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JUNE 2008

RATHNADEEPA

UNITED SRI LANKA ASSOCIATION
(AKL BRANCH) INC.

We Salute You

BLOOD IS LIFE



A ceremony to commemorate the Sri Lankan War Heroes with them and commemorate the present day Ranaviruwas".

The event coordinator Mr. Wajira Dassanayake said that "the National Ranaviru Day is held annually in Sri Lanka since 2000 to honour the Sri Lankan soldiers who have sacrificed their lives in action whilst they have become differently abled in action and to pay heartfelt respect and appreciation to those who are presently standing up to protect the sovereignty and territorial integrity of our motherland. This year The Ranaviru Seva Authority has requested all the Sri Lankans who are living

all over the world to join hands with them and commemorate the present day Ranaviruwas". Thus, the USLA Auckland branch decided to have this event in Auckland and invited all the Sri Lankans to join hands with the USLA to commemorate these heroes.

The ceremony started with a welcome speech delivered by the USLA President Mr. Gamini Siriwardane followed by hoisting of the National Flag of Sri Lanka. Then the religious leaders, namely New Zealand High Priest and the Chief Monk of Sri Lankaramaya in Auckland the Rev. Valgama Munindawansa Thero,

Donating one's blood to save another persons life is indeed a meritorious act. You may never know, at what moment in your life you will be involved in an accident or contact an illness, that you may need the blood of another to save your life.

Probably with that reason in mind or not, or may be believing in the benefits that may come your way in the next birth, there were some who did not forget this important day. Even though it was a working day, diaries filled with commitments, yet they did shed their share of blood at this USLA Blood Donation Camp on the 7th of May 2008, at Epsom Donation Room, at 71, Great South Road, Epsom.

The President Mr Gamini Siriwardane said "USLA was the first Sri Lanka association to start this noble act".

"It was when Mr Upali Mahaliyana was the Secretary of USLA that it all began".

"I am not sure, but may be about 14 years ago. Now that is a long time!".

USLA is proud that there were members who accepted it's kind request to help other human beings and share a little of the responsibilities of society.

We wish to thank everyone of you.

Continued on Page 2

From Page 1

the Director of the Auckland Centre for Buddhist Learning, the Rev. Elle Chandawimala Thero, the Rev Father Dharshana Jayamanne, Alhaj M.C.A.Hassan delivered special commemorative speeches.



HOISTING THE NATIONAL FLAG

As far as the organisers are concerned the event went exceptionally well, with a large gathering of patriotic Sri Lankans.



AUDIENCE

The programme included a unique video presentation to update the current War Situation in the combat zone, the recent victories of our forces and video clips depicting the Ranaviruwas' determination, commitment and dedication to protect and safeguard the sa-

cred motherland.



VIDEO PRESENTATION

The ceremony ended at dusk with lighting lamps and reading a war hero slogan in front of the War Hero monument.



LIGHTING CANDLES IN FRONT OF THE MONUMENT

The war hero remembrance is not a new concept to the New Zealanders. Since the first anniversary of the Gallipoli landing in 1916, ANZAC Day has evolved to acknowledge the sacrifice and service of subsequent wars and to encompass new understandings of the full impact of armed conflict on those who have served their country.



PATRIOTS READING WAR HERO SLOGAN

Brutality of 25 years of LTTE Terrorism in Sri Lanka

A factual information forum to elaborate the real unbiased story of Sri Lanka

The United Sri Lanka Association (USLA) Auckland Branch is organising an awareness evening for the New Zealand public to share the views on existing strategies for winning the war on terror, to elaborate the present situation in Sri Lanka and to dispel the myths and inappropriate false propaganda successfully instigated by the well organised underworld network of Tamil Tiger Terrorists.

USLA Auckland Branch feels that there is an increasing concern amongst the majority of Sri Lankans regarding the distorted fabricated propaganda against the Sri Lankans and Sri Lankan government strategies of war on terror.

The event will be held on 19th July 2008, between 1.00pm and 5.00pm at Mt Roskill War Memorial Hall, Mt Roskill.

The forum comprises of an photo exhibition followed later by a video presentation. Thereafter, there will be speech and then a question and answer time.

USLA Auckland cordially invites all USLA members and non members to attend this awareness meeting and obtain a fair and accurate picture of Sri Lanka.

RATHNADEEPA

PRESIDENT'S MESSAGE.....

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Views expressed in the articles are those of the contributing authors and may not necessarily reflect the views of USLA - Auckland.

Please send in your articles for the next issue before the 31st of July.

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Dear Friends,

I am delighted that I am able to pen a few lines to the Rathnadeepa June 2008 newsletter.

There was much enthusiasm at the Blood Donation Camp held on 7th May although many found it difficult to attend, since it was a working day. I wish to thank all those who participated.

The Ranaviru Commemoration programme held at the Senior Citizens Hall at Mt Albert on 7th June 2008 was a solemn occasion when we all assembled to appreciate our armed forces and also remember those who laid down their lives for the sake of their motherland, to defend her freedom, unity and sovereignty. Through the light of the candles that were lit up to mark this occasion, I saw many blurry eyes. Pictures of current war situation was shown by video with a useful commentary along with it.

The new immigrants trip is fixed for the 28th of June, and we hope to reach Rotarua, spend time at the thermal springs even though it will be a one day trip.

Another event lined up for the 19th of July is a seminar, conducted on the theme "Twenty five years of Terrorism and Violation of Human rights in Sri Lanka". We hope to invite some government representatives in New Zealand to participate in this, who may be unaware of the true aspects of the situation in Sri Lanka and who may have been misinformed by terrorist propaganda.

We do hope all Sri Lankans will join us.

Best wishes to everyone

Gamini Siriwardane
President
USLA Auckland Branch

USLA Coffee Evening

USLA Coffee Evening will be held every first Saturday of each month at 4.00pm at Mt Albert Senior Citizen Hall. All members and non-members are welcome.

United Sri Lanka Association would like to kindly remind members to renew their membership for 2008 and also encourage others to join as new members of the association.

