



# New Zealand Lanka

## Newsletter of the New Zealand Sri Lanka Foundation Incorporated

Volume 26 Summer 2004

### From the President ....

As we approach the end of year 2004, we can be happy to reflect on the tasks that have been successfully completed by The Foundation during the past few months.

It is with great pleasure we announce that 'Annesley and Indrani musical show' was a tremendous success. This was undoubtedly one of the great musical events staged at Dorothy Winstone Centre by the Foundation. We are indeed happy to have provided such quality entertainment to our music lovers.

Our next event is "Lankanite 2004" that will be held on 31 December 2004. We invite all our members and well-wishers to join us in bidding farewell to yet another successful year and welcome the new year, 2005. To facilitate wider participation, we have kept the entrance fee at the minimum.

In the year 2005, New Zealand Sri Lanka Foundation will be engaged in organizing another major event of national significance. The National Flag of Sri Lanka will be hoisted on the Harbour Bridge flag-post on 4 February 2005, to commemorate our national day. This event has been made possible by the kind permission and assistance of Mr Rudra de Zoysa, the Hon Consul of Sri Lanka in New Zealand. This is an event that can be considered as a milestone in our Organization's history. I am happy to mention that New Zealand Sri Lanka Foundation has taken the initiative to obtain the approval of the authorities concerned in a very short period of time to organize this event. We are certain that every Sri Lankan living in New Zealand will be proud to see our national flag flying high in a landmark venue such as Auckland Harbour Bridge on our national day.

Another first of its kind is a Dinner Dance organized for hosting the Sri Lankan National Cricket Team on 12 January 2005. For the first time, this event is organized with the participation of three sister organizations; Auckland Cricket Club, United Sri Lanka Association and The Foundation. Our National Cricket Team is on their tour in New Zealand comprising of five ODIs and two Tests. We wish them a very successful tour with a sweeping victory to our Team.

We wish you all a merry Christmas and a very happy and prosperous 2005.

**Dharmasena Maddugoda**



Annesley Malawana and Indrani Perera performed at the Dorothy Winstone Centre to a near packed audience on 24 October 2004 sponsored by The Foundation

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### Next Event:

#### LANKANITE 2004

Our next major event "Lankanite 2004" end of the year Dance will be held on 31 December 2004 at Auckland Normal Intermediate School hall, Poronui Street, Mt Eden.

This gives an opportunity for everyone to enjoy the dawn of the new year in an ambiance of friendship and joy. Food will be available for purchase at a very reasonable price.

There will be a prize draw for entry tickets and the prize is a "Return Air ticket to any destination in Australia".

Music is provided by the "Cream", an Auckland based group of musicians that has emerged highly successful in the events they performed in the recent past.

### Calendar of Events:

31 Dec 04: Lankanite 2004

12 Jan 04: Dinner for National Cricket Team

04 Feb 05: Hoisting the National Flag.

19 Mar 05: Taranaki Festival

## **Encouraging Results ....**

### **Meeting with TVNZ management ....**

Following the decision by the Broadcasting Standards Authority (BSA) upholding our key complaints on the violation of two broadcasting standards (balance and fairness) in the Sunday Programme called "Return to Sender", a group of Sri Lankans who made individual complaints or signed the collective complaint met with the senior management of the TVNZ on 13 December 2004. The purpose of this meeting was two-fold: (a) to express our deepest feelings about the denigration of Sri Lankan culture in the eyes of the New Zealanders and how it affected on our family, work and social life in New Zealand; and (b) to provide an opportunity for TVNZ to explore with our community how the damage could be repaired by presenting more balance and fair reports on Sri Lanka in the future.

It was a very cordial meeting conducted in an informal environment allowing the two parties have a frank exchange of opinions. We are pleased to inform our community members that the meeting was very productive. We were able to explain more fully why the community was outraged by the programme and point out the areas where grave errors of judgements had been made. The management of the TVNZ genuinely expressed their concern about the knock-on effects of the programme on our community, and expressed willingness to explore ways of presenting more balanced programmes on Sri Lanka in the future. We pointed out some of the forthcoming events that may be considered for such a programme.

The TVNZ management also agreed to communicate with our associations and community leaders on matters pertaining to Sri Lanka and Sri Lankan community in New Zealand. We agreed to provide the names and contact details of the various community organizations of Sri Lankans so that TVNZ will be in a better position to obtain accurate information from reliable sources. As a first step in facilitating a better understanding of our culture and the community, in the future we need to make a special effort to keep the media informed of all major community events. This may give us an opportunity to obtain some publicity for the events.

