegations
6 th	Happiness at home, starting an educational centre, public honour
7 th	Loss of honour, enemies, intimacy with low class women
8 th	Good and pious deeds, good conduct, religiousness
9 th	Contact with religious persons, creating trusts, meeting with dignitaries
10 th	Ordinary fame, mental uneasiness, trading in fish
11 th	Construction of beautiful house, sensual pleasures
12 th	Huge expenses, forbidden practices

Effects of Venus through the houses

1 st	Prosperity, increase of status, destruction of enemies, favour from high-class persons
2 nd	Attractive eyes, learned, blessed with wealth and conveyance, income from many sources, soft spoken, social, generous
3 rd	Happiness from siblings, good health and income, helpful nature.
4 th	Leading an aristocratic life, working in legal field
5 th	Windfall of happiness and prosperity, destruction of enemies
6 th	Dispute with the public, digestive complications, headache and mental worry
7 th	Construction of house, happiness, life of ease and pleasure, acquisition of vehicle
8 th	Danger of death, scandal, new dispute with enemies.
9 th	Acquisition of vehicle, friendship with dignitaries, buying land
10 th	Distinguished success, high status, financial gains
11 th	General success, progress of children, acquiring precious stones, increase of friendly contacts
12 th	Spending money on deserving causes, eye complaints, rheumatic pains, disappointment in love affairs, separation from wife, fever, fear of death

In the next instalment in 2016, I will discuss the effects of the planetary aspects from the house the planet occupies in the astrological chart.

Enjoy reading and make sure you countdown to January 16 2016, when Rah/Ketu move houses for the next 18 months.

-Sangita Ashok



CHARITY CORNER

e-Journal



Photo highlights of Shanthi Foundation Charity Dinner held at the Russian Orthodox Church hall on Sep 19 2015



For all photos of Shanthi Foundation Charity Dinner on Sep 19 2015, please go to:

<https://plus.google.com/photos/106046191689616114969/albums/6196476637020841537?authkey=CKOH9JaPseXYhwE>

CANBERRA SRI LANKAN COMMUNITY RADIO PROGRAM

YOUR COMMUNITY RADIO PROGRAM:



CHANNEL FM 91.1 CMS

THURSDAYS FROM 7-8 P.M

SATURDAY FROM 7-8 P.M



Producers:

Badra Karunaratna &

Hemantha Nanayakkara

Australia Sri Lanka Association ACT Inc (ASLA)
proudly presents

"SUNFLOWER in CANBERRA"

Entertain yourself with popular
Sinhala/Tamil/English/Hindi songs

Saturday the 14th of November
7.00pm onwards

AT

MELROSE HIGH SCHOOL HALL, MARR ST., PEARCE

**All proceeds go to Shanthi Foundation's
programmes in Sri Lanka**

Tickets: Adult: \$ 25

Family: \$ 60

Student: \$ 20



Book your tickets from Sam :0408450444
Sena: 0408631900 Janaka: 0408130466
Lyn: 0416616754 Terrence: 0414656690
Udaya: 0411096246

© COPYRIGHT 2013 SUNFLOWER MUSIC BAND. ALL RIGHTS RESERVED

On 19 September 2015, once again the Lankans living in Canberra showed their sharing and caring attitude by digging deep into their pockets to support a worthy cause back home.

At the dinner organized by the Canberra Chapter of the Shanthi Foundation, the generous contributions helped raise nearly A\$50,000 which would enable provision of clean drinking water to about 15,000 people in areas affected with Chronic Kidney Disease of unidentified origin (CKDu).



**THANK YOU
SRI LANKAN
CANBERRANS**

Shanthi Foundation which is a charity registered in Australia focuses on providing assistance to prevent, treat and provide palliative and supportive care in two main areas; cancer and CKDu. With a view to prevent and minimize the risk of CKDu, the foundation installs Reverse Osmosis Machines (ROMs) to provide clean drinking water for life and is actively promoting organic farming and nutrition in the affected areas. In the area of treatment, the Foundation provides dialysis machines to selected dialysis units in hospitals in Sri Lanka, has planned a program to help patients with transport to and

from hospitals/clinics and supply medical equipment/aids such as beds, wheel chairs, walkers etc. The Foundation has mobilized its own nurses (Shanthi nurses) on the ground in affected areas with a view to establish home based palliative care. Shanthi has also trained doctors, nurses and allied health staff and launched a patient and family sponsorship program.



THERE IS MORE THAT WE CAN DO

~~~~~

~~~~~




විහිලු තහලු

ඔබගෙ වින්දනය සඳහා උපුටා ගන්නා ලදී.