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මහලුකිකාරී ප්‍රධාන සංඝනායක සහ මූල්‍යකා තුළුර ගෙනහලුන් (Seek Kia Eenh) විහාරාධිපති අරඹාමුදුමල රතනසිරි නාහිමියන් විසර 1984 සිට විදුරුසු ධර්ම පුළුරුසු සරසුලු පල සියලුම අයි අසර සාධිලුන්ගෙන, හෝරවේ, සවිසනා, ගේන්හාරසන, හෝරධාර සහ ජනානා එම රටමල අපරිත් සිසිතෙයි. මින් පැවිම සාලක (අපුරුසු 10ක්), උත් විසන්ගේ, ජනානගේ සහ සර අයි අසර මේ වින විට මහලුකිකාරී විසර 9ක සාලකක් ධර්ම දුන ගේරගේ ගැදී අත.

මින්මුන්වී තුළුර සුම මානාරාම නව හෝරධාරවලි සාධිරණන විවන සිරිමේ අලුත්හාර මහසාහි විම මැණි සරසු උත් විසන්ගේ රත්නදිප හා සල ගෙවි සාචාදකක් අනුගරියි.



මේ මුලක ගේනම විවිධ භාෂා සහා සරන, විවිධ අගමේ අලුත, විවි ධ ජාතින්ගේ විරසු එකේ. මේක අලුරන්, මුදු රජානේ විසන්ගේන් සාලකටත් එ විගේ අහසානකටත් ගාදු මුකක්. අවි සමන් අරඹන මුලුරන්, සහරකන් අරඹන මුලුරන් එසම සන්ගමේ රටන් අරඹන මුලුරන් මේ විගේ විවිධ විසනා අයි මිසිලුන් සමග මේ සම සහසම මුන්. සමහර විට මිට අසරකර, සුල මිදි එසමන් සන්ගමේ විරගමනගේ ගේනම, විවිධ ගුණපාලන අලුත් පමුන් මහන් උද්විත විගේ මේ හෝරකන් අනාරකන් මිසිසා අද මහනොසර සම අවිත්ම ගේදු මුන්.

මේ උද්විත විගේ සිල මුලුරන් රටන් සැරිකර එසම සන්ගමේ ජාතිකන් සැරිකර දිලුන මහන් සම මේ ගේදී සර රත්න මින සිල මහනෙරි ගේදු. එ සිකන්ගේ පමන්ගේ මහන පමන්ගේ සිසරදිසි, එක අවිත් සම මුනාම විදි සහ මුලු සිල මහනෙරි සැලු සමගින් සරසුලු සන්ගම පුරුදු මහන් මින. මේක විගේ අසර සැරිකර, එ පුනාම සල මුලු මුකක්. මහනෙරි අනාමේ පුරුමනෙරන් ගේ සන්ගමනෙරන් ගේ සැරිකරකර, පහනකර සමහර විට මුර මුර සැරිමේ සන්ගම මහන. සමුන් එ සම මුලු රටි සහ ජාතික අහසනන මහනෙරන් ගේදි සිල සලුතා සරන මින.

මුන් අවි දිලුන රටමල දිනා ගාමිකන් මුලු. එ අනා සම මුලු ජාතික පුරිත්තෙයික විගනෙරා. මේ රටමල මුන් මිනෙර අහසන් අලුත, මිනෙර භාෂාමන් සහා සරන, මිනෙර කනක මහනෙර මේ පුරිත්තෙයි එකයි. එක මහන් මහනෙරන් සැස. මහන් සරන්ගේ සැස. එ රටමල උද්විත උත්තන සරන්ගේ සැස සම සමන්ගේ උරහන මුලු මේ ජාතික පුරිත්තෙයි මහන් සරන්ගේ. එකගේ එ රටමල දිලුන මා විගනෙරන.

මේ සැරකන අවි ගේරමේ හෝරකන්ගේ මිනෙර ජාතිකන් ගේන මහනෙරා. මේ විදුක ගේදු විරකන මහන මහන සැරිම මහන් ජාතිකන් පුක්කම අරඹනවැදී මුලුමිස මහනෙර විගා සන්ගම. ධර පහන් එකම මින විදුක සමග සම මුලු මහනෙරන.

මුන් මේ විදුකගේ මහන මුන් සුම මානාරාම පුනන් මහන් සරල මුන් මින මුකක් සමග මේ මහගින මින එකේ අවි මුකන්ගේ. අහම අලුර, ජාතික අලුර, එසම සන්ගමේ එසිගනෙරන අනාරන මේරිම අලුර හරි සන්ගම සම සමන් දුක මුන මුනෙරන අලුත් අලුර ගේදී මුන්ගේ සරසයි. අවි හෝරකන් විසම මහනෙර සුම මානාරාම හරන එකම මහන මහන සන්ගම මුලු මහන් මහන මහන මහන් අනර දිලුනුරන් මහනෙර සැරිමයි.

මුන් මුලුන් අව විවිධ ජාතිකන මුදු සැරිමල මහන හෝරකන්ද සැරිමල මුකන් මේරිම මහන සහනම මහනෙර මහනෙර මහනෙර මහන. එක සමග සමගින් මුක.

අවිත් එක සමග අවි මහන් මින සැරිමන් මේදු අව සිල මහනෙර පුරුදු මහන් මින. එකගේ සිසම මහගින අවි මහන. එ මින දිලුනුර අවි මහන. මුන් අව එක සැරකන් සහන පාමිකෙයික මහගින පාමිකෙයික මේරිම හරින පලු හෙදු සන්ගම සැරිම මුදු සරන්ගේ හෝරකර මුදු රජානේ විසන්ගේ එකගේ සැරිම සරල මිවිම මහනෙරා සහන පාමිකෙයික මහන් සැ. රටමල මිලු එ සන්ගම පාමිකෙයික විදුක සහා සලලා සහන. එ මහනෙර මුලු රජානේ අරඹන සරල මුන්ගේ මේ විදුක මුදුකර මහනෙර මහනෙර මහනෙර මහනෙර සහ සිදුර මහනෙර මිලු. එ මහනෙර මුදු රජානේ විසන්ගේ අනුමේ සන් දිලා එ රජානේ මුදුක සහර සල මින විගන විවිධ විගනෙරන් පලමුන.

