

# S E R E N D I B

A NEWSLETTER OF THE SRI LANKA ASSOCIATION OF WASHINGTON D.C.  
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## ***MESSAGE FROM THE PRESIDENT***

Wish you all a Bright and Prosperous New Year!! I would like to take this opportunity to thank each one of you for your support in making this past event-filled year a tremendous success.

Our year, as you recall, began with the Sinhala and Tamil New Year celebrations, which was an unprecedented success with full participation of the Sri Lanka Ranga Kala Kavaya and the Sri Lanka Embassy. We then moved to initiate work with our lawyers on seeking tax-exempt status for our Association, and work on this front is ongoing. The visit to Atlantic City, and the picnic, which, combined with cricket practice were fun events. Our mid-year came to a close with the Washington-New York cricket encounter hosted by the Association.

The second half of our year began with the well-attended seminar on "Emerging Careers in Information Technology", aimed at guiding our younger members on career development in the IT field. The Children's Christmas Party turned out to be a great success, and the Year 2001 ended with our grand New Year's Eve Ball at the Hyatt Regency Bethesda, which got rave reviews from many. As a fund-raiser, the surplus generated by the Dance reached an all-time high. These surpluses have helped us to provide contributions to charities such as the Children's Heart Project in Sri Lanka and the "September-11 Fund". All these activities would not have been possible, but for the support provided by all of you over the past year, to our very energetic Board.

Our current Board comprises:

Hilarian Codippily	President
Oscar Jayawardena	President Elect
Champa Soyza	Secretary
Rajeeva Serasinghe	Treasurer
Ranjinee Rudran	Assistant Secretary
Regina Amirthampillai	Director
Mangala Baddeliyanage	Director
Sheila Codippily	Director
Lalin Fonseka	Director
Lasantha Dahanaike	Director
Nalaka Weragoda	Director

As we approach the close of our term of office, I would like to urge you to extend your support to our new Board, which would be elected to office in March 2002.



## ***SEMINAR ON EMERGING CAREERS IN INFORMATION TECHNOLOGY***

This seminar was held on October 6, 2000 at the River Road Unitarian Church in Bethesda, with an attendance of about 25 participants. This seminar was a part of the Association's program to fulfill its mission, in which educational activities feature very prominently. Some thought was given to the

selection of topics for the seminar series, and younger members of our community were consulted. They expressed interest in topics that would help enhance their careers, especially in the high-tech fields. Information technology was mentioned as a good starting point, as quite a number are already in the field, and a few are aspiring to become IT professionals.



#### **The Role of Science and Technology..**

Dr. Hilarian Codippily, in his keynote address, presented an overview of how, throughout the centuries, science and technology has been at the forefront of expanding horizons of human endeavor and economic activity. Many economists have done research on the relationship between technological advance and economic development. But the real impact of technological change upon economic development was brought into sharp focus by Robert M. Solow in 1957, when he showed that 87.5 percent of the growth of per capita income in the USA during the period 1909 – 1949, could be explained in terms of technological progress and only the remainder in terms of the increased use of capital. In economic language, he said that, technological progress is constantly pushing the production possibility frontier in the outward direction, thereby creating new investment and employment opportunities. He quoted several examples of scientific revolutions ranging from Newtonian Mechanics, Einstein's Theory of Relativity, and Quantum Mechanics, to more recent advances of satellite communication, space exploration, computer technology, genetic

engineering, and nano-technology, which have and are expanding the horizons of human endeavor.

**Planning for IT.** Fundamentally, the question is how should organizations plan and prepare before installing IT systems? This important question was addressed by Dr. Anura de Silva, CEO of Planmatics,



whose primary focus is on assisting organizations to carry out the needed forward planning prior to implementing IT programs. He heavily emphasized the need to start with the customer's needs and work backwards to design an appropriate system. Often, he said, that the customer may not know precisely what he or she wants. In such circumstances, he said, preliminary designs should be presented to the customer, and feedback obtained, before proceeding any further. It is only after a clear idea of what the customer wants, that one should proceed to work on a detailed IT package. In sum, he stated that the priority ranking should be: People => Procedures => Systems. Reversing the process could be quite costly in terms of time and money, with endless "training programs".