ඉන්ටර්විව

දවසක් පොලීසියට බැඳෙන්න කැමති කොල්ලෙක් ඒ පැත්තේ පොලීස් අධිකාරීතුමාගේ කාර්යාලයට ගිහින් තියෙනවා. සම්මුඛ පරීක්ෂණයකට (අර සිංහලෙන් Interview කියන්නේ.. අන්න ඒකකට)

දැන් මේ කොල්ලාගෙන් පොලීස් අධිකාරීතුමා ප්‍රශ්න අහනවලු. ඔහොම අහල අහල අන්තිමට ඇහුවලු මෙහෙම ප්‍රශ්නයක්.

"කවිසිඵමිණ ලිව්වේ කවුද?" (පැහැදිලි කිරීමයි. කවිසිඵමිණ කියන්නේ පරණ පොතක්. මමත් ඒක ලිව්වේ තියා ඒක දැකලාවත් නෑ)

දැන් මේ පොර උත්තරේ දන්නේ නැතිව සිරාවටම කල්පනා කරනවලු. පොලීස් අධිකාරීන් ළගදී සේවයට ආපු හොඳ මනුස්සයෙක් නිසා කීවා.

"හදිස්සියක් නෑ හෙමිහිට කල්පනා කරලා කියනවකෝ" කියලා..

මේ අතර පොලීස් අධිකාරීවරයාට විනාඩි 5 කට විතර කාර්යාලයෙන් එළියට යන්න වුණා. පොර යන ගමන් එතන එළියෙ ගිටපු රාළහාමි කෙනෙකුට කථා කරලා කීවා.

"මම එතකත් අර මගෙ ඔලිස් එකේ ඉන්න කොල්ලගෙන් කවිසිඵමිණ ලිව්වේ කවුද? කියලා අහලා තියාගන්නවා" කියලා.

දැන් විනාඩි 5 කින් පොලීස් අධිකාරීවරයා ආපහු එනවා. එතකොට පොර තමන්ගේ ඔලිස් එක ඇතුළේ දකින දර්ශනය මෙහෙමයි.

අර කොල්ලා පුටුවත් පෙරලාගෙන හතරගානේ දාලා සීම වැටිලා ඉන්නවා. රාළහාමි එහෙම ආඩම්බර තාලෙට උඩු රැවුල කරකව කරකවා ඉන්නවා. අපිට වගේම මේක දැකලා ලොක්කටත් මසද්දෝ හින්දා ඇහුවා. **"මොකද අපිගේ මේ වෙලා තියෙන්නේ" කියලා.**

එතකොට අර රාළහාමි උත්තර දෙනවා.

"සර්... සර්ලත් නිකන් මේ පොරවල් හුරතල් කරනවනේ.. මම දෙකයි ඇත්තේ මේකා යස අගේට ඔය පිළිගන්නේ කවිසිඵමිණ ලිව්වේ උඹ කියලා.

SSR TAX CONSULTANTS

CPA ACCOUNTANTS



7 Years Continuous Experience in dealing with all Tax Matters for over 5,000 Clients



Rane Ranasinghe

BSc, MBA, FCA, FSCMA, CPA

Benefits for you:

- Services at a reasonable price (**10% - 25% immediate discount on previous year's Tax Agent fees**)
- First consultation is absolutely free of charge
- Available after office hours, during weekends and on public holidays
- Clarifications on difficult technical issues in simple Sinhala and English languages
- Our fee is 100% tax deductible

Our Services:

- Individual and small business tax returns
- Company, Partnership, Trust and SMSF tax returns
- MYOB, Xero accounting and financial statements
- Rental properties and negative gearing tax advantages
- Capital gains
- GST & BAS preparations
- FBT returns
- Business setups and business advisory
- Business process improvements and profitability enhancing
- Electronic lodgment and fast tax refunds

Contact:

19 Daniels Street
Franklin
ACT 2913

Phone: 02 6242 9820
Mobile: 04 3115 8760
Fax: 02 6242 9820
E-mail: rane.ssr@bigpond.com
ABN: 12 897 611 785

To receive updates on the latest tax advantages, please register with us now



**I Came, I Saw and
I Shall Return**

Picture this: an old Italian village; well-dressed men and women wining and dining at an outdoor eatery overlooking a town square; a belltower of a cathedral in the distance; the red roof tiles on medieval buildings. You have just pictured the quintessential image of a Tuscan town.

Italy is probably my favourite holiday location. Why? Because of the romance, the people, the food,

the wine. It is a country of history and traditions, with its culture tracing back several millennia.

When you fly into Italy, you will likely arrive in Rome. Rome itself is probably not what you pictured. It's a juxtaposition of the old and the new. You will walk (and you will definitely walk, since you don't

ITALY

have much other choice) past a shop selling the latest in designer wear and accidentally stumble upon the excavated ruins where Julius Caesar was assassinated. The city is full of history. Take a tour of the Colosseum

and the ruins of the Roman Forums, the heart of ancient Rome. Visit the Vatican City, the smallest country in the world and gaze at the beauty of Michelangelo's work in the Sistine Chapel. You feel a part of the history when you are there.

