



New Zealand Lanka

Newsletter of the New Zealand Sri Lanka Foundation Incorporated

Volume 19 Autumn 2003

From the President....

Several events sponsored by *The Foundation* have taken place since our last newsletter. Lanka Nite 2002 – Dinner Dance' held on 31 December 2002 was a highly successful event. I am quite confident to say that the tremendous success we achieved in this project was due to the positive contribution received from all parties involved. The organizers, the band and the participants all had a thoroughly enjoyable night for sometime to remember.

Our first project for the year 2003, the employment workshop for new migrant held at the Fernandale House Mt Albert on Saturday 1 March was well received by over 25 newly arrived migrant in the country. This is the first workshop of a series to be held during March to December period. This series is specially designed and conducted by professional employment personnel to assist new migrants, which is co-sponsored by the Lotteries Grant Commission with the *Foundation*.

Sri Lankan Cricket Fest 2003 and the annual summer outing was held at Auckland Domain on Sunday 9 March. The main feature of this annual event was the cricket match played between Hamilton and Auckland Sri Lankan cricket teams. Once again the Sri Lankan Cricket club extended their hands to the *Foundation* to organize this event. Also the Sri Lankan Friendship society Waikato organized the parties who traveled to Auckland to take part in the event. I would like to thank both these organizations for their support to this annual encounter, which promotes the sporting links and goodwill amongst Sri Lankan in Waikato and Auckland.

The Foundation is proud to sponsor the tour of popular Sri Lankan singer T M Jayaratne and his group of musicians to New Zealand in early May 2003. Most awaited 'T M Gee Saraniya' musical show will be held at the Dorothy Winston Centre on Saturday 3 May 2003 followed by a second show in Wellington on Saturday 10 May 2003. Once again classical music lovers will be able to witness a high-class musical performance by T M Jayaratne backed by a live group of musicians at the Dorothy Winston Centre. We will ensure you our best effort to provide you with more improved service through all our *Foundation* events. However your participation in these events provides us an immense satisfaction and encouragement to serve you better in the future.

Sarath Pannila



Jude Alahendra from Hamilton is receiving the Foundation Challenge Trophy from Chris Lander, Manager Auckland Cricket Association at the Cricket Fest 2003.

The Committee

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Next Event:

T M Gee Saraniya Musical Show

The Foundation is organising a tour of renowned Sri Lankan singer T M Jayaratne and his group of musicians to perform in Auckland and Wellington in early May 2003. The Auckland show will be held on 3 May 2003 at the Dorothy Winston Centre, Auckland Girl's Grammar School followed by a second show in Wellington on 10 May 2003. T M Jayaratne will be accompanied by two young musicians, Kapila Pooalaarachchi and Jananath Warakagoda for this New Zealand tour. Tickets are priced at \$25 (reserved) and \$20. For reservations please contact any Committee Member.

Calendar of Events:

- 03 May 03: T M Gee Saraniya Musical show
- 14 June 03: Employment Seminar for new migrants
- 19 July 03: Annual General Meeting

T M Jayaratne in New Zealand..

Sri Lankan music lovers are awaiting with enthusiasm the arrival of renowned Sri Lankan musician T M Jayaratne for a musical tour sponsored by The Foundation that will include performances in Auckland and Wellington. 'TM' is a household name in Sri Lanka and a well respected singer among the Sri Lankan musical scene for the past three decades.



Two young talented musicians, Kapila Poogalaarachchi and Jananath Warakagoda will accompany TM for this New Zealand tour. Auckland based musician Keerthi

Pasquel will join the team to perform in both Auckland and Wellington shows. "T M Gee Saraniya" musical show in Auckland will be held at The Dorothy Winston Centre, Auckland Girl's Grammar School on Saturday 3 May 2003 followed by a second show in Wellington on Saturday 10 May 2003. **Please contact any Foundation Committee member for tickets and seat reservations.**

Employment Workshop for New Migrants...

The Foundation organized an employment seminar for new migrants on 1 March 2003 at Fernadale House, Mt Albert. This was the fourth successful career development/employment workshop held under the auspice of the Foundation. There was over 25 participants of whom the majority has arrived in the country within the last six months. The workshop was conducted by the Employment/Career Advice Consultants and professionals from the Ministry of Social Development. All the participants found the workshop very informative and useful. Some of the feed back we have received from the participants are given below.