The meeting was attended by the members of The Foundation, USLA and independent individuals,

### **Global Warming .... Update ....**

Since our last issue of the newsletter, some important events have taken place in the sphere of global warming. Following are excerpts from different sources showing the importance and magnitude of the issue and the interest taken by New Zealand on the subject.

#### **Kyoto can't do the job alone, says expert ....**

One of the world's top thinkers on climate change, Eileen Claussen, says more than just the Kyoto Protocol is needed to tackle the issue.

The protocol must be buttressed with other approaches, Claussen told the Business Herald in Auckland. Claussen is the head of the highly regarded Pew Centre for Global Climate Change in the US.

The Kyoto protocol is said to come into force in three months. After President Vladimir Putin on Friday signed Russia's

ratification of treaty and delivered the critical mass of international support it required to become binding. But the Kyoto community (Europe, Japan Canada and New Zealand) accounts for only about a third of the world's emission of green house gases. The United States, the largest emitter, pulled out and the treaty imposes no obligations on developing countries, which are expected collectively to overtake developed countries in emissions within 20 years or so.

At a conference on climate change and business in Auckland, Australia's new environment minister Ian Campbell, stressed the need to look beyond Kyoto. "It is pure stupidity, a sham, crazy and dangerous not to engage the developing world and the major emitters" he said.

Claussen, who was a senior environmental official in the Clinton Administration and who's Washington-based think tank is backed by some of the World's largest corporations, said there was no single solution, including the Kyoto approach of national caps on emissions trading, that works for every body. "I think we have to be cognizant of the fact that different approaches might work for different groups of countries. What is important is that they start down this path in a serious way"

By allowing in emission allowances and emission reduction certificates, it gives countries or individuals flexibility to meet their targets in the lowest cost way, either by physically cutting emission or by buying excess credit from others who have exceeded their targets. But while Kyoto is the only multi lateral game in town, it is limited in its coverage and modest in its environmental outcome.

The Pew Centre has been looking at what a more comprehensive and effective regime might be like, given the geo-political realities. The Kyoto approach of national targets and emissions trading would be part of it. But it might include different kind of targets for different groups of countries, Claussen suggested.

**November 8, 2004 – New Zealand herald**

#### **Council looks to counter Greenhouse Effect ....**

Auckland City Council is considering joining a global group of councils aiming to counter the effects of the Earth's climate change. 500 councils around the world, including nine from New Zealand, are members of communities for climate protection.

The group helps councils to take action to reduce greenhouse gas emission. If the council joins the programme, it would commit to developing policy to reduce greenhouse emission throughout its boundaries and report on how plans are carried out and measured. In return, the council will receive technical support, trading, expertise and advise to manage climate change from the international council for local environmental initiatives, a global non-profit initiative that works with councils on sustainable development activities.

Councillor Richard Northey put forward a recommendation to join the group at the council meeting on 11 November. The council called for a report before making a decision.

**21 November 2004 — City Scene**

#### **New Zealand bids for Global Warming Study Fund ....**

New Zealand and Chile are seeking \$10 million US in United Nations funding to conduct the first comprehensive study of the effects of global warming on Southern Hemisphere glaciers.

The two countries have applied to a fund run by the United Nations Environment Programme to study glaciers in New Zealand, South America and Antarctica. The project follows

Chilean-American research showing that glaciers flowing north from the eastern pacific part of Antarctica – called “west Antarctica” because it is west of the Atlantic – are thinning dramatically at rates averaging one metre a year.

The Director of Chile's Centre of Scientific Studies, Dr Claudio Teitelboin (who passed through Auckland on his way back from Antarctica), said big icebergs breaking off the edge of the ice shelf were “unblocking the plug” that was holding in the ice behind, allowing glaciers to flow out to sea more quickly.

We believe west Antarctica is unstable and therefore eventually large pieces of ice can fall into the sea, he said. “The Antarctic peninsula (due south of South America) might become, within the lifetime of our children, an archipelago instead of a peninsula. The Chilean-US studies suggest glaciers melting in west Antarctica are raising the global sea level by about 0.2mm a year, a bit more than a tenth of the total increase in sea level of around 1.8mm.