මුන් මේ මුලු මින අරඹන එකමුරු සරසුලු සරන මහ සැර මුරන් සම, මහර සම මේරි මහන අරඹනෙර මිසිලුන් මිනෙර. එ විගනේ හෝරකේ එක අද අව මේ මේරි මහන මහන උද්විත ගේදු අරඹනෙර මේරි. මහ සම මහනෙරන් සැරකයි.

මහලුකිකාරී ප්‍රධාන සංඝනායක අවි පුරුස අරඹාමුදුමල රතනසිරි නාහිමි
සම සාචාදකන් ගෙදුන් සිරන්ගේ ගේරන්



කම්මා කම්බුදුන් දුටු සඳු මම වෙමි

එකට ප්‍රයෝගී සහනය මිලියන හා එකට ගන, කුටු සොබිගෙන මා මම සරිදුන් ප්‍රිය සල සඳු වෙමි. කුටු දැරුවත් සඳුමමා ලෙසත්, විද්‍යාලයන්ගේ ප්‍රභා එක්දවස ලෙසත් අදී සොහොන් අසාරයන් පැහැදිලි වලින් මා කම් සරන මම දවමි.

මිලියන පුරා විසර් අති, මම විසින් දුටම එක්දවස ලෙසත් සලසන සියල්ල අසාරය මම දැක්වර සොන් දැක්වමි. පාපා කම් කදී අසාරය වර් අසලත්, වීන මනා පදුරත්, සම්බලන්කමට් එල්ලෙන පලයත්, වර්දලුවී විංචිවත් මහත් ක්‍රයාර එක්දවස එවත් දැවුරත් ගොවි. අත් කැලකන දැවිණ මනා සසර, මනා මන්දුර සියල්ල අසාරය සැම දිනමම එවත් මම වමන් සරමි.

මිසසර දුටු විට සරසත්, සරසාසමන් වී සිටින මිනිසුන්ගේ සා දුටුරු සරසත්, දුන සත්ත සිසි දිනන අත් පොවිදි මනා සනා කුමරිකරන්ගේ

උද්‍රාන සඳු අසාරයත්, මනා සනා වනාන්තර, සඳු මුදුනි, දුර්ගමින අලු දලුල සොන අසාරයත් මම වමන් සරමි.

විචිතර වරන් සෙවත් සරිටු සොනන්ද සත්ත සනා මට විසර්වත් සැබි මුත් එටු සිට දැක්වරා මිලියන හා එකට වමන් සල මහත් වමන් මහා විගනා මනසත් එ ගුණයින් පුර්ණමනාත් වසන්තරය.

මුදු සිටිවර අලුර මනා මනා දැවිකන් කුන කුල සිදුකන් කුමන් පිලිසිදු සේ අසක මන පුර පොහොදු දිනගේ මම ටික් විසර්වමන් මිලියන අඟුලකමන් සලමි. මුම්බිමන් මනා කුලි පුරාගේ කුලි සනත් ගට මිසිණු එ කුමරන්ගේ අවර්මන් රුන මහා විචිතර අනා විචිතර අසාරය සිට මම එටු දුටුවමි.

කුටු සල සිටින අත් අසර වනා විචිතරවනන සිලු එ අවිචිතරවත් කුමරු දිනගේ දින වනනන අසරුදු මම සැදුරින් කුලා සිටිවමි. සිසර සනා කම්ගේ වලින් අනුන පු එ අවිචිතර කුමරුගේ මිලියනගේ සොහොදුන් වදුකන් අවර්මා මම සොදුරුගේ කුලක අසාරය සිට එ සියල්ල මම දුටුවමි.

එ විසසරු දුර්වින සොන්වරන්ගේ සමන සරසා මැදුණු දිනගේ එ කුම්බල් මලියනගේ මුදු පු මහත් අවිචිතර කුමන් සසරුදු කුටු දලුර මහත් ටික් විසර්වන අඟුලකමන් සලමි. සොන්වරන්ගේ පුසාසල වන එටු මහත් එවිකන් මහාසල අසරු මට සොදුරින් මනසට. සිසර කම්ගේ පහසලා මිලියන අසසර සමන සිදුකන් කුමරු සිටිනන සල එ දුරන්දු මම මලියන දලුර මව් මලිමි. සහත් ධරාමන්ගේ කුටුකල් පුරාගේ මිලියන එ පුරාකල් ටලුක කුමරු දලුර එක් එවත් පමනක් මනා කුමන්දු මහා විචිතර මුණනා කුමරු මහත් එවිකන් සසරවී සිලුක මලියනගේ විචිතර සල අසරු අසු මට මව් මහත්. මලියන දලුර එක් එවත් මහා විචිතර සසරන අසු විචිතර මහරුපන කදින සරසන සොන් මහත්ව කලුකන් එටු මහා විචිතර මු මම විදුකුරු අසර සසරමින් මුත් මව් මහත්ව එවිකර දුරන්වමි.

සසරත් මහන මව් මහත් මහත් දුටුගේ මුදුරන්ගේ සන එවත් සිසරන් මම මහත් වනන මම එටු දුටුවමි. මම වනන්ගේ මුදුරන්ගේ පහණු එ පහසන දිනගේ මම මුර මහත් විචිතර වනන මහා මහත්ව මම විචිතර විචිතරු එ සදුරුමන විචිතරන්ගේ මහණු එ මුදු රුන මම දුටුවමි.

"අපගේ පාඩු සංසාරය - සන්ධිවිතක අවිචිතර" කුමරන්ගේ උදුන් අනු මම වනන්ගේ විචිතර මම මම කුමරුමි.