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The next workshop will be held in mid June this year. Those who are interested to participate in the new seminar are requested to contact any of the Committee Members.

An Introduction to the Classical Languages..

Many of you have perhaps heard the word 'Classis' used in classical Languages, Classical Music etc, but may not have given much thought to the origin of the word. I have been a student of the Classical Languages of Latin, Greek and Sanskrit for more than 50 years of my life of 90 odd years, and wish to give the benefit of my knowledge to the younger generation now not familiar with Latin and Greek which in my school days of over 75 years ago, formed an important part of our school curriculum.

No one likes to study what is called the 'Dead' Languages, but I wish to point out these languages are very much alive, and are met with in the science and technology comes from a Greek word 'Techne' meaning; art, skill, trade etc.

There are hundreds of words in common use in 21st century that has been derived by the neglected and so called 'Dead' languages of Latin and Greek.

"Democracy", a word bandied about so often By President Bush and Prime Minister Blair and other modern politicians, who fall below the ranks of real statement such as Benjamin Disraeli and W E Gladstone who were great classical scholars of bygone age. The word "Democracy" comes from two Greek words "Demos" the people "Kratos" –power- people's power.

To understand the Aryan Language of Latin, Greek and Sanskrit (Indo Aryan Languages) one must enter the Aryan world. The Aryans were the great people who, to the great extent influence the thinking of mankind. They were not only the conquerors of the territories of other races, but they left a great legacy from which all mankind has benefited. They were simple, grain eating people who differed from the Nomadic tribes and who settled down on lands they conquered and imposed their culture such as the Vedas the Maha Bharatha and the Ramayana and the Hindu poems.

They believed in the Deities or Gods such as Dues or Zeus in Jove or Jupiter, Saturn and Mars in Goddesses such as Athens and Minerva. To understand their culture and language, one must see the things the way they did. They personified even inanimate objects such as the Sun and the Moon 'Luna', from which the English word 'Lunatic' or person supposed to be affected by the Moon, the Solar System, of which we form such an insignificant part, comes from the Latin word 'Sol', the sun. So words in the classical Languages are masculine, feminine and neuter. It is therefore very necessary to learn the Gender of words in Latin and Greek. I still remember the mnemonic lines of the great Latin scholar Rev. Benjamin Kennedy...

O V Goonatillek

From our Roving Ambassadors.....

Dr Udaya Annakkage was a former Secretary of the NZSLF and was one of the people who initiated the founding of the organisation. Udaya migrated to Winnipeg, Canada last year after securing a position at the Faculty of Engineering, University of Manitoba. He was a lecture in Electrical Engineering at the University of Auckland for several years during the time he lived in Auckland. He was engaged in power systems research. Udaya is an old Anandian and is a graduate of the Faculty of Engineering, Moratuwa University where he was serving as a staff member prior to migration to New Zealand. Udaya is a devout practising Buddhist who used to teach at the Sunday school in Sri Lankaramaya Buddhist Temple in Auckland. He was also instrumental in initiating the Badminton club and proving Sinhala language and Dhamma classes to Sri Lankan children for many years.

Currently, Udaya is living in Winnepeg, Canada with wife Dilrukshi who is a doctor and his twin daughters, Udeesha and Malsha. He is an associate Professor of Electrical Engineering at the University of Manitoba.

A letter from Winnipeg

It has been two years since we moved to this unique place which appears to be in the middle of no where, yet at the centre of many things! We have been reading the NewZlanka with a lot of enthusiasm. It is very pleasing to see how the Foundation has elevated some little projects that were started a few years ago into higher levels, for example, the Career Development Seminar and the promotion of Sri Lankan and Sri Lankans' arts and crafts. I congratulate the Foundation for all the achievements made in the past two years, which I am sure would not have been made without your consistent commitment to achieve high quality. Every single project of the Foundation that I was a part of gave me immense satisfaction. I am sure it is the same to all of you who are active in the Foundation.

These days we watch America's Cup on TV. The seen of beautiful Hauraki Gulf with magnificent Rangitoto Island in the background brings us nostalgic feelings and reminds us how much we are attached to Auckland. The opportunity of seeing the Hauraki Gulf on TV itself is a treat to us, but we hope we can watch Team NZ winning the remaining races.