**Finding an IT Job.** Ms. Patricia Crew and Ms. Janet Chavez, specialists in career counseling, made an excellent joint presentation on how to find the right IT job and how to prepare for an IT career. This is a complex issue, since the information explosion is in full swing, with a diversity of jobs in the market – ranging from computer programmers, website designers, database



managers, to the more mundane data entry work. In the course of their presentation, they covered tips for career development in database administration, website development, and technical writing. In each of these areas, they discussed and presented tip sheets covering the following:

- Professional organizations
- Ways to look at the field
- General characteristics, skills, and interests
- Ways to get education
- Seeking jobs
- Keeping up with the times

**IT in Sri Lanka.** Sri Lanka is making concerted efforts not only to catch up with IT developments, but also to produce and export IT to a number of countries. How could we help? What are the IT opportunities in Sri Lanka for our younger folks and potential investors? These are questions that Mr. Nissanka Weerasekera, CEO of NextVentures, Sri Lanka addressed. In his presentation he emphasized that Sri Lankan IT professionals in the U.S.A. could actively participate in IT work, by spending short periods of time in Sri Lanka.

**Feedback.** A brief questionnaire was distributed at the end of the seminar to gather participants' impressions of the seminar. The feedback received, indicated that it was a timely seminar and that they gained valuable knowledge of the IT world.

## ***CHILDRENS CHRISTMAS PARTY***

***Report by Managala Baddeliyanage***

The Children's Christmas Party was held on December 15<sup>th</sup>, 2001 at the Sligo Community Recreation Center, Silver Spring, Maryland. It was well attended with 25 children and their parents, relatives and well-wishers, joining in the celebrations. The evening started with the singing of Christmas Songs led on the keyboard by Ms. Melita Ethelbert. A special feature was the keyboard recital of Christmas Songs by two six year olds, Amani Perera and Sathy Kirshan. This was followed by children's games and the winners were Rehan Baddeliyanage, Amani Perera and Devin Goodsell.



Finally, it was time for the much-anticipated arrival of Santa Claus (Don Baddeliyanage) who walked in, carrying a sack full of gifts and announcing his arrival with the all-famous Ho! Ho! Ho! to the sound of jingling sleigh bells, while everyone joined in singing "Santa Claus is Coming to Town". The children had lots of fun sitting on Santa's lap and talking with him and posing for photographs before receiving the Christmas gifts.

All who attended were treated to a variety of refreshments and soft drinks. The celebrations concluded with the singing of "We Wish You A Merry Christmas and A Happy New Year."

## ***NEW YEAR'S EVE DINNER DANCE***

***Report by Sheila Codippily***

The annual glitzy New Year's Eve Dinner Dance (2001), held at the Crystal Ballroom of the Hyatt Regency Hotel, Bethesda, was a tremendous success! The untiring efforts of the President, and members of the Board in organizing this very festive occasion did not go unrecognized. An unprecedented gathering of around 350 guests comprising of both, Sri Lankans and friends of Sri Lanka who were local, and from out-of state, knew they would have a wonderful time, and they were not disappointed!



This year's event was significant since we were saying farewell to our Patron, Ambassador Rasaputram. In his address as Chief Guest, he announced that this was the last time he would be attending this function, as he was retiring, and leaving for Sri Lanka in March of this year. We wish Dr. Rasaputram the best of health, and success in his new endeavors.





While the tables were called for the sumptuous buffet dinner, the renowned, Dance Troop from the Potomac based, Spanish Dance Ensemble, led by Ziva, performed their well choreographed, Flamenco Dance, which received tremendous applause and praise, and was one of the highlights of the evening.



The music was a great hit! The well thought up combination of both, Sri Lankan Oldies, such as tunes by Sam the Man, Abba, Boney-M, to name a few; mixed with the more modern dance tunes such as Lou Bega's Mambo No. 5, etc., Meringue, Reggae; and not forgetting the all famous baila numbers; catering to the needs of the young and the "not so young", was once again the work of a well organized team, (headed by Board Member, Lasantha Dahanaike) who presented the DJ with the selection. Classic DJ (the same company that played for us last year) did a fabulous job of coordinating this music with some of their own, and the pulsating combination enticed the crowd to keep dancing all night!

The New Year was ushered in with a Bang!! The whistles, New Year hats and crowns, provided by the Hyatt Hotel, jazzed up the event. With the dawn of the New Year, the long awaited baila session commenced. Toes were tapping, and hips were shaking, all to the lively beat of the music. It was a challenge to the judges to select the winners. The three finalists were all excellent dances. The judges awarded first place to Ms. Aruni Wijesinghe and Mr. Gayanga Opatha. Congratulations, Aruni and Gayanga!