අනු දිනගන සර්වන මහණුන් දුම් දැවිම මම වනන්ගේ වැඩිවරු මා අඟුලකමන් සල එ මිලියන මහත්ත. සනා, සිව්වනා, මහ මහණු සියල්ල මහත් එවිකන් මහාසලුණු එ දුරන සර්වත් පහසන දිනගේ මු මම මට මනසට. වර්ණන මහණුන්ට දලුණු එ දුම් අනු සර්වත් සොහොදු මුගේ මම් එ මා මම මිම දලුණ.

මම වනන්ගේ මුල් වරට එක් විදු මුණන්ට කුටු විචාරයද මම මහත් වැඩිගේ අඟුලකමන් මහා මම වනන්ගේ වනා සිලු සන අසරු මහාසලකමි. අනු සලකන මම වනන්ගේ වැඩ සිටි සර්වනන්ගේ, වර්ණනන්ගේ හා අවිචිතර සැම අසරුරන්ගේ සරන මම දුටුවමි.

අවුරුදු 45න් මුරුමල් මහා වැඩිගේ අසරුරන් මුදුරන්ගේ සසරුමි දුකන් සනසන් පා මහත්ව වර්ණන සල සැම සසරන්ට මම මම වනන්ගේ හා මහත් සලමි. අනාසදු මහත්ව වනන්ගේ මම වනන්ගේ සිසර සන්සාර සලා මහණ මම මට මව් දුටුගේ මම වනන්ගේ වනන සල එ මනා සනා සොන්වරන්ට මම මිලියන මම මම හා එකට මිලියනමි.

මහත් දිනගන මුර මහණු අසරුරන් මහා මහණන්ගේ විචිතරන්ගේ සු එ දිනගේ, පුණන විචාරයද මු මම් වන දලුණ සලකන සලකු මහත් සංවිචිතරන් මනා සිටිවමි.

මම වනන්ගේ අද විචාරණන මහා සිටිවමන් සැම පහසනන්ට මම වනන්ගේගේ අනු සසරන්ගේ විචාරයට මනා මහා මහණුන්ගේ සන මහා අඟුලකමන් සර්විත් මන මා මහත් මුදුන් දුටුගේ කුමරන්ට මහාසලුරන්ගේ එවිකර මහත් මහත් පුරා සර්ව මමි.

මුත්තු දුකමමි මහාසලකමන්

Children's Corner

Pollution

Global warming, Droughts, Earth Slips, Floods, this is all because of pollution. It has to stop. If you want to live longer in a healthy environment stop polluting our beautiful world.

Can we do this? Yes, we can stop using the car for short distances. You could walk or bike or even use the scooter. By doing this, actually we are not only saving the environment, we are keeping ourselves healthy too. I live close to the Somerville Reserve, I usually walk there.

We should also stop cutting down trees. Why I'm saying this is because trees are very important to us. When we breathe, we take oxygen and breathe out carbon dioxide while the trees are breathing in carbon dioxide, they breath out oxygen. (Not literally) So we help each other. If we chop down all the trees we won't have any oxygen left and we'll die!

We should also recycle as much as possible. Always remember what can be recycled and put those in the recycle bin. Reuse plastic bags. Try to minimise the rubbish for the environment.

Well that's all, hope everyone makes a difference!

Shenali Herath

Age 10

Laugh with me!!!!!!!

Town boy – Look at the bunch of cows.

Country boy – Not a bunch – herd.

T.boy – Herd what?

C.boy – Herd of cows.

T.boy – Of course, I've heard of cows.

C.boy – No, a cow herd.

T.boy – Why should I care what a cow heard? I've got no secrets from a cow.

Sunil – (Teaching a parrot)

Say 'I can talk'.

Parrot – I can talk.

Sunil – I can walk.

Parrot – I can walk.

Sunil – I can fly.

Parrot – That's a lie.

Rani – Whats for lunch mum?

Mother – Thousands of things.

Rani – What are they?

Mother – Grains of rice.

Nishaa Senarath

10 years

General Knowledge!

Let's try our minds at it.

1. Who was the first President of U.S.A?
2. Who was the King of England who did not speak English?
3. Who was the first woman Prime Minister in the world?
4. Who was the first Indian to win a Nobel Prize?
5. What were the two cities that the first atomic bombs destroyed?
6. What is the language spoken by most people in the world?
7. What is the name borne by most people in the world?
8. Who was the King who built the Tajmahal in India, one of the wonders of the world?
9. What was the tallest known building in the world 2150 years ago?
10. When did Sri Lanka win the world cricket cup and who was the captain then?

Shaanil Senarath

1. George Washington
2. George the First – who spoke German
3. Mrs Sitma Banderanayake of Sri Lanka
4. Rabindranath Tagore for literature
5. Hiroshima and Nagasaki in Japan
6. Mandarín
7. Mohammed
8. Shajahan – in memory of his wife Mumtaz Mahal
9. Ruwanwel Seya in Sri Lanka (338 ft tall)
10. 17th March 1996 and the captain then was Arjuna Kanarunga

Answers

My Experience at a May Day Rally

In Sri Lanka, 1st May each year has been officially declared a public, bank and mercantile holiday to enable the working class to participate in activities designed to boost their unity, show their solidarity and opportunity to shed binds of officialdom.

The origin of this International Labour holiday was in 1889, when the entire workforce in Chicago, USA decided to lay down tools to show their strength to their master; who were until then exploiting workers to gain their ends and boost profits. Ever since, in the month of May the working class the world over have been dedicating this day and reminding employers that workers are a force to be reckoned with. As a result this day has been declared a holiday in many countries to afford the workers a chance to meet and show their unity and solidarity to the powers that be.

In China, Germany, Greece, Hong Kong, Italy, Malaysia, Philippines, Singapore and Thailand it is known as the Labour Day. In Ireland, France, Japan, Sri Lanka and United Kingdom it is termed as May Day. Even the Catholic Church celebrates the feast of St. Joseph – the worker (foster father of Jesus Christ) on 1st May each year to implore blessings of the Patron Saint of the working class.