If you have been wondering where Winnipeg is, draw a line from the east coast to west coast of Canada close to the border of Canada and US. Winnipeg is at the centre of the line. The US border (49 degrees North) is only about one and a half hour drive away. Winnipeg is the capital of Manitoba Province. You really have to come here to know what a "flat land" means. In the summer, massive fields of sunflower and canola on this flat land are breathtaking.

When the last of the geese fly south, we know that it is time to get ready for the winter. In Winnipeg we have our own standards of coldness in the winter. If the temperature is minus 10 degrees Celsius it is a warm day, minus 20 degrees C is cold but we do not complain, if it goes below minus 30 and the cold winds make it effectively minus 45 or minus 50 degrees then it is a very cold day. Winnipeg winter, unlike most other places in the world, is blessed with blue skies and sunshine. The warm welcome that the new arrivals receive from the community, more than compensates for the cold winter. Winnipeg is remote enough to qualify as a nice retreat away from all trouble, yet close enough to all major cities in the North America (up to 4 hour flight) to be at the centre of many things.

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There is a small Sri Lankan population in Winnipeg, in my estimate about 150 families. The Sri Lankan Association of Manitoba (SLAM) celebrates the New Year function, Canada Day (July 1), and the Christmas. The other events that we look forward to are the annual "Bus Trip" to Winnipeg beach, and camping trips. People here hardly let a single weekend in summer go by without doing some outdoor activity. Last summer we bought our camping gear and really enjoyed two camping trips.

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degrees. The Sunday program starts with offerings to the Buddha. This is followed by four Dhamma classes; senior class for children over 15 and the parents, intermediate class for children of ages 11-15, junior class for children of ages 6 to 10, and the little ones class where they enjoy coloring pictures and listening to stories. Children of these classes produce a news letter which is available at www.bodhileaves.com. This successful program is a result of the leadership given by Sarath and Radhika Abeysekera. Radhika, who started the Dhamma classes about 10 years ago, has already written four books which are also available on the web site. I encourage you to have a look at these web pages.

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A Snap Shot of Sri Lankans in New Zealand

Population

There were 6036 Sri Lankans living in New Zealand at the time of Census 2001. This is in comparison to 104583 Chinese, 61803 Indian and a total Asian population of 237459, which constituted 6.6% of the total population. The Sri Lankan population has increased from 2718 in 1991 by 170% within ten years. In 1996 there were 5125 Sri Lankans. There were 3162 who spoke Sinhala, which constitutes 52 % of all Sri Lankans. In contrast there were only 2892 who spoke Tamil and who were in born Southern & Central Asia.

Age Structure & City Life

Sri Lankans have the highest median age among the Asians (33.3 years).

32% of them are less than 20 and almost similar percentage (31%) is over 45 years. Most of the Sri Lankans are live in the cities. While 3480 (58%) lives in Auckland 1269 (21%) live in Wellington. 636(11%) were born in New Zealand. This compares with 29% of Indians & 25% of Chinese. Over 2000 (37%) persons have been living for 4 years or less whereas only 414 (8%) have been living here for more than 20 years.

Religion & English

2379(40%) of the Sri Lankans were Buddhists, while only 1395 (24%) were Hindus. There were 1714 (30%) Christians. Among the Asians Sri Lankans are one of the ethnic groups whose majority (95%) who could speak English This compares with Filipino ((99%) who were the highest and Koreans (73%) who were the lowest.

Home Ownership

35% of Sri Lankans owned their own homes. Filipino had the highest ownership at 42%, while Thai had the lowest ownership at 22%. The proportion of Asian people living in rented houses has increased from 33% in 1991 to 38% in 2001. This trend reflects the national trend, which has increased from 25% to 33% during the same period.

Education

97% of the Sri Lankans had a formal educational qualification which is the highest for any ethnic group. 37% of Sri Lankans had a degree or higher qualification in comparison to the national figure of 12%. Sri Lankans were only second to Filipinos in this respect among whom 41% degrees.