Melting of glaciers in the rest of the world account about half the total sea level rise, with the rest due to other factors such as warmer water expanding.

But Dr Teitelboim warned, “Once the instability acquires enough magnitude, so glaciers break off upstream, the whole platform will fall into the sea. Then it's not just a few millimetres. If it its a few millimetres a year for thousands of years, we would be in good shape. But that's not how instabilities work. Suddenly they become truly unstable.

*7 December 2004 - New Zealand Herald*

## **Food For Thought .... Tips for Public Speaking ....**

The greatest anxiety for most people is the fear of speaking before a group — stage fright, shyness and speech phobia. All these can have an enormous cost on you — missed business opportunities, being passed over for promotions, avoiding leadership roles or missing even the joy of socialisation. The fear of public speaking can cause shortness of breath, inability to speak, a shaky voice, rapid heartbeat and sweat.

Has anyone told you that you are speaking too fast? Well, that too could be because of the speech anxiety. Generally, most of us have the habit of speaking too fast, and that makes it harder for the listeners understand what we say. The good news is that there are solutions to all these problems.

In this newsletter we are providing you with some useful public speaking tips to help you. These are selected representations from the Electronic Magazine of J A Gamache (3<sup>rd</sup> place Champion at Toastmasters International World Championship of Public Speaking 2001). Please share these with your friends.

### **How to ease the stress of speaking in public ....**

One of the best tips to reduce stress when I have to speak in public comes the world of sports: visualization.

One day as I was watching television, there was an interview with an Olympic skiing champion who stated that a determining factor of her victory was mental preparation. She said that the night before a competition, just before falling asleep, she would visualize her entire descent. In her mind, she would go over every bump and curve of her program. She saw herself handling every more with ease.

At the end of her visualization she even pictured herself on the podium receiving here gold medal. And that is exactly what happened.

I also had to learn how to visualize when I entered the Toastmasters speech contests. A few years prior to participating in the International finals in the United States, I went to one of their conferences. I sneaked on to the stage when no once was in the room. In front of 2000 empty seats, I visualized myself speaking with self-assurance to a vast audience.

I later replayed that scene over and over in my mind. I could even see myself holding my trophy. I imagined what it would be like to give the acceptance speech as the world champion.

Some years later I qualified for the International finals. To add more realism to my visualization, I actually rehearsed my winning scene with members of my Toastmasters club! A member played the role of the International president announcing the name of the World Champion J A Gamache.

Finally, when I went on stage during the International finals of 2001, I was mentally ready. My visualization had considerably helped to reduce the stress of speaking in from of so many people. I placed 3<sup>rd</sup> at the finals, but more importantly, I gained a new level of self-confidence.

For your next speech, take the time to prepare yourself mentally. See yourself speaking with ease, breathing normally and most of all, having fun. Picture your audience smiling. Imagine no less than a standing ovation at the end! Why not?

### **Controlling your breathing to reduce stress ....**

Here's a tip to improve breathing and reduce stress during a speech; decide in advance when to make a breathing pause.

When we're stressed our breathing pattern changes and we run out of breath. When that happens we usually stop whatever we're doing at the moment and take a deep breath. If we don't the people around us suggest we do!

How many times during moments of stress has my sister told me “calm down and breath through your nose!! Instinctively, she knows that when I control my breathing I calm down.

I suggest you use that same time-honoured principle when you speak in public. Decide in advance where you can insert breathing pauses in your text, then memorize these pauses as if they were part of your text. Here is how I proceed.

#### **1 Write down the entire text of your speech.**

Some people don't like to write down their text and prefer to have only a few notes outlining their speech. This method is good as any other. However, since the idea here is to practice your breathing, this exercise can only be done with a written text.

#### **2 Put slashes (/) where you think you should breathe in your text.**

Use the system that makes the most sense to you. For me, a slash (/) indicates a pause, two slashes (//), a longer pause, and three slashes (///) a very long pause.

#### **3 Read your text out loud and take breaths only where there is a slash.**

Don't cheat! Resist the temptation to take in a bit of air just to finish a sentence. When you run out of breath it means you need to add a pause.

#### **4 Once you decide where you'll make all your pauses, learn your text by heart WITH the pauses.**

If you prefer to read a text in public instead of reciting it, practice reading out loud with the pauses and use your practice text with the slashes during your presentation.

After learning your next speech this way, you'll make pauses more naturally even though you may feel nervous. Since you'll be breathing properly it will be easier to control your stress. You'll be surprised at how easily you'll speak.