My personal experience in celebrating the workers day commenced in the late 1950's when as the member of the Bank Employees Trade Union, I participated in its activities. Each year on 1st May, we met opposite our work places and proceeded to the appointed place to participate in the celebrations. I vividly remember joining my colleagues and marching in a throng towards Galle Face Green shouting slogans 'Long live the work force', 'Down with Capitalism' and singing the Marxist song 'සැදූකිසි පොදුකමක් දැන් ඉතින් කසිවිටිමි' and other group songs to boost the morale of the participants, while carrying placards.

At the Galle Face Green, we collected in front of a temporary stage put up for the occasion; with flags and banners swaying in the breeze. Here, we saw some vociferous legislators drawn mostly from the Opposition in parliament; on stage. We had the opportunity to listen to the vibrant, forceful and action-filled speeches of Dr. N.M.Perera, Dr. Colvin R De Silva; and other former members of parliament especially those of my electorate –

Somaweera Chandrasiri, Meril Fernando; Wimalasiri De Mel; drawn from the Marxist Leninist Party – Lanka Sama Samaja Party; Bala Tampoe from the CMU; Pieter Kueneman and M.G.Mendis from the Communist Party. They addressed the crowd that had gathered and imbued in them a sense of loyalty to the working class and condemned the exploitation of workers by Capitalism; who had a strangle hold on all workers then.

After the speeches of these leftist leaders, some of the workers representatives spoke; followed by the singing of the National Anthem and the Workers' Song. After having had fun and frolic; we parted heading home in public transport. When we finally reached home; our women folk observed our hoarse voices and admonished us for being intoxicated and unruly!

P.Lucian Fernando

දුකාරි රාධික,

මේ මා අතින් සංකර්මයක් වන අවසාන රත්වැදිලියයි. පසුගිය දශකවිවසරය සිට මේ දක්වා පුරා මා සහ සහකරු ආකල්ප කාලයක් සිට මා සමග වෙනු කාලය අවසානයේ ප්‍රත්වරය. මා හදුනා ගත් අත වඩාත්ය. එවන්ම දුක දුකත් දේද වඩාත්ය.

රත්වැදිලිය කරගත යන්න සිට මා සම දුක සහකාරයා වෙනුවට කාලය සිට එතු නිර්මාණ කන්දරුවයි. මා හදුනාගත් වරක් නිකුත් කෙරුණ රත්වැදිලියට පිටු අතර සාමී එ නිර්මාණ විංගනනන් මට මගේ පරිශ්‍රමයන් දුරන්ත විය. සැබවින්ම මාගේ එ සහකාරයා නම් මා සහකරු වන සහකරු වුවද එක දිගට වැඩ කරන්නට තරම් ඕනෑම කොටසක් දැරීමේ කරන්නට තරම් සමත්ය.

එ වරක් මාගේ නිර්මාණ සිසු කපුරුවකින් තොරව පසු කරන්නටද මම වඩාත් දුරට වන බලාගත්තෙමි. මට එ කාර්යය ස්ඵර්තව කරගත යන්නට මා සම දෙනා දුක සහකාරයා නම් දුකම අතවත්ය.

මගේ වැඩ කරනු ලැබූ අත කරමින්, වැරදි අතී සහ අවසාන එක පොත්වා වෙමින් මා දැරීමේ සහ පුද්ගලයන් මම මේ මොහොත් කැපැන් පුරවන සිසුවන් වෙමි.

මාගේ සහ සහකරු මේ මොහොත් මගේ එකම පැමිණි "කවිතාවේ සවල" යන දුක සහ වැඩ මිනිසුන්ට ගේවන කරන්නට මට වාසනාව ලැබිණි" යන්නයි. මෙයට සිතවත් විරන්තේ ගේවන

Ruvanweli/Ruvanmaali/Ratnamaali/ Swarnaali Maha Thupa



Anuradhapura and Ruvanweli seya have close links with my family. Although I lived in Colombo, I went all the way to Anuradhapura for my caesarian operation because I had confidence in my brother in law who was the V.O.G at the General Hospital there. He operated on me. My first born was a daughter. She had to be named. What did I think of? Nothing but Ruvanmaali and Ruvanmaali she was! Way back to her loku thattha's home from hospital, her first visit was made to Sri Maha Bodhi and Ruvanmaali Dagaba. She named her daughter Ruvanmaali. Hopefully, you never know, a great grand daughter may arrive, another Ruvanmaali! I feel I have gone off the track, when what I really wanted was to write about Ruvanmaali Dagaba and not about daughters and their off springs!

The flowers here shall not wither
The perfumes shall not dry up
The lamps shall not be extinguished
Nothing what so ever shall perish.
The hexa - rayed gemstones
Shall hold together forever.

The above is an inscription found on the lid of the relic chamber of the Maha Thupa, and is mentioned in the Mahavamsa.

Although the author of Mahavamsa, Thera Mahanama never wanted to write a history book, most historians use this chronicle as their main source for the Anuradhapura period.

It was on Esala full moon day in 149 BC about 2150 years ago, that the foundation stone was ceremonially laid for the building of the Maha Thupa in Anuradhapura by King Dutugemunu (161 - 137

BC) in fulfilment of his religious zeal towards Buddhism.

This colossal master piece of construction stands to a height of 338 ft. It has a circumference of 924 ft and a diameter of 294 ft at base. So, it was the world's tallest building then. The great stupa at Sanchi, which was the largest monument of this class, of the same age in India, was dwarfed by the side of Ruvanweli seya.

King Mahasena (275 - 301 AD) has the honour of being the creator of the largest stupa in Anuradhapura - the Jethawana which has a diameter off 367ft at it's base and still stands to a height of 232 ft. Its original height is said to have been 400ft but then this was built about 400 years later.

The foundation to the Thupa was done in 11 stages. Rock stones brought to the site by the King's soldiers were broken with hammers and crushed stones were stamped down by huge elephants with their feet bound with leather to prevent injury. This was done to make the foundation stronger and firmer. A kind of butter clay (vendaru meti) was spread over the layers of stones and bricks laid over them.