Source of Income

56% of Sri Lankans received income from paid employment where as only 9% were self-employed. 99 Sri Lankans were employers while another 141 were self-employed but did not have any employees. While over 35% New Zealand born Chinese received investment income only 14% of Sri Lankans had investment income. 13% of Sri Lankans received income from community wage/job seeker wage where as the national average was half of it at 7%. Another 8 % were getting student allowance.

Income Levels

3% of Sri Lankans declared personal incomes of over \$100,000 and not surprisingly they were between 35-64 years. 8% refused to state their income. 11% declared zero income, who could be students and house wives while 49% said that their income is less than \$ 25000. 23% had income between \$ 30000-50,000. Another 11% had income between \$50000-70000? Some of the high-income earners were as young as 25 years. Median annual income was low at \$12700 where as the national average was at \$18500. Highest median income receivers were New Zealand born Chinese at \$ 20,200.

Employment

Unemployment rate was 15.8% and another 23% had only part time jobs. The unemployment rate is more than twice of the national average and was one of the highest among Asians together with Cambodians and Koreans. It should be mentioned that Cambodians & Koreans ability to speak English ranked lowest where as Sri Lankans English is at much higher level. Of the unemployed 33% were over 45 years and perhaps this could be one of the factors. Among the employed Sri Lankans had the highest proportion, 55%, of persons were in White Collar jobs among Asians whereas the national average was 40% and Asian average was 43%. Among the employed 8% were managers while another 33% were professionals. The highest number of people was in health & community services while 15% were in business & property services. Then comes the retail trade and education.

Telephone & Internet

Nevertheless 78% of Sri Lankan households had internet access, which is the highest level for any ethnic group. This compares with national average of 43% and Asian average of 62%. 99% had telephones and 36 % had a fax machine.

Jayasena Widanagama

How to overcome your problem - Fear and Worry...

Fear and worry are born of the imaginings of a mind that is influenced by the worldly conditions. They are rooted in craving and attachment. In fact life is like a motion picture in which everything is constantly moving and changing. Nothing in this world is permanent or still. Those are of youthful and strong have fear of dying young. Those who are old and suffering worry about living too long. Locked in between are those who craze for merriment all the year round.

Joyful expectation of the pleasant seems to pass off too quickly. Fearful expectation of the unpleasant create anxieties that do not seem to go away. Such feelings are natural. Such ups and downs of life play with an illusory self or ego like puppets on a string. But mind is supreme unto itself.

The training of the mind, otherwise known as mental culture, is the first step towards taming mental unrest. The Buddha has explained:

*"From craving springs grief, from craving springs fear,
For him who is wholly free from craving, There is no grief, much less fear"*

All attachments will end in sorrow. Neither tears nor long goodbyes can end the transitoriness of life. All compounded things are impermanent. Old and young suffer in this existence. No one is exempted. Many teenagers have growing pains. Being neither frogs nor tadpoles, teenagers are understandably inexperienced at building stable relationship with membership of the opposite sex. They try to show off their beauty in trying to impress their opposite sex who are flattered to see themselves as sex objects. Both try to behave not as they really are but as what they think is adult. They are afraid that if they behave naturally they will be laughed at. Behaviour like this has the potential for exploitation. There is fear of rejection as well as worry about deflated egos. Unrequited love will often 'break' many teenage hearts because they feel they have made 'fools of themselves'. Some are even driven to commit suicide. But such traumas could be avoided if life is seen as really is. Young people must be taught the correct approach to life, so that they can grow into maturity the correct way.

"Wheresoever fear arises, it arise in the fool, not in the wise man" says the Buddha. Fear is nothing more than a state of mind. One's state of mind is subject to control and direction; the negative use of thought produces fear; the positive use realises hopes and ideas. The choice rests entirely with ourselves. Every human being has the ability to control his own mind. Nature has endowed man with absolute control over one thing, and that is thought. Everything a man creates beginning in the from of a thought. Here is the key to help one understand the principle by which fear may be mastered.

A noted British anatomist was once asked by a student what was the best cure for fear, and he answered. *"Try doing something for someone."*

The student was considerably astonished by the reply, and requested further enlightenment where-upon his instructor said, *"you can't have two opposing sets of thoughts in your mind at one at the same time."* One set of thoughts will always drive the other out. If, for instance, your mind is completely occupied with an unselfish desire to help someone else, you can't be harboring fear at the same time.