### **How to keep the audience attention**

Use pauses in your speech to give yourself and audience a break! When you use pauses you'll keep their attention.

When I first started, I hardly ever paused during my speeches. I talked non-stop and would avoid silence at all costs because I was afraid of being boring. I learned in time that audiences actually love it when we make pauses, and for many reasons.

#### **1 Pauses give rhythm to your speech**

For example, you could create an interesting contrast by speaking non-stop in one part of your text and then ending with a long pause followed by a sentence in which every word is enunciated slowly for emphasis. Longer pauses add weight to what you say.

#### **2 Pauses help the audience understand your text**

A longer pause indicates that you have just finished an idea and are going to introduce another one. During a pause you give your audience time to think about an important statement you've just made. This is even more important when you use humour. Sometimes it can take a moment for the audience to understand the meaning of a play on words, for example.

#### **3 Pauses help emotions really sink in**

When you want to touch an audience, you need a pause for a few seconds to let the emotion really sink in. If you immediately continue talking, you could distract the audience from that particular emotion and the effect is ruined.

Sometimes a pause is so long that it becomes a moment of emotionally charged silence. When, that happens, the pause is no longer a technique but a self-contained message.

#### **4. Pauses let people breathe**

Did you know that your audience adopts your breathing rhythm? If you never stop talking, people have difficulty following your breathing pattern. Without knowing why, they begin to feel uncomfortable, and before long they run out of breath and stop listening to you. With well-timed pauses you can breathe easily and so will the audience.

For your next speech, be aware of why you should add more pauses. They give rhythm, they help the audience understand your text, they allow emotions to sink in, and most importantly, they let people breathe. Since they help your performance to be more enjoyable, pauses are great tools to keep the crowd's attention.

### **Seven tools to help you make your point ....**

Whether your goal is to convince, to entertain or to educate, even if your message is a simple idea, you will have to explain it. Here are seven tools I use regularly to be well understood or to bring credibility to my message.

#### **1 Quotes**

I use quotes for two reasons. First, some quotes are so well written that they perfectly illustrate my point even if the author is not really known.

Secondly, when the author of a quote is a famous person (eg: Ghandi, Mother Teresa etc.), my idea is more easily accepted by the audience. The credibility of the author increases the credibility of my message.

Beware! Never give yourself credit for a quote that is not yours. You never know what the people in the audience have read. If anyone unveils your imposture, you will lose all credibility.

#### **2 Statistics**

Statistics become scientific proofs which support your message.

To be really credible, I suggest you always quote your sources. For example; "According to a research done at the university of S in year S, it was proven that S "

#### **3 Historical facts**

The world's history is full of anecdotes which could easily illustrate your idea. The advantage to relating a historical fact is that it is very credible.

#### **4 Jokes**

Very often a good joke can easily make a point. The funnier it is, the more likely people will remember it and therefore the same could happen to your message.

Beware! If you say that a joke happened to you and it is not the case, there are serious chances that someone in the audience will recognize the joke and will denounce the trickery to his friends and you will lose all credibility.

#### **5 Comparisons**

In my opinion, comparisons are one of the best if not the best tool to make the audience understand your message. The principle of a comparison is to find what looks the most like the idea you are developing.

#### **6 Personal stories**

A personal story is also the proof that you personally experienced the message you are conveying.

#### **7 Stories from someone else**

This type of story is also the proof that your message is for real. A story demonstrates that your message can be lived in everyday life.

The next time you will develop an idea in a speech, use one or more of the tools mentioned above. Some of them will bring credibility to your message. Others will bring clarity. In any case they will all help you make your point.

*JA Gamache Free Electronic Magazine*

### **Healthy Living ....**

#### **Eat and be Healthy – Carbohydrates**

Carbohydrates are the foods that either contain sugars or be digested in the body to result sugars. For example table sugar and glucose are carbohydrates. Foods such as bread, pasta, rice, potatoes and many yams, and foods prepared with wheat flour contain starch which upon digestion results in sugars and are therefore carbohydrates. Fruits and milk contain natural sugars even though they are not categorized as carbohydrates.