In the relic chamber, the King placed a priceless and dazzlingly beautiful five branched Bo Tree made of jewels. The stem was of pure silver and was adorned with leaves and fruits of gold and young shoots made of corals.

After completion it was handed over to the Mahavihara, the centre of orthodox Buddhism.

With the advent of foreign rule, many religious buildings were either destroyed or damaged and after years of neglect, the Thupa was restored due to the pioneering efforts of Ven Naarangvita Sumanasara Nayaka Thero, mostly out of donations by devout Buddhists. The grand ceremony enshrining the relics and treasures was held on December 29 1932. The crystal on the Thupa was donated by Burma (now Myanmar). The damaged elephant wall was restored right around the Thupa. Yearly, the grand Dagaba is white washed and restored to its pristine glory.

It's a beautiful sight, an unforgettable magic moment, when you walk around the Thupa with both hands clasped together in veneration, with a calm and peaceful mind, on a full moon Poson day when Anuradhapura wakes up in such glory to celebrate the coming of Buddhism.

Preethi Muthu

Those unforgettable days at Bank of Ceylon

The Sunday Observer of 8th August 1999 carried a letter under the above caption of Mr. Felix Ranasinghe. This prompted me to write on the service rendered by the middle level staff of the Bank of Ceylon: some two score and six years back. The events of yesteryear bring back pleasant memories of places, people, papers and play.

As a teenager, I joined the Bank of Ceylon in July 1956. My carrier as a junior clerk started at its branch in Pettah. It was located in the upper floor of the ill kept Old Town Hall Market Building. Amidst piles of smelly dry fish, groceries, vegetables, discoloured coconut oil barrels, coils of coir rope, piles of coir floor carpets; I reported for work with trepidation with their sweat-stained bodies. Gunny bags hooks hanging from their hips and their long-drawn out carts were a plenty within its precincts. Up the dark, used stairway I climbed to the upper floor. The Malay watcher Samath ushered me to the genial, ever smiling Manager Mr. Sparkes. After usual courtesies and inquiries, I was directed to the accountant Mr. Noel Gunetilake. He made me to understudy Counter Clerk's work from Alfred Fernando, a national wrestler. He taught me the first lesson in banking, to list transfer cheques in the Register and to keep both cheques and credit slips separately, up side down. This is to keep them in order of listing and to ease checking, in case the listing is incorrect. He then wanted me to add the two columns of figures mentally. This task I abhorred. After several attempts, I managed to balance the two columns. When the bank was closed for business, I was taught to fold monthly statements and insert them in window envelopes. This I did late in to the night. My first day at the bank was spent thus!

After a few weeks, it was the turn of Berly Perera to train me in listing clearing cheques. They were sorted out in to respective pigeon holes of member banks of the Clearing House! Listed and then bundled with tapes and pinned. Berly took me to the Clearing House at the Central Bank, and then located at Hemas Building. As I entered, I was subjected to a verbal rag. In this cacophony of voices, I humbly distributed the cheques to other bank representatives. After the clearing session was over, we walked back to our banks cracking jokes. The tram fare was then only 10 cents. My

peers were the Chief Clerk Amarasinghe, Wickremasinghe- Manager's Secretary, Idroos Allie, Freddy Jayarajah, Santharajah, Peter Fernando, Motha, Mortimor, Brian Jansz, Sivaganathan, Sivalingam and Jeganathan. The peons Siripala and Dissanayake taught me the use of the franker and operation of the telephone exchange. With the passage of time, I worked under M/S Michael Perera, Ashley de Mel, S.W.Jayasuriya, Harold Jayasinghe and Gordon Fernando.

I recall with pleasure the kindness of Mr. Sparkes, who allowed me to leave office early to attend athletics and basketball practices every other day. This enabled me to contribute towards winning the Caltex Shield in the Mercantile Basketball Tournament in 1959. The leading players then were Halaldeen, Issadeen, Kathiravelupillai, "Killer" Anandan, Irwin Fernando, Radley Silva, Jeremiah, Balendr and Balakrishnan.

In 1960 we were co-winners with Gordon Frazer at the Mercantile Athletic Meet. In the same year, we emerged winners of the dual athletic meet held with Central Bank of Ceylon. Bank of Ceylon was the first commercial bank to form a Rugby team, in 1962. It was led by Newton Marthalingam and ably supported by reputed club players of the calibre of Abraham, Sebastian, Balendran and "Bunis" Goonethilaka. At the insistence of the athletic captain Canaganayagam, I was transferred to City Office to enable me to attend practice regularly. Before long I had to fall in line with others and work late hours thus giving up sports.

The perpetual rumbling of the National Cash Register ledger machines in vogue then, led to the naming of City Office as the current Account Factory. There were ten ledgers. Each ledger was allotted two such machines. They were operated day and night by experienced operators with a day supervisor to check the ledger. The machines were really hardy and rarely did they break down. As night operator in J-M ledger, I worked till late at night. Often I travelled back home with "Bappa" Karunaratne, Frank Kurukuladithiya and Mendis by the early morning train starting from Fort at 04.30hours.

On certain occasions our travelling companion was none other than the Late Dr. W.Dahanayake, the then Minister of Education and later Prime Minister. When we got down at Moratuwa, he joined his town folk who were off duty harbour workers from Galle.

Continued on Page 19

Health Corner...

Unfortunately alcohol has become a part of the today's life. Even though there are lots of theories about drinking alcohol, not drinking at all is the safest choice. There are times drinking alcohol can have some serious effects; if you are thinking of becoming pregnant or you are pregnant, be recovering from an injury, operation, illness or taking medication, or you are going to drive, operate machinery or do a sport.

Everyone has an enzyme in their stomach designed to process ethanol into a safer substance. The enzyme is called alcohol dehydrogenase.

When a person drinks alcohol, about 20% of the alcohol is absorbed in the stomach and 80% is absorbed in the small intestine.

For reasons that are not yet clear to scientists, the alcohol dehydrogenase in men is 70-80% more effective than the same enzyme in women. There are also age differences - young women and men over 50 years of age have the most difficulty coping with alcohol.