"Worry dries up the blood sooner than age." Fear and worry in moderation are natural instincts of self-preservation. But constant irrational fear and prolonged worry are relentless enemies to the human body. They derange the normal bodily fictions.

By Ven. Dr. K Sri Dhammananda

What's in a Fruit ?..

Kiwi fruit : Tiny but mighty

This is a good source of potassium, magnesium, Vitamin E & fibre. It's Vitamin C content is twice that of an orange.

Apple : An apple a day keeps the doctor away

Although an apple has a low Vitamin C content, it has antioxidants & flavonoids which enhances the activity of Vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.

Strawberry : Protective Fruit

Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer causing blood vessels clogging free radicals.

Orange : Sweetest medicine

Taking 2 -4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessen the risk of colon cancer.

Watermelon : Coolest Thirst Quencher

Composed of 92% water, it is also packed with a giant dose of glutathione which helps boost our immune system. They are also a key source of lycopene - the cancer fighting oxidant. Other nutrients found in watermelon are Vitamin C & Potassium.

Guava & Papaya : Top awards for Vitamin C

They are the clear winners for their high Vitamin C content. Guava is also rich in fibre which helps prevent constipation. Papaya is rich in carotene, this is good for your eyes.

Arvinda's Retirement...

So the time has come to say farewell. Aravinda de Silva, Sri Lanka's greatest batsman and the longest-serving player in international cricket, has finally called time on an glorious career that stretches back nearly two decades.

Despite being 37-years-old and balding fast, he remains capable with bat and ball. Indeed, Sri Lankan cricket officials have already tried to persuade him to stay on for another six months. But de Silva, like any great performer, appreciates the value of timing. Money is not a concern and there is now nothing left to prove. For a man always motivated by the big occasion, a World Cup exit was perfect and now he will begin a new life.

1996 World Cup, a tournament that produced the finest moment of his career: a match-winning performance against the Australians in the Lahore final as he pinched three wickets with his off-breaks and then laced the bowlers to all corners on his way to a sizzling hundred. His semi-final performance was, perhaps, even more memorable. He arrived in the middle with both openers in the hutch and only one run on the board. A capacity 100,000 plus Eden Garden's crowd vibrated with delight. Calmly and boldly, he counter-attacked, unveiling his full repertoire of strokes. It was not an attack born out of desperation, but a controlled assault, a rare mixture of power, precision and finesse. 14 boundaries and 66 runs later his

greatness was assured and Sri Lanka's arrival in the big-time was confirmed.

A lifeline was thrown at him at the beginning of 2002 when a new selection panel was convened. De Silva grabbed his chance, shedding 12 kilos as he sought one final fling on the international scene. Picked first for the Test side during Sri Lanka's tour to England, he also won a one-day recall as the selectors looked to strengthen the middle order for the World Cup. His return produced flashes of a glorious past but never recovered the sustained brilliance of his pomp. Nevertheless, he remained the most feared batsman in the middle order, capable, as he was throughout his career, of single-handedly changing the course of a match. The fact that his semi-final run out by Andy Bichel spelt the end of Sri Lanka's 2003 World Cup campaign spoke volumes of the veteran's enduring importance to the side.

As de Silva finally puts his fading pads to bed and turns his full attention to his loving wife Sarita and baby son Sampras, he will do so in the knowledge that he touched greatness. He may not have matched the phenomenal consistency of a Tendulkar or Waugh, and he may not have scored as many big hundreds as he should, but, for brief moments in his career, he elevated batting to heights achieved by very few. Quite simply, he brought magic to the game. His cricketing journey has ended but the legacy will live on. A new era in Sri Lanka cricket now beckons and de Silva, more than any other individual, helped ensure their arrival in the big time.

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Views expressed in articles are those of the contributing authors and may not necessarily reflect the views of the NZSLF

Contributions

This newsletter is published quarterly. We thank everybody who sent contributions to this newsletter and apologize for not being able to publish all contributions due to the limitation of the available space. Please send your contributions to the Autumn Issue by the end of February 2003 to the correspondence address below, Attn: Editorial Committee or by email to: **omarf12@hotmail.com**

Correspondence Address: Editorial Committee, NZSLF, P.O. Box 41191, St. Lukes, Auckland, New



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