Carbohydrates are digested and then absorbed in the form of sugars into the blood within 2-3 hours after eating a meal and

raise the blood sugar level. In healthy individuals a hormone called insulin is released into the blood immediately as a response to increased blood sugar level. Insulin quickly lets the excess blood sugar enter into muscles, liver and various other body tissues and brings the sugar level under control. Individuals who have got less or no insulin will have high blood sugar level and excess sugar will be filtered in the kidney and appear in urine. This condition is commonly known as diabetes.

All carbohydrates do not act the same and they could be ranked on a scale from 0 – 100 according to the extent to which they raise blood sugar level after eating them. This ranking of carbohydrates is known as Glycemic Index (GI reference table below). Foods that have high GI produce a large rapid rise in the blood sugar level and foods that have lower GI produce a gradual, relatively low rise in blood sugar level. People with diabetes will benefit from eating low GI foods as they cannot produce sufficient quantity of insulin to handle rapid increase and high peak level of blood sugar after a meal.

The low GI foods contain substances that will slow down the conversion of carbohydrates to sugars (slow digestion) as a result the absorption of sugars into the blood will be slower than from a high GI food. These substances are mainly called complex carbohydrates and dietary fibre also causes slow digestion. Simply, foods that contain complex carbohydrates and rich in fibre are the foods with low GI. Methods of preparing the food also can influence digestibility and alter GI.

Eating food rich in complex carbohydrates and fibre fill up and delay the return of hunger which helps to cut down the amount of food eaten. As a result people who are overweight (obese) also benefit from low GI food. Dietary fibre reduces the risk of colon cancer (latter part of the intestine) and lower blood cholesterol level which may lead to coronary heart disease.

This does not mean that high GI food to be avoided all the time, but having consumed high GI and knowing this to be so, you can subsequently choose lower GI foods in order to bring down the GI of the overall diet on that day. It is practical to combine more of low GI food with less of high GI foods to lower the overall GI level of the meal. Low GI foods help people to be slimmer, have better heart health and lower risk of diabetes. High GI foods help to get instant energy while engaging in an sport activity and refuel carbohydrate after exercise.

## Unity in Diversity: The Taranaki Multi-Ethnic Extravaganza....



It was early in 1994 that I was invited by the New Plymouth District Council to attend a meeting of people interested in forming an Ethnic Council in Taranaki. The Department of Internal Affairs had proposed the idea of Ethnic Councils around the country; this was to be the ninth to be inaugurated. It was a time when New Zealand was waking up to the fact that we are a multi-cultural nation. There are now about 14 such councils, all affiliated to a Federation of Ethnic Councils of New Zealand.

The steering committee of our proposed Ethnic Council consisted of people from Greek, Dutch, Polish, Indian, Sri Lankan and many other nationalities. By June 1994 we were ready with a constitution adapted to suit our local needs and had chosen the name 'Taranaki Multi-Ethnic Council'. The word "Multi-Ethnic" was to emphasize that everyone in New Zealand belonged to an ethnic group whether European, Maori, Pacific Islander or any other immigrant.

The unity within our Multi-Ethnic Council has been the secret of much of our success. We were able to gather members from over 30 countries living in Taranaki at that time. This formed the basis of a database that has now grown to over 400 interested families, who receive our quarterly newsletter.

It is a non-political, non-racist, non-religious, non-sexist, and non-commercial organisation, where people share their language, customs, dress and cultural beliefs, without fear of discrimination. While embracing the cultures of those who have immigrated to New Zealand, the Council respects the special place of the Tangata Whenua in integrating with the culture of this country.

It is interesting to hear the harmonious array of accents at our monthly meetings, all contributing positively towards "Building Bridges of Friendship". This motto of ours captures the spirit of all meetings and events that are held.

We have so far had an unwritten law that the office of president changes every year, bringing fresh ideas and new blood to the position. Our general meetings are held monthly and are open to any member of the public, irrespective of whether they have paid membership subscription: a mere \$10 per family each year. It is not limited to ethnic group representatives. Instead, any individual can voice their opinion. Many interesting events are held throughout the year, such as the AGM function, Spring Fiesta, End of Year gathering, and of course the well known Extravaganza.

High GI Food	GI	Moderate GI food	GI	Low GI Food	GI
Glucose	100	Pasta	40-70	Apple/Pear	36
Instant rice	88	White rice	56	Lentils/kidney	29-40
Ice cream	87	Brown rice	55	Skim milk	32
Baked potato	85	Popcorn/corn	55	Green bean	30
Corn flakes	84	Sweet potato	54	Channa pea-dhal	8-11
White bread	70-72	Ripe banana	50		
Table sugar	65	Oat bran	49		

**Teckla Perera**

The first major event held by the Council was called the Cultural Festival of 1995. The idea was developed from that of a similar event my wife and I had promoted the previous year for Rotary. The Cultural Festival was an indoor event held at an exhibition centre, involving performances from ethnic groups and local groups of singers and dancers, with a few ethnic food stalls and one or two craft displays.

