



LANKA LINK

SLCFA NEWSLETTER - MARCH 2020

The 42nd AGM of the Sri Lanka Canada Friendship Association of Edmonton was held on the 02nd of February 2020. The following members were elected to the committee.

President

Vice President

Secretary

Treasurer

Director of Social and Recreational Activities

Director of Membership

Director of Publicity & Communications

Director of Cultural Activities

Director of Projects and Fund Raising

Past President

- Nirmalee Namasivayam

- Anil Fernando

- Yohan De Silva

- Nayanthara Witharana

- Maya Silva

- Gothamika Wickramasekara

- Sharmini Senaratne

- Savitri Senaratne

- Amintha Coonghe

- Ramona Fernando

For those of you who don't know us :



(Left to right: Amintha C, Anil F, Ramona F, Sharmini S, Maya S, Savitri S, Nirmalee N, Gothamika W, Yohan D)

Despite the considerably large membership we have, it was quite a challenge to find a new president this year, till eventually Nirmalee Namasivayam stepped up to take the position. With a new and younger, energetic president at the helm the new team is looking forward to working together towards a successful year.

As you are aware the strength of the association is dependant on its membership and their participation and volunteerism to the activities. Therefore we urge you to continue with your membership and help us. We welcome all our new members. **REMINDER** : The cut off date for renewal of your membership without penalty is March 31, 2020. For more details/ membership forms, please contact the membership director Gothamica Wickramasekara (gothamica@gmail.com).

Being a member has its advantages such as lower payment for tickets, booking the building for private functions at a reduced rate etc. Building bookings are handled by Anil Fernando (anilafernando@hotmail.com). The rental rate is \$100.00 for members and \$150.00 for non members with a refundable deposit of \$300.00.

Remember this is your association. As such we would love to receive news pertaining to our membership or any interesting articles that could be published in the future issues of the newsletter. Further any input or suggestions you may have on improving the existing programs or even new programs/projects which could be implemented and are within the rules and guidelines for utilization of Alberta Gaming Liquor and Cannabis agency are welcome.

We would also like to take this opportunity to thank the outgoing committee for their efforts last year.

REGULAR EVENTS HOSTED AT THE ASSOCIATION BUILDING

FIRST FRIDAY NIGHT - Every 1st Friday of the month from 7.30 pm onwards .

An evening of socializing, games, music, and dancing culminating in a potluck dinner. *Coordinator - Mano Senaratne* (manosenaratne@shaw.ca). Non members can join in the fun by paying a drop in fee of \$2.50 per head per event or \$15.00 for the entire year. Keep the day free and make sure to join us.

Shown below the very first 1st Friday for the year for the new EC held on the 07th of February. It was gratifying to see the large number of attendees. We hope the numbers will continue to rise.



MOVIE NIGHT: On the last Friday of the month starting at 7.30 pm.

Excellent opportunity to socialize and touch base with home with a Srilankan movie. The evening commences with a potluck dinner followed by the movie. Try it once and you may not want to stop. Lakshaman has done it for twenty plus years to date. *Coordinator - Lakshaman Samarasinghe. (medhal@telusplanet.net)*

SENIORS DAY : 2nd Saturday of the month from 10.00am - 4.00 pm.

Generally sponsored by groups of 2 - 3 families. Open to seniors over 60 years of age. The seniors are treated to exercise, games, a good lunch and whatever other entertainment the hosting families deem necessary. While thanking those who have already volunteered to host this event, we are looking for more volunteers to host the missing months. If you are interested in sponsoring or even participating, you could do so by contacting the coordinator Shanthi Fernando (albert.fernando@gmail.com) or any committee member.

SRI LANKAN DANCE CLASSES: 2 Sundays a month from 10.00 am - 2.00 pm

Conducted by the two talented and highly qualified sisters Chethani and Chathumi Ratnayake.



Kids of all ages are welcome . The rate of payment is \$50.00 a month. The high standard of instruction was evident by the performance of our kids at the cultural show in November. For more details contact *Chethani* (chethaniratnayake@live.ca) or *Chathumi* (rchathumi@gmail.com)

YOGA CLASSES - Conducted on Wednesdays from 7.30 - 8.30 pm

Coordinator/Instructor -Ranjana Witharana (ranjanaw@hotmail.com). Ranjana has done Yoga for about 6 years now and has seen its benefits and was wanting to share it with her friends and the aging community. The classes are free of charge. Contact Ranjana if you require more information or would like to join.