Between the general dancing sessions, the Door Prizes and Raffle draws were introduced. The dancing continued into the wee hours of the morning. Everyone had such a wonderful time, they enjoyed the music and even after the DJ called his final session, they called for an encore! The subsequent glowing feedback we received via e-mail, telephone and verbatim from many distinguished people, was phenomenal. To mention a few quotes: *"This was the best dance ever"*; *"What were the songs played just before midnight and*

*where can we get that CD”? “This dance has been taken to its highest level this year”!*

Aside from being gratified, we are happy to say that this event, as a fund-raiser, betted an unprecedented surplus this year, and the Association is now in a position to increase its contribution to charities.

We would like to thank the following people, for their generous donations in either cash, or kind, and all those who helped in numerous other ways, to make this event a success.

**Door Prizes Donated By:**

Lanka Link (2 prizes);  
Mr. & Mrs. Sathy Silva;  
Mr. & Mrs. Dakshi de Silva;  
Mr. & Mrs. Don Baddeliyanage  
Mr. & Mrs. Ravindra Baddeliyanage;  
Mr. & Mrs. Iroshana Nanayakkara;  
and Ms. Champa Soyza

**Kids Door Prizes Donated By:**

The Sri Lanka Association

**Cash Donation By:**

Mr. & Mrs. Donald Y. McCoy;  
Mr. & Mrs. Bernard Wickremanayake

**Floor Show/Flamenco Dance:**

Provided with the Compliments of  
Dr. and Mrs. Hilarian Codippily

***AYURVEDA: THE ESSENTIAL  
NEED OF THE TIME***

*by Kumuda Reddy, M.D.*

Ayurveda is a holistic and natural medicine that causes no side effects and has many side-benefits. Ayurveda means the science of life and is the knowledge of the lifespan. It treats everyone as an individual, and treats the physical, mental, emotional, and spiritual health of the individual. Ayurveda understands that each person is unique and

has a different psychological, physical, and emotional makeup. Because of this they are prone to different diseases and they need individualist treatment. The final goal of Ayurveda is to attain a long and healthy life. Disease has an origin or source from where all symptoms manifest. Ayurveda recognizes that there is a source and treats the disease at the level of the source. If the disease is not treated at the source, then another disease will come on again and again. This is how Ayurveda differs from other types of medicine. In conventional medicine we are focused on organs or symptoms and we forget the wholesome nature of the body. If we just focus on symptoms we have lost the cause.

If two or more individuals have the same problem, Ayurveda does not treat them in the same way. That is because two people can have the same root problem but it can manifest in different ways. One person may have problems with digestion while another may have tension headaches or migraines. Modern medicine can have a band-aid approach to the problem. Ayurveda, however, recognizes that each person is unique and each person needs a customized treatment.

In Ayurveda there are three main organizing principles of nature that are found in every person, in nature, and in all other beings. These principles operate throughout nature and can be seen in the changes of the time of day and the change of seasons. These three governing principles are called Vata, Pitta, and Kapha *doshas*.

Vata is movement. Vata governs respiratory organs, circulation, movement in the digestive tract, and impulses traveling through the nerves. Pitta is energy. It governs the digestive process, metabolism, heat, and energy production. Kapha gives solidity and structure, and balances the fluids.

Each individual is made up of the three doshas yet in varying degrees. A person with

more Vata, or movement, in the physiology will be thin, lively, vibrant, cheerful, and have regular habits. However, if the Vata is out of balance that person will be anxious, worried, easily fatigued, have dry skin, prone to digestive problems, sleep disorders, high blood pressure, asthma, anxiety, and fatigue.

A person with a predominance of Pitta in the physiology will be warm, loving, and contented and will like to eat on time. A Pitta-type is a very precise person with a sharp intellect. Out of balance, a Pitta person can be irritable, angry, demanding, and impatient, prone to skin rashes, premature graying, thinning of hair, type-A heart disease, peptic ulcers, hemorrhoids, or ulcerated colitis.

A Kapha-type person will have a bigger frame, solid, with large muscles. This type is generous, kind, and forgiving and has a good memory. Out of balance Kaphas are dull and lethargic, have oily skin, they gain weight, and have a slow digestion. They can become emotionally attached, and suffer from allergies, depression, sinus problems, congestive problems, asthma, heart disease, and tumors.