The city will often be described, in an appropriately Italian way as a lasagne, with layer upon layer of history. After all, there are few places in the world where you can visit a basilica (Basilica of San Clemente) built in the 12th century, that was built on top of a 4th century basilica, that had been converted from a 1st century church, built on top of a Roman home that was destroyed in the great fire of 64 AD.

As a result of this lasagne archaeology, it's nearly impossible to build any wide spread subway system like most modern European cities because you can't dig too far before hitting some significant history. Hence you have no choice but to walk. And you dare not try to drive; Italians are renowned for their somewhat reckless driving.

However, all that walking also serves a different purpose. Because if I could only give you two reasons why you should visit Italy, it is these: food and wine. And if you want to return home wearing the same sized clothes you left home in, you need to walk. The food itself is simple, with few ingredients, espousing the belief that one too few ingredients is better than one too many. This result in dishes like the cacio e pepe: a pasta made simply with spaghetti, pepper, cheese and (generous amounts of) olive oil. Though they may not desire a lot of ingredients, they are dogmatic when it comes to the quality of the ingredients. Then with the food, comes the wine.

Nothing pairs better with Italian food than Italian wine. After all, if you are ever unsure of what wine pairs with what food, you should follow this adage: what grows together goes together. You will not find yourself lacking choice as Italy produces about 1/3 of the world's wine. This is unsurprising considering that they have been making wine since before the Roman Empire came into being. Through the years, they have created wines that cater to everyone's tastes: from the sweet Vin Santo to the complex Brunellos, they have you covered.

Of course, it's not just the cities of Rome that are captivating. Provinces such as Tuscany are dotted with towns and villages with many of their buildings built over 1000 years ago. It's these kinds of towns that you can sit for lunch at the town square and let hours pass by before you leave. You can wonder aimlessly through their ancient cobblestoned streets. It feels like little has changed over the years in those towns. You feel like you are following the footsteps of those who passed before you centuries before, there is no change. We far too often forget our past. It seems Italy is in no danger of doing that, and perhaps that's for the best.



Ranmadhu Wijayathilaka

Share your Travel Experience

Share your travel experience with the community. It will be very useful for someone planning for a holiday and have no clue of selecting the destination. There may be heaps of helpful tips and tricks you can pass to make their holiday a very successful one.



Holiday Accommodation in Negombo

Address: 310/71A Angel's Park, 50 Acres, Negombo.

1st floor accommodation consists of 3 AC bedrooms. Kitchen/balcony/living /bathroom.

15 min drive to the international Airport. 5 Min drive to beach and the Negombo city.

2 min walk to Restaurants and shops

Rent: A\$300 per week

Please call: Kumara **0418 883 997**

Visitors are obliged to pay electricity bill at the rate of Rs 45 per unit.

For more info visit <http://www.ceb.lk/for-your-residence/>

Diwali



Diwali or Deepavali, which translates to the “festival of lights” is celebrated by Hindus in November every year. It is the much awaited festival, a time filled with light and love, a time when Indians all of the world celebrate by offering prayers to Maha Lakshmi, the goddess of material and spiritual wealth and prosperity.

There are many interpretations of the meaning of Diwali, the rituals and symbolism, and the reason for celebration. The most popular commemorates the return of Lord Rama to his kingdom of Ayodhya after his exile of fourteen years in the forest.

Generally, Diwali symbolises the triumph of light over darkness of ignorance, of good over evil, awakening our inner selves to the light within us to symbolise our personal relationship with God and the universe.

Every year at Diwali, I look back with nostalgia to the nights that my mother helped my brother and I light the clay *diyas*, the ritual of the *bhajans* and distributing the sweetmeats to the entire neighbourhood. I remember how the light flickered ever so brightly, then dimmed in the night to oblivion. Like life itself. The short lives we live, when we try to burn the light of wisdom, awaken the Zen within us, put up our own feeble fight against the machinations of power and wealth, greed, injustice and social evil, conditioned thought and prejudices. We have so much to do in so little time. So much of social change and awakening that we are responsible to bring about. The change as we know has to start with ourselves, with you, with me.

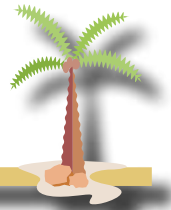
In my view, if we all take baby steps to question our own values and belief systems, what prejudices we hold and how we project these on others, how we discriminate one another using race, religion, colour as our basis - we have taken the first step towards enlightenment, happiness and freedom to all creatures in the universe.



Let this Diwali awaken the inner God within us as we move towards liberation of our souls, towards harmony and peace in the world.



-Sangita Ashok



ප්‍රියන්ත පාලගොඩ

පොල් ගහ යටි.....