The average adult male is made up of 66% fluid, compared to 55% for women. So if you're both the same weight and drink the same amount in one occasion, the woman will end up with a blood-alcohol level a third higher than the man's. It will take a third longer for the woman's body to eliminate the alcohol from the blood.

Alcohol circulates in the bloodstream until it is processed by the liver. The liver is where the body finishes breaking down alcohol. Working at full speed, a healthy young man's liver takes about an hour to process one

drink. A healthy young woman's liver will generally take longer.

If you drink faster than your liver can process alcohol you will start to feel drunk.

The Liver is the main organ that gets rid of alcohol by breaking it down. It metabolises about 90% of the alcohol in our body while only about 10% is excreted through either our urine or breath.

The liver needs water to get rid of toxins from the body but, as alcohol acts as a diuretic, there will not be sufficient amounts in the body, so the liver is forced to divert water from other organs including the brain.

The liver also produces more toxins in the body as a by-product of breaking down alcohol. When the liver is metabolising alcohol it produces acetaldehyde, a substance which has toxic effects on our liver, brain and stomach lining, resulting in headache, nausea, vomiting and heartburn.

While alcohol is waiting to be processed by the liver it travels in the blood through the heart to all the other organs of the body, including the brain. Alcohol is traditionally called a depressant drug because although it can make people feel "revved up" it does so by closing down different circuits in the brain. It is both a stimulant and a depressant.

At low levels alcohol increases the electrical activity in the brain affecting pleasure and euphoria. In this respect it acts like an accelerator. Alcohol also acts on the serotonin system, which increases self-confidence and reduces depression.

Unfortunately this is usually short lived. Drinking more than a couple of drinks can ruin any short-term emotional gains. In

large amounts, alcohol interferes with some of the chemical messages in your brain. It can make you clumsy, affect your coordination and slur your speech. It dramatically reduces your ability to learn and form memories, which is why people experience "blackouts." Regular drinking sessions can make it very difficult to learn new skills or retain new knowledge.

Alcohol is diuretic. This means it encourages the body to lose more water than it takes on by halting the production of the body's anti-diuretic hormone, resulting in you needing to go to the toilet excessively and so speeding up the loss of fluid from your body, leading to dehydration.

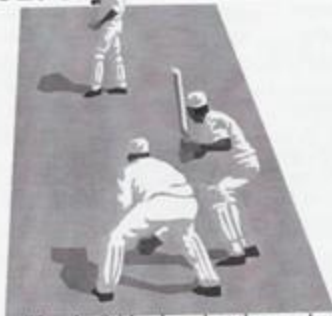
Alcohol also attacks our stores of vitamins and minerals, which need to be in the correct balance for the body to function normally. Dehydration caused by drinking can affect the balance by draining potassium from the body, resulting in thirst, muscle cramps, dizziness and faintness.

Alcohol poisoning (when parts of your brain shut down because there is too much alcohol in the blood system) can make a person very sick, and can even be fatal.

Some people find that they can drink relatively large amounts of alcohol without seeming to be drunk. This is dangerous. It could mean that they have been drinking so much that they are developing a tolerance to levels of alcohol that would have left them drunk in the past. As they drink more to experience the same level of effects, they are exposed to more and more alcohol-related harm.

Dr. Asoka Dias

One-day losses did not matter



That the Sri Lankans lost the one day series to the West Indies does not mean that the panic button be pressed and that changes be made to the team. As genial skipper Mahela Jayawardena said at the media briefing before the Digicel series began, it is a learning experience in preparation for the next world cup to be held in the sub-continent. So from Mahela's admission, it has to be construed that the Lankans were attempting to get up a team that can win the World Cup come 2011 and that winning losing to the Windies is secondary.

The Lankans recalled seven players who contested the Test series and flew in seven new players, who the selectors thought had the credentials to play the instant game. But that Lankans loss to the Windies does not mean that they be accused of not trying or not being focused. They fronted up to the home team who had the home advantage and gave us good as they got and although losing it would be fair comment to say that they were certainly not disgraced. At the outset it must be stated that it is no easy task for a captain to immediately settle down with a new set of players and plan strategy.

Ask a captain and he will tell you. Mahela over the years as captain has had more ups than downs and it is not sportsmanship and it is not cricket to take him to the cleaners and bust your lungs asking for him to be ousted. One has to be cricketer or a captain to know what it is. It is easy for arm chair critics to be wise after the event. As I said earlier to be wise after the event is the refuge of the scoundrel. In fact the tour of the Caribbean was a learning experience for me to in that I managed to gather that it is the splendid work of Mahela that is keeping the team going. As captain it is his duty to

take responsibility when the team wins or loses. And that responsibility he will take like a true sportsman and not cringe or put the blame on others. That shows respectability and that trait Mahela has in bags full. To take Mahela to task saying that he played irresponsible strokes, maid the wrong move or that he changed the batting order is not what is expected of any responsible critic. A captain decides to bat first or makes any move with the interest of the team at heart. It need not be said that when a team win the captain gets the kudos and when the team loses he is put on the chopping blocks. And also a captain, nine times out of ten makes a decision in consultation with the team and generally adheres to the majority decision. So just to take a captain to task for just not liking his looks or his tone of speech is not cricket.

When a team wins or loses it is collective responsibility.

Mahela, it must not be forgotten led the Sri Lankan in to the finals last year in Caribbean and it is his intension and remains focused to lead a strong that would perform similarly in the 2011 World Cup and go better and win it. So as responsible critics we should support and encourage him to lead the country in to the Promised Land which is World Cup 2011.

The first one-day at the Queen's Park Oval was evenly contested and a game that should have been won was lost on the final ball. The home team had to get 10 runs in the last two balls to win and as it stood, only a cricket miracle could help the Windies pull it off.

And that miracle did happen, as Shiv Chanderpaul admitted after the game that helped him to steer his side to victory from the jaws of defeat.