Obviously, each type is prone to a different disease. Everybody doesn't need prevention for heart disease or hypertension. In Ayurveda we know how to treat each person according to the imbalance of their doshas.

For more information about Dr. Reddy's books, or to reach Dr. Reddy call: 301 770-0610 or toll free: 877 589-0590 or visit her website at [allheathyfamily.com](http://allheathyfamily.com).

### ***EVAN MELDER REPORTING FROM DOWN UNDER***

Having lived in the Washington area for the greater part of twenty years, on retirement from the World Bank at the end of 1992, my wife, Savithiri and I looked forward to spending our retirement years in Australia.

We felt that Australia would give us the slower pace of life we desired away from the ethnic conflict back home in Sri Lanka. More particularly, after the somewhat busy life we endured in the States and the Democratic People's Republic of Korea, we needed to readjust to a somewhat more leisurely existence, and Australia seemed to offer us the opportunity to do so. Moreover, I had family Down Under who had left Sri Lanka in the Fifties with whom we were eager to reestablish contact. So off to Australia – we took ourselves from Maryland in January 1993.

We made Victoria our home state settling in pleasant surroundings overlooking the Dandenong mountain ranges surrounded by Aussies boasting Greek, Italian and Yugoslavian heritages, ever friendly and ever helpful to us newcomers. A trip to the Dandenong Mountains is like a journey into the past. It takes one through a countryside scattered with English style cottages much akin to those we see in Newara Eliya and some of our up country areas in Sri Lanka.

Because an appreciable part of this vast subcontinent enjoys a tropical climate, a wide variety of tropical fruit and vegetables grown in Sri Lanka are available in the Greater Dandenong Area. This is indeed a welcome reminder to Sri Lankans that they could maintain their traditional lifestyle in this multi cultural society. This is strongly reinforced by the comparative large number of Sri Lankan grocery stores doing business in the city of Dandenong, a feature we found missing in the greater Washington area while we were in the United States. Additionally, the Greater Dandenong Area boasts of a variety of Sri Lankan restaurants and catering establishments where one can order Sri Lankan foods or feast on our traditional preparations of String Hoppers, Pittu, Thosai, Godamba Rotti and the like.

For us Sri Lankans, it may be interesting to note the change in the pattern of migration to Australia by our compatriots over the years the years. The Burghers were the

predominant community in the Fifties, leaving Sri Lanka to ensure that their progeny would continue to be educated in the English language. A significant number of these migrants have intermarried with native Australians and are today hardly distinguishable as the ethnic minority they were back in Sri Lanka. This is indeed so despite the endeavors of some of the older members of this community to hark back to the past by cocooning themselves in closely knit Associations and the like.

Today's Sri Lankan migrants, in contrast, are predominantly Sinhalese and Tamils who seek to make Australia their new home for a variety of reasons. However, it would be generally fair to say that most members of the Sinhalese community come over for economic reasons and are welcome. Australia with a population of nineteen million or so has opened its doors to skilled professionals in pursuing its objective of further developing its economy, and Sri Lanka has no dearth of such skills. On the other hand, Sri Lankan Tamils settle in Australia for a mix of political and economic reasons and are equally welcome. Regrettably, the tendency for communities to keep to themselves seen in today's Sri Lanka, seems to have spilled over with the exception of early migrants of early communities who maintain close relations with each other as they did back home. Hopefully, with time, these differences will fade away and we will see new generations of Australians among all Sri Lankans Down Under.

### **COMMUNITY NEWS**

#### **WEDDINGS:**

Roshanthi Wickramaratne (former Secretary of the Association) and Ranjeewa Weerasinghe, were joined in matrimony in January of this year. The wedding took place at the Oberoi Hotel, in Colombo Sri Lanka. Congratulations! Roshanthi and Ranjeewa. We wish you a very happy wedded life.

### **OBITUARIES**

The community extends their condolences to Mrs. Christine Wiratunga on the demise of her beloved mother, Mrs. Mary Petronella Dias, who passed away in England, on November 25, 2001.