තලපු මලෙන් පැනි දියරය	වැහීලා
ජීවිතයක් පොල් ලනු අතුරක	රැදිලා
ලබ්බ පුරෝලා කඹයක	එල්ලාලා
බිමට වඩිනවිට ඇඹලයො	රොක්වීලා

ඇඹලයො විතරමද මල් පැනි	සොයන්නේ
මල නොකලා උන්දැයි පැනි	උරන්නේ
තලන මලෙන් විතරද පැනි	වැහෙන්නේ
නොකලන මල පිදී පල	දරන්නේ

කුහුඹුන් පොල්මල් මීමැයි	පිරාලා
පොල් කට්ටයි උණු කට්ටයි	ගෙන්නාලා
ලපටි මලේ පැනිවල රස ගුණ	විඳලා
පොල්ගහ යටම වැටිලා සැප	වැඩිවීලා

උණුන් එක්ක බිවේ නැති එකා	වෙති
තනි මලෙ රා බිමට හැම කැමති	ඇති
පැපොල් බටය වුව අයෙකුට පිහිට	දෙති
පල්වෙන රා රස කර කර උරා	බොති

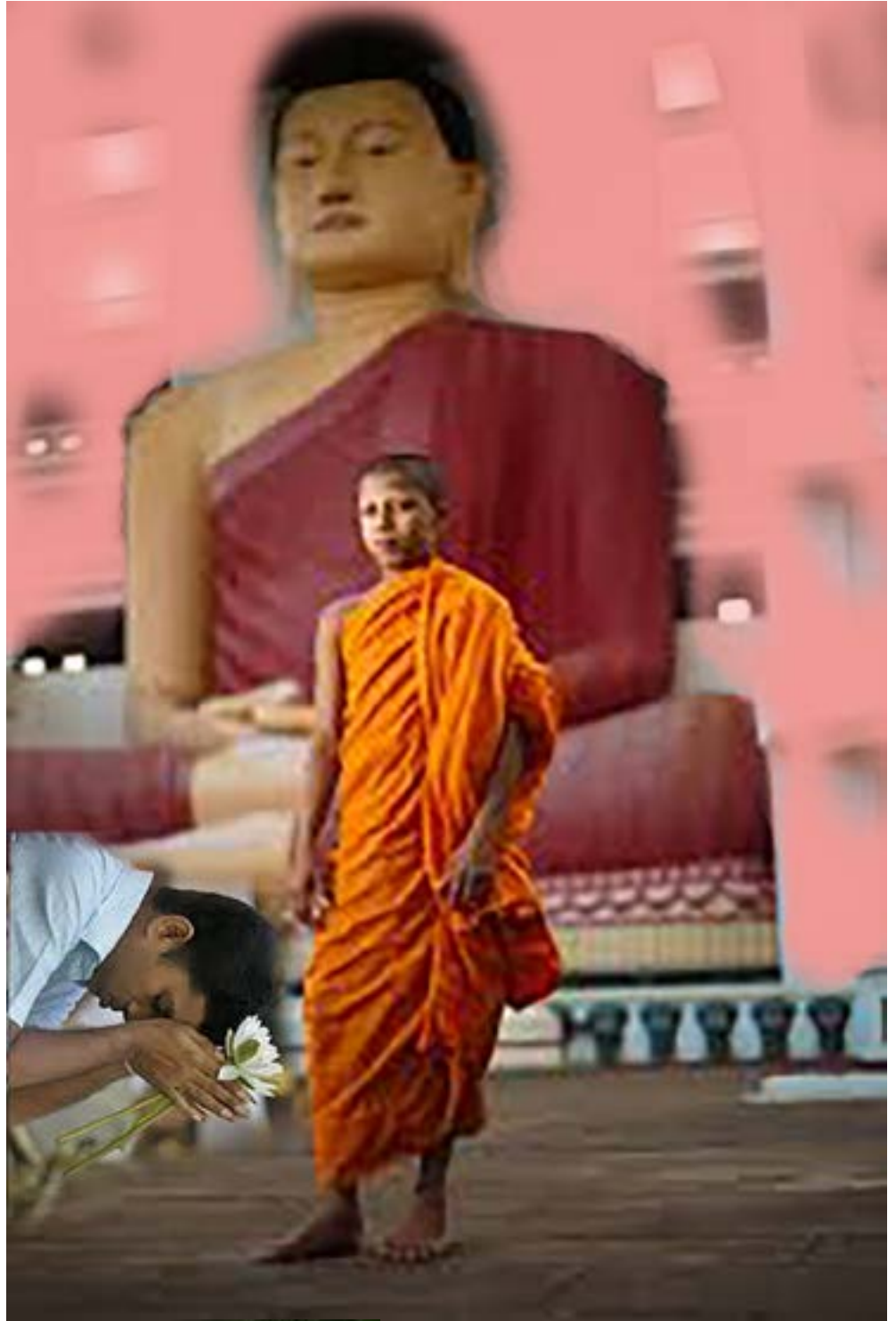
මැස්සෙක් වැටුනොත් බොන තේ	කෝප්පෙට
කවුරුද බොන්නේ ඒ තේ එක	රහට
රා ලබ්බේ දියවෙන මී	මැස්සන්ට
හිරිකිත නැතිදෝ මේ	බේබද්දන්ට



සඟ ප්‍රවේශව ගත් විපකූලෙහි.....