I had a last minute idea of organising a small street parade to publicise the event. This has now grown to become the famous Multi-Ethnic Street Parade, which is a popular feature of the Extravaganza every year. It is held on the morning of the event and includes several colourful floats, bands and marching groups. Flags of more than fifty countries are carried by participants.

The venue of the festival was moved to the New Plymouth Racecourse complex in 1997, when it became known as the Taranaki Multi-Ethnic Extravaganza. The Extravaganza has since outgrown the space at this venue and was moved in 2002 to the recently completed Yarrow Stadium in the city. The Extravaganza is held in March every year.

This year's event is estimated to have attracted around 13,000 people to the venue. Entry was by gold coin donation. There were more than fifty ethnic food stalls scattered around the rugby grounds and 65 craft stalls in the concourse of the stadium, displaying wares from many parts of the country,

The open-air display of cultural dancing from many countries including Sri Lanka, is held on a stage facing the public stand of the stadium. We were fortunate to have a very polished performance of Sri Lankan dancing by the group representing the NZ-Sri Lanka Foundation. The group did our local Sri Lankans proud and was much admired by the public of Taranaki. There were other ethnic groups from Auckland, Wellington, Hamilton and Palmerston North who also performed as our guests on this occasion. Many of them have responded every year to our invitation.

The Multi Ethnic Council is able to host visiting cultural groups and maintain the high standard of this Extravaganza because of the generous sponsorship of local business groups and Trusts who have been behind us from the inception. We are proud of the fact that this entire event is organised and run by dedicated volunteers who spend over three months of the year planning the event.

The Taranaki Multi Ethnic Council usually donates the gate collection to deserving charities within the province. Women's Refuge, Victim Support, Youth Trust, Plunket, ESOL, Barnados, DARE, Scouts and Guides have all been recipients of large monetary contributions in the past ten years of the Extravaganza.

The next Extravaganza is scheduled for Saturday 19 March 2005. We wish to invite you all to attend this enjoyable event, where we celebrate the unity and diversity of all cultural groups within our country.

**Dr Hiran Fernando -Co-ordinator, Taranaki Multi-Ethnic Extravaganza**

*(Hiran Fernando was the first President of the Taranaki Multi-Ethnic Council and former President of a local Rotary Club in Taranaki - Editor).*

**Did You Know?....**

1 New Zealand is 1600km from Australia and 2300km from Antarctica.

2 Thirty million years ago most of present-day New Zealand was under water. By five million years ago both the North Island and the South Island could be seen above water. Warmer world temperatures caused sea levels to rise. By 12,000 years ago water separated the North Island and the South Island.

3 New Zealand's oldest known rocks are about 680 million years old.

4 The last major eruption in the Auckland area was Rangitoto, 600 years ago. The Tarawera eruption in 1886 lasted just five hours.

5 Tane Mahuta, New Zealand's largest tree is one of the oldest living things on earth. It is around 2000 years old.

6 Haast's Eagle was the world's largest and strongest eagle. It lived in the South Island forest. It had a wing-span of three metres and could fly as fast as 80km per hour. Perching on high branches, it dived on its prey, feeding on Pigeons and other large birds.

7 James Cook was born on 28 October 1728 in England. When he was 19 he worked as a seaman on a coal freighter. When he was 27, he joined the Royal Navy. He was an excellent navigator and chartmaker. Captain Cook was sent to the South Pacific to learn more about the land discovered by Abel Tasman. He wanted to know if it was the Great Southern continent that people talked about.

At 2.00pm on 6 October 1769 Nicholas Young, a boy on the mast-head of Cook's ship Endeavour, shouted "Land!" He was the first European to see the North Island's East Coast. The land he sighted was named after him — Young Nick's Head. A bottle of Rum was his reward for seeing it first.

***History of New Zealand by John Lockeyer***

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, 2005 to the correspondence address below. Attn: Editorial Committee or by email to: [nzslf@nzslfoundation.com](mailto:nzslf@nzslfoundation.com)

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