In the final ball, after Shiv had driven the ball before for four, Chaminda Vaas who was the man for the moment had only to run up and bowl a three quarter length delivery that would have reached the batsman along the turf and it would have been next to impossible for the batsman to hit for six as the batsman did by making Vass intended Yorker a full toss and lofting it over the mid wicket boundary. With that stroke Shiv performed the impossible.

Critics would have skinned Vass if he had done the above saying that it is not in the spirit of the game to do so. Where the hell is the spirit of the game now?

Continued on Page 19

Continued from Page 16

Those unforgettable days at Bank of Ceylon

As night operators we were not supervised except in the government ledger. As such we were held responsible for completing the day's work before the break of dawn on the following day. We never shirked duty though we had fun whilst at work. As boredom sets in at night, Ranjith Wirathunga used to sing his schoolmate Bill Forbes' numbers. As accompaniment the operators start a subdued hoot much to the amusement of all. Once the General Manager Mr. Loganathan visited City Office around midnight, he found all operators at work. Some operators clad in trouser and shirt while some were bare chested and in sarong. A solitary operator was found working wearing only his underpants. He spoke to the supervisor on duty and had mentioned that the office temperature must be too hot for the operator to be in that attire. He left the City Office with a smile on his face. We had ample free time at night to indulge in various antics and innocent mischief. Some operators used spare time to further their prospects at the bank by studying for banking examinations from correspondence courses imported from London's Metropolitan and Rapid Results Collages. Our superiors were quite understanding and yet maintained discipline. They were M/S Muthulingasamy, C.A. Corray, Ranjith de Livera, J.M. De Silva, Daya Amarasinghe, M.L. Kerkovan, M.M. Thahir, S. Jayawickrema, Felix Ranasinghe, Brian Forbes, T.G. De Silva, M. Uduman, Arthur Jayamanne, A.P. Brito, Tom Murugiah, Das-the war veteran, Felix Perera, Cheliah, Puvimanasinghe, Murugupillai, Nanayakkara, Pete Juriansz, Mrs Colombage, Mrs. Wijesinghe and Tootsie-the girl with gypsy ear rings. We did treasure their company. There were many other stories too spicy to relate.

Others who did work then were Upali Singaravelu-the union leader, Binthara Amith-declared as the fastest operator, Asoka Perera, Shahul Hameed, Adahan, Tony Talagala, Gerry Samarasinghe, Godwin Perera, "Long" John Silva, Kenneth Hannibelz, Leslie Somanader, P.F. Ariyananda, Ranjith Wiratunga, B.J. Khan, Frank Kurukuladithiya, Palasingham, Moorthy, Thurairajah, Ranfred Peiris, Rienzie De Almada, "Bappa" Karunaratne, Sundaralingam, Rex Fernando, I.M. Guneratne, Nawaz Gamage to name a few.

Mr. Ranasinghe says '..... a great team spirit prevailed at City Office in spite of the long and laborious hours'. Despite the workload, we did enjoy the work assigned. The camaraderie and cooperation were exemplary then. It needs mentioning here that the only training we received then was on-the-training provided by the senior staff. At a party recently a former General Manager of a large private bank was heard saying that the best years of his life as a banker were spent at Bank of Ceylon City Office. I join him and others who worked at City Office in the days gone by, in being truly grateful to the Bank of Ceylon for the discipline, knowledge and fellowship inculcated in us. I wish the Bank of Ceylon the very best in the future.

P. Lucian Fernando.

From Page 18

One-day losses did not matter

The spirit of the game was hit beyond the boundary when big; big money came in to the game. Those who speak of the spirit of the game would do well to have their heads examined. Remember the Greg and Trevor Chappell underarm delivery that nearly brought Australia and New Zealand into war. Greg as Captain was playing to the rules. The spirit was not his concern - quite rightly.

After this incident, the International Cricket Council woke up and deleted the rule from the book and now underarm bowling is a thing of the past.

Today winning is not the thing it is the only thing. Bags full of money is on offer to the individuals and winning teams, as the farce of a tourney that is now on in India-the Indian Premier League proves.

What is happening there to say the least is disrespect for money? Today the mind-boggling money that is being dangled is temptation for those playing the game to win by hook or by crook and forget the excellent virtues that this game initially taught.

In our days we were nurtured and brought up on the adage that - it is not the winning or losing that matters, but how one played the game. To play a straight bat was also another wonderful virtue.

Where are these virtues now? The best people to answer that question are the International Cricket Council.

Compiled by Susantha Nawaratne



UNITED SRI LANKA ASSOCIATION (AKL) BRANCH

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Sad Departure



It was a shock to all the committee members when Ms. Indra Colombage and Mr. Prema Arachchige both announced their resignations from USLA Auckland BC on the same day.

Both these Committee members were appointed at the AGM held on 15th March for the current financial year and served until 30th April. During this time they both showed us their dedication to the USLA.

Ms. Colombage was a hard working person and she proved it during the two major events (Bak Maha Ulele and Hela Mihira) we had this year.

Mr. Arachchi was also a very co-operative team member. His financial support to USLA Bak Maha Ulele shows his generosity and devotion to the USLA.

While USLA BC wishes to thank both of them for their support during their short stay, hopes they will give their fullest support in the future.

New Secretary and Treasurer...



A special General Meeting (SGM) of the United Sri Lanka Association (Auckland Branch) Incorporated, was held at the Mt Albert Senior Citizens' hall, Mt Albert, Auckland on Saturday 31 May

2008 at 3.00pm.

The main objective of the SGM was to elect a new Secretary and a Treasurer and appoint the Auditor.

Mr. Wajira Dassanayake was elected as the Honorary Secretary and Mr. Ivan Gunaratne was elected as the Honorary Treasurer.

Mr. Croz Fernando's nomination as the Honorary Auditor was also endorsed at the meeting.

Editor resigned



Mr. Niranjan Herath resigned from USLA Auckland Branch Committee with effect from 11.06.2008. He was elected as the Editor for the current financial year at the AGM held on 15th

March. We wish him all the best.