මුදුන්තව ලෝ සත්වයා
දුකින් සසර
හික්ම ගිහි ගෙයින්
ආ ගමන ඔබ,
කලමෙන් බෝසතුන් වැඩිහුන්
හැකි ද ආද
සිතපත් සඟ පුත

පැකැව්විසීමය
අවලෝ දහම
සුභු ජිවකය නොව
දෙසපත් සඟ පුත විහිසුන්ව,
දැයාචේ අගය
කරුණාචේ රසය
මෙතේ අරමය
විහිසත්ඛචේ මහිමය
චිතතයි අනෝමාව
සැරිත් චිතරවන



**Australia Sri Lanka Association ACT Inc (ASLA)
proudly presents**

SUNFLOWER

in Canberra



**SAT 14 NOV, 7.00pm onwards
at Melrose High School Hall, Marr St., Pearce**

All proceeds go to



programmes in Sri Lanka

**Entertain yourself with popular
Sinhala/Tamil/English/Hindi songs**



Tickets - Adult: \$25 | Family: \$60 | Student: \$20

**Book your tickets from - Sam: 0408450444 Sena: 0408631900 Janaka: 0408130466
Lyn: 0416616754 Terrence: 0414656690 Udaya: 0411096246**

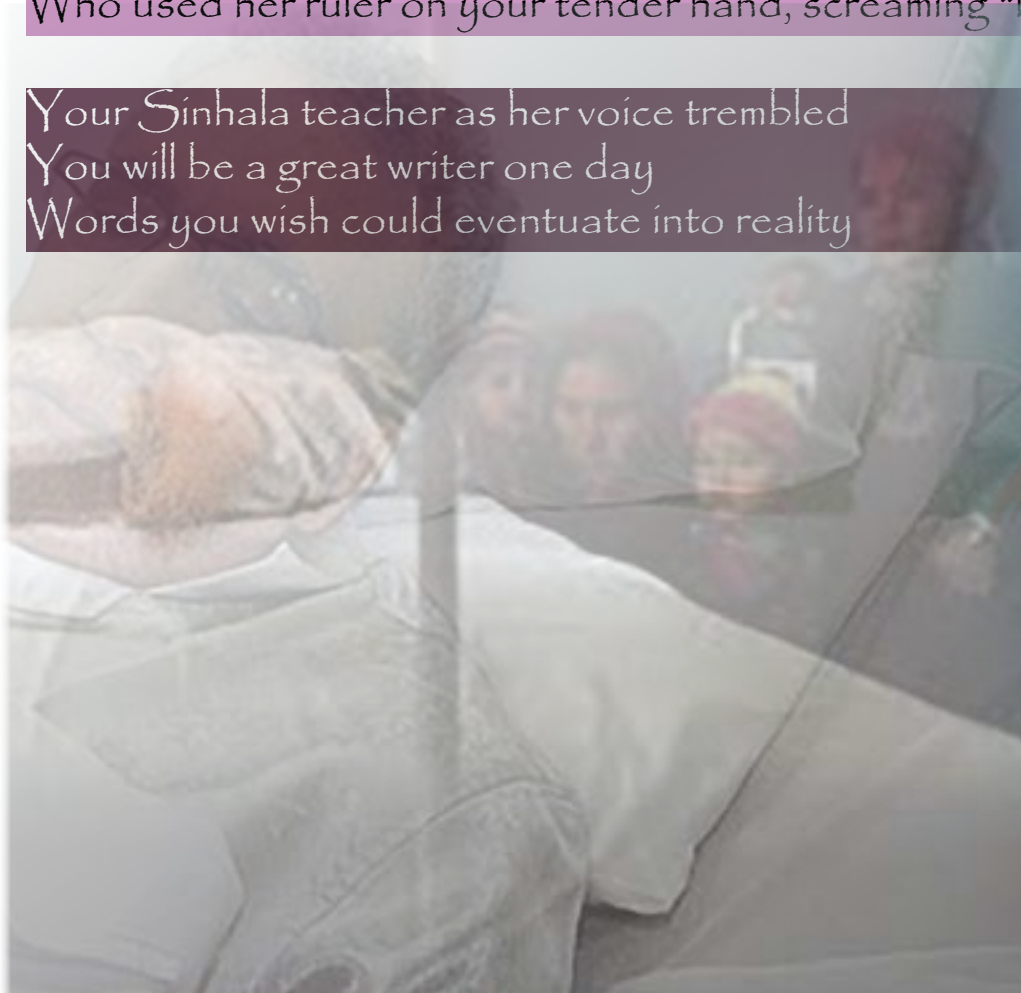
The Ticking clock – Sangita Ravendran

Fresh faces at school, that one best friend
Tears, waiting for your mother
Beautifully clad in salwar kameez
On the steps of the giant bell in your school