### **SPORTS NEWS**

Shehan K. Tantula, who served as Captain of the University of Southern California Polo Team, has become the first Sri Lankan American to captain an American University Team. A keen athlete, he also plays Tennis and Golf and has currently taken to Skydiving. He is the son of Mr. & Mrs. Kosala G. Tantula of McLean, Virginia. Congratulations! Shehan.



### **A REMINDER**

As per our notice circulated in January, the Association's Annual Meeting will be held on Saturday, March 9, 2002, at 3.00 p.m. at the Argyle Community Center, 1030 Forest Glen Road, Silver Spring, MD 20902. The Annual Election will be held at this meeting. Please mark your calendars.

### **MEMBERSHIP**

Please use the enclosed form to renew your membership for the year ending December 2002.

**RECIPE CORNER**

*Researched by Sheila Codippily  
(Source: World Wide Web)*

**RED PORK POT ROAST****(Burmese Style)**

**2 Pounds Boneless Pork -- cubed**  
**2 Tablespoons Soy Sauce**  
**1/2 Teaspoon Salt**  
**2 Tablespoons Peanut Oil**  
**1 Tablespoon Brown Sugar**  
**2 Cloves Garlic -- sliced**  
**1 Inch Ginger -- chopped**  
**2 Cups Water**

Marinate pork in soy sauce and salt for 1 hour. Heat the oil, add the sugar and stir to dissolve and caramelize. Add garlic and ginger, stir-fry for 2 minutes. Add pork and mix well. Cover pan and cook 15 minutes stirring occasionally. Add water, cover and continue to cook for 45 minutes or until pork is tender and liquid is almost evaporated. Serve warm.

**CHICKEN PANANG CURRY***Ingredients*

12 oz. Sliced Chicken Breast; 1 package Coconut Milk Concentrate; 12 oz. Water or Chicken Stock; 2 tablespoons ground Peanuts; 1 tablespoon sugar; 2 oz. Fish Sauce; 4-5 Thai Basil Leaves; 2 oz. Panang Curry Paste; 1/2 teaspoon ground Red Chili (add to taste only)!

Heat pan over medium heat. Place the Curry Paste and Sugar in the pan. As they reduce add the Chicken immediately and mix together. Next, mix the Coconut Milk Concentrate, and the water, lastly add the Fish Sauce, Peanuts, Basil, Red Chili and Bell Peppers. Let it simmer for 10 minutes, remove from stove and serve.

*Note: You may substitute the Coconut Milk Concentrate with canned Coconut Milk and the Dry Chili with Fresh Chilies. The Dry Chili seems to add more of a roasted nutty flavor.*

**IRISH STEW**

2 lbs. Stew Meat  
 1 1/2 gallon distilled water  
 3 heaping Tbsp. of beef broth powder (or 6 cubes)

2 small cloves of garlic chopped, or 1 Tbsp. liquid Garlic.

**Veggies:**

4 Large Potatoes washed and chopped to bite size cubes (leave skin on).  
 1 large Onion chopped  
 2 stalks of celery chopped  
 2 Lager Carrots chopped  
 8 oz. of Lima Beans  
 12 oz. Whole Corn  
 12 oz. Green Beans cut  
 12 oz. Peas

**Spices:**

2 Tbsp. Soy Sauce  
 1 Tbsp. Thyme  
 1 Tbsp. Basil  
 1 Tbsp. Black Pepper  
 1 Tbsp. Parsley flakes

Dumplings: (To be added after above stew is cooked.)

2 Cups of Bisquick original baking mix and 2/3 cup of milk.

Mix ingredients in a bowl. Using a Table spoon, scoop heaping Tablespoon amounts and drop them into boiling stew, cook for ten minuets uncovered, cover and reduce heat to medium cover and cook for ten more minuets. Serve with Stew. Stew base will thicken with this mix.

**Cooking:**

In a Large Pot add the following:  
 1. Water, Meat, Broth Powder or cubes, Garlic, and Spices. Cook for 15 Minuets after water is boiling.

2. To boiling water add Veggies and cook for 20 more minuets uncovered. (medium to high heat).

3. After the above two steps have been completed follow the dumpling recipe above.

Note: If stew base is clear, add two table spoons of Biscquick mix directly into Stew, and stir well.

Serving: Serve in large bowls. Bread can be served, to absorb sauce. Another way of serving: On a Plate - Put stew directly on Biscuits. The quick bake Pillsbury buttermilk type, (Popping Fresh Dough) is the best taste with the stew. Leftovers should be Refrigerated