Waiting for the familiar face of the amme who took you by bus
And sat around the school talking with others like her
And you ran with her to catch the busy buses with them holding your school bag

Your father swinging your school bag
Taking you to school, late but in his words
Better late than never
Single file military style, as you hopped beside him
Fat plantain, your nickname because of the daily anamalu
And the sweet vanilla milk he made you drink
While you stood shaking in fear at the teacher you called crocodile
Who used her ruler on your tender hand, screaming “late again”

Your Sinhala teacher as her voice trembled
You will be a great writer one day
Words you wish could eventuate into reality



You watch wide-eyed Pygmalion
At the British Council, the sole audience
William Faulker at the American Centre
Absorbing another culture, different ways of life
Hindi at home, Sinhala in the village, English your mother tongue at work
Celebrating Ramdan
Lighting fireworks for Diwali dispelling ignorance
Candle-night vigils for Christmas, home-made lanterns for Vesak
The chanting of the monks



You graduate as a professional, alone
Leave to the heart of Africa
The conflict has changed your beautiful island

You dream of buying an island home, PhD in USA
Writing those dream books
You marry instead, touch the softness of your first born
As they lay her on your belly, crying
Followed by a wide eyed beautiful son
Move continents, Africa to Australia



Motherhood, finding your way in a new heartless world
Roots, who are you, where did you come from
Where are you going

Forward to 2006, you are on your way to work

In intense dull heat one Canberra morning, the phone rings
Your husband says casually
Oh that was your friend from Melbourne
Your best friend in Sri Lanka died from cancer
You choke all the way to work



December 2006 dawns, your kids are both receiving Excellence awards
So you promise your mother you will be in Sri Lanka after that
The phone rings, it is your brother on the line
Come soon, dad has stopped speaking
You miss your children's moment of glory
Time is interminable, you sit choking in the Kuala Lumpur lounge
A dignitary has blocked all roads to the hospital but your brother flies in his car
Just before the doors of the hospital close in Colombo

You plead, you need to stay with your father
The first time you see him not speaking
Immobile, his hands tied to the bed post,
The hospital staff are at tea, they will see him after their break
Your brother is screaming
You see your dad, the man who made you the woman you are
Take his last breath
The hospital staff arrive to take him to Emergency
You fall on the bed, sobbing

Your kids are on the verge of graduating
You have a trainee doctor in your hands, articulate and expressive
And another is on the brink of completion

You still have things to be happy
A rapidly ageing mother, a family
A career you hope to be leaving
Living in cold Canberra

You are on the brink all over again
The clock is ticking
You see your life
The wick is still burning
A candle flickering in the wind

Who are you, where did you come from
Where are you going
The questions remain.



Re-arrange the letters in each row from 1/ to 6/ to make up names of 6 fruits.
 Fill in the cells below of each jumbled phrase, with the fruit name you made (one letter in each cell).
 Then get the letters of green cells in sequence and fill them in each of the pink cells at row 7/
 to read a popular name of a person
 The yellow shaded cells are blanks to separate words in a phrase.
 There are hints given below.

J. S. Swaradeva

1/ YAPAAP

--	--	--	--	--	--

Good for constipation



2/ SENZONAL

--	--	--	--	--	--	--	--

Gaduguda



JUMBLE අඩුල් ජාලය - හරියට ඇමුණුවොත් අඩුමක් නෑ

3/ GALEUIRIS

--	--	--	--	--	--	--	--	--	--

red mombin, purple mombin, hog plum



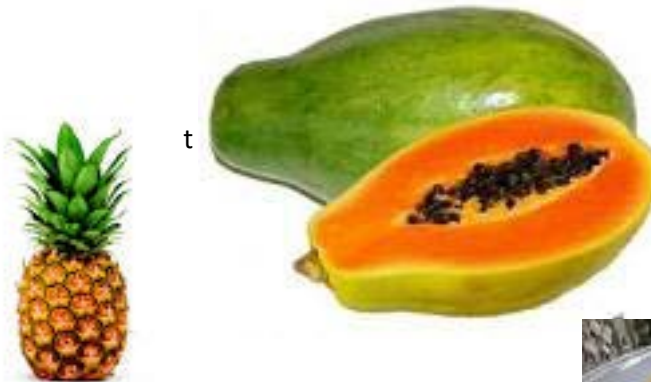
4/ SGOENAM

--	--	--	--	--	--	--	--

Pregnant women eat the raw ones

5/ ENIPEPPAL

--	--	--	--	--	--	--	--	--	--



6/ ANANBA

--	--	--	--	--	--



7/

--	--	--	--	--	--	--	--	--	--	--	--

Part of Sri Lankan President's name
 Remove the 'loving kindness' part of the first name

The Botany of Cricket

Dr. Dilantha Gunawardana

Recently, the 2015 world cup of cricket ended with Australia coming out on top as the eventual winners beating New Zealand convincingly in the final held in Melbourne, Australia. Although cricket is a game, there is a strong and unbreakable bond between cricket and botany, since whether it is cricket bats and balls, or the outfield or even pitch characteristics (what defines pace or turn), plants play an important role in perpetuating cricket in this field of dreams. It should be remembered that from balsa surf boards to bamboo or maple baseball bats, there is a dependency of sports on botany, which makes the study of botanical cricket a truly memorable foray in to journalistic research.

First cricket, like baseball is largely defined by the impact of bat on ball, where strikes of a piece of wood, is considered to be the heartbeat of the game. A cricket bat is finely carved and produced from a tough but light consistency of wood from a deciduous tree called the cricket willow. Cricket willow which has a botanical name of *Salix alba var. caerulea*, is a type of willow that is grown in Britain for the harvesting of the wood to furnish cricket bats - what is colloquially named as 'willows'. The cricket willow tree has a strong straight woody trunk and is also identified by large leaves which are painted by a bluish green tone. This tree is considered the true origins of the classic bat that is used by both the former and current crop of cricketers, from William Grace to Steven Smith. Although the weight and dimensions of the cricketing bat have evolved, in large, cricketing bats have maintained their dependency on willow wood and even the infusion of carbon-fiber polymers to the backbone of the bat has failed to establish itself as a mainstay of the game of cricket.

Another area where cricket and botany are interwoven, is the grass meadow on which the game of cricket is played. Grasses belong to the family Poaceae, and are a ubiquitous sight on the cricketing field. While the outfield grass is trimmed and cropped to suit the running (and diving) outfielder, the cricket pitch is largely given a total shave – mowed and rolled –; yet with minuscule stubs, to ensure that there is adequate green to keep the fast bowlers (and swing) interested. Therefore the more grass there is in the bowling area of a cricketing pitch, the

merrier for the bowlers, in particular the tearaways or the crafty swing bowlers. Therefore whether it is a crafty Tim Southee or a fast and furious Mitchell Johnson, grass is friend and not foe to the trade of pace bowling.

Another inevitability in cricket is the cricket ball which is made up of cork in the center with a spherical leather cover on the exterior. In the interior of a cricket ball, two halves of cork are rolled together by strong reels of string. Cork is found in the outer rings of trees, is elastic and impermeable to water and is crafted by the division of a tissue called the cork cambium. Cork is obtained from a tree identified by its botanical name *Quercus suber* and although once native to the Mediterranean region is now predominantly grown in Portugal, which is the largest exporter of cork in the world. It is in woodland plantations called 'Montado's, that cork is harvested and manufactured in Portugal. Therefore, the cricket ball and not Moises Henriques is the biggest cricketing export from this beautiful country which is known for her vineyards, universities, soccer and pioneering explorers of the new world.

Therefore it appears that botany and the game of cricket are inseparable akin to conjoint twins. Botany will always serve as a vast reservoir of foods, fibers, spices, industrial resins, commodities and sporting equipment and can be termed a 'supermarket' of uncountable ingredients that can be used to perpetuate honorary traditions and delightful sports. So whether we are watching a game of cricket at the MCG, or taking a tour of the International Hall Of Fame in Cricket in

Bowral, Australia, or playing a game of street cricket in Colombo, Sri Lanka, one should never forget that the bat and ball that is held in hand, was once part of a woody plant.



National Finalist Young Australian of the Year 2016

Nipuni Wijewickrema

Social entrepreneur

A young woman trying to change the world “one flower at a time”, Nipuni Wijewickrema runs a floristry business designed to create employment opportunities for people with special needs. Nip, as she is affectionately known, first established GG's Florist with her family to ensure her 16 year old younger sister Gayana would have fulfilling work after graduating from high school. Gayana, who has been born with Down syndrome, is now famous around Canberra for her floral deliveries that always come with a big hug. From a backyard garden shed, Nip has shown other local organisations how to create safe working environments for people with disabilities. As well as working full-time and managing the family floristry business, Nip is a volunteer counsellor with Lifeline and contributes regularly to community initiatives, assisting many young people through her work with the ACT Youth Advisory Council. Passionate, dedicated, driven and incredibly sleep deprived, Nip has developed a socially sustainable business model which is changing the way Canberrans think about inclusion.

-Badra Karunarathna

<http://www.australianoftheyear.org.au/storage/2016-act-australian-of-the-year-recipients-announced-embargoed.pdf>

<http://www.australianoftheyear.org.au/honour-roll/?view=landing&year=2016>

<http://www.australianoftheyear.org.au/honour-roll/?view=fullView&recipientID=1358>



Sri Lankan Theatre Group of Canberra

Due to overwhelming demand from Drama lovers in the Canberra community, a series of comprehensive Drama Classes will be conducted by Indunil Liyanage. This will be presented to you by the “Sri Lankan Theatre Group of Canberra”. The lessons and the workshops will be followed by a full length Sinhala Stage Play, next year.

Classes commenced 27th of June (Saturday) at Lanyon Community Centre,
22, Sidney Nolan St, Conder.

In addition to all the aspects of a stage drama, this project will give an insight to the Sri Lankan culture, Heritage, Traditions, Language, Music, Dance and value of Team work.

Interested parties of all ages are invited to express your interest either by email via

indu1012@hotmail.com or

by phone on 0423681951 or (02) 62967499



Meet the Victorian Community Senior Group

A senior group from Victoria is planning to visit Canberra in March next year. They are willing to have a social get together night with the Canberra Seniors and well-wishers. It is most likely to be on the 22nd of March which is a working day for Canberrans. They plan to visit the places of interest during their three day stay in Canberra. Please make a note of it.

In many other states in Australia such senior groups have been formed by Sri Lankans who enjoy their retired life by meeting their friends for recreation, to socialise and enjoy with social trips. Please forward your thoughts to canlankan1@gmail.com to work out how.

'Canberra Lankan'

could help achieve this goal.

Modern Australian Cuisine

Open 7 days for lunch

Lunch from 12.00 noon to 2.00

Dinner from 6.00 pm to 9pm

Contact: Mobile: 0432434085

e-mail: rukman9@hotmail.com

ASLA Officer bearers 2015 - 2016

Jayraj Samuel
Stephen Muller
Sangita Ravendran
(Ashok)

Hon President
Hon Vice President
Hon Secretary

Sumudu Siriwardene

Hon Treasurer

Sena Athugala

Member

Antony Motha

Member

Surangi Luck

Member

Chan Dissanayaka

Member

Shantha Ramasundara

Member

Mohmad Kamil

Member

Nuwan Rathnaweera

Member

Leonard Jayasinghe

Member

Janaka Walikala

Member

Asela Abhayapala

Member

Susil Suraweera

Member

S. S. Ranasinghe

Hon Auditor

Disclaimer

Canberra Lankan provides information within the following conditions:

1. Canberra Lankan does not endorse or recommend any product or service or facility advertised or mentioned on this site unless specifically indicated. In no event do we guarantee the product, service, or facility advertised or mentioned on this site unless specifically indicated.
2. The information and content of this site provided by Canberra Lankan does not necessarily represent the views held by Canberra Lankan, its editors or members of ASLA but writers or contributors.
3. By viewing pages contained on this site it is agreed to release and discharge Canberra Lankan from all liability which may arise, including liability in respect of defamatory material, on any database or linked website address and or software accessed from this site.
4. By accessing this site you agree to assume all risks associated with the use of the system, the site and the internet in general, including the risk to your computer, software or data being damaged by any virus which might be transmitted or activated by accessing this site in general.
5. The presence of copyrighted and other proprietary material without due credit or permission is neither malicious nor intentional. Canberra Lankan makes every effort to establish the bona fides of all material provided for publication, and accepts no responsibility where material provided by writers and contributors are submitted without due care to ascertain the copyright holder.
6. Copyright in general will remain the property of the author submitting the material, including text, photos, and other material of any type whatsoever. Copyright of the published magazine, remains the property of Canberra Lankan.
7. Canberra Lankan provides no guarantees whatsoever for websites linked to the Canberra Lankan site, including the truth, accuracy suitability or completeness of linked sites.
8. Canberra Lankan undertakes to provide judicious care in compiling and providing accurate information on this web site, but accepts no responsibility for errors, omissions, completeness, alterations or accuracy whatsoever.



Dear readers

‘**Canberra Lankan**’ has achieved another milestone with the sixth edition of our community e-Journal. We are thankful for the positive input you have provided and hope this trend will continue.

Being happy is difficult today. But as the ancients said, happiness is the goal of life. Being in love is also difficult, with its attending insecurity, shyness and, guess, ancients would say it is madness. But if there is a spark and hope for happiness then life becomes meaningful.

With a little effort you may enter through the doors of Journalism. Canberra Lankan has open doors for you. You may start with small packages and will reap bundles of goodness and happiness at the end. We believe ‘**Canberra Lankan**’ could spark your life to a meaningful one.

Journalism is a good pastime activity which helps to help others and bring happiness in return. This can only be achieved by taking your front step now.

Canberra Lankan e-Journal Newsletter Feedback

Feedback Form - Canberra Lankan

Please give us feedback by submitting this [form](#).