CALENDAR OF UPCOMING EVENTS:

NEW YEAR CELEBRATIONS: April 03rd in conjunction with the 1st Friday night. Lookout for more details in the email coming out shortly.

Auspicious times *New Year dawns April 13th at 7.45 pm

for 2020

* Lighting of Hearth(dressed in green and facing South) - April 13 at 8.06pm

* Exchange of money and first meal - April 13 at 8.54 pm

HERITAGE FESTIVAL: August 01 - 03. Chairperson: Amintha Coonghe

While the SLCFA is very hopeful in being part of the 2020 Heritage Festival, we have been advised by the Heritage Association that our application acceptance is contingent on sharing the pavilion with another group. The EC is currently working to establish the origin of this group to ensure that they are also of Sri Lankan descent. Should confirmation be received that this party is not of Sri Lanka origin, the EC does not support moving forward with a shared pavilion.

PICNIC - June 07th. Venue to be announced.

EDMONTON CALGARY SPORTS ENCOUNTER: Date, venue and more details to be announced once finalized with Calgary.

YEAR END GALA: November. Date and time to be announced.

PENNY FOR YOUR THOUGHTS:

*If you want to make positive changes in your life:
Don't sit on the couch and wait for it. Go out. Make the
change. Smile more. Be excited. Do new things.
Throw away what you've been cluttering.
Do not follow negative people on social media.
Go to bed early. Wake up early. Be fierce.
Don't gossip. Show more gratitude.
Do things that challenge you. Be brave.*

Sri Lanka Canada Friendship Association of
Edmonton

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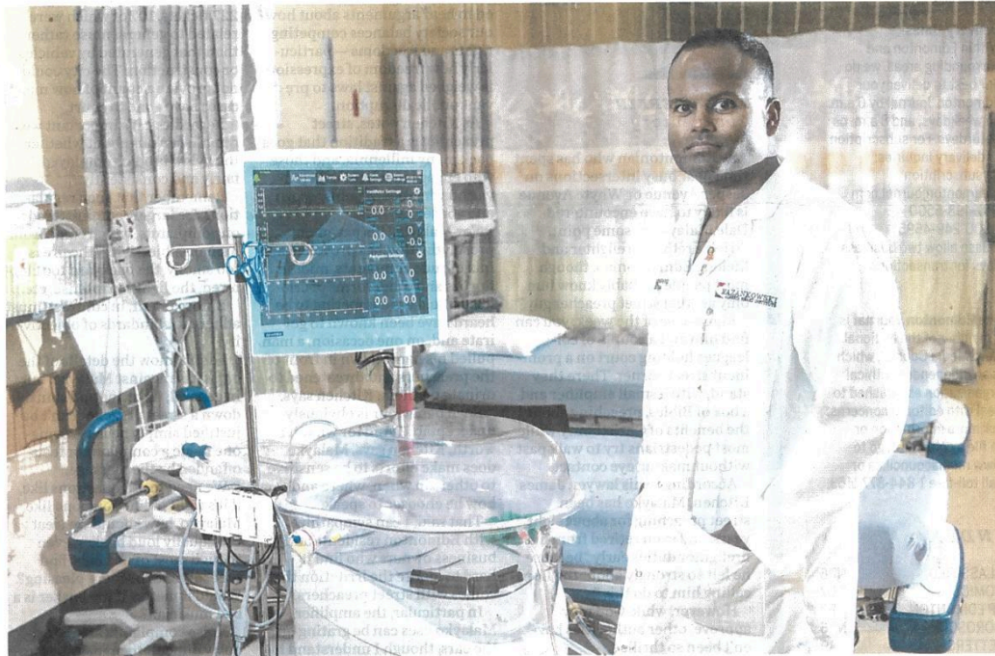
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Compiled by: Sharmini Senaratne on behalf of the SLCFA

Dr Jayan Nagendran wins NASA iTech Ignite The Night Competition



We are proud to recognize the outstanding achievements of Dr. Jayan Nagendran, Surgical Director of lung transplantation at the University of Alberta Hospital and son of longstanding members of our association Jay and Shyamala Nagendran who have served in our EC as well.

Jayan, co founder of Trevasol Transplant Technologies of Edmonton, has the distinction of developing the EVOSS Ex-Vivo Organ support System, a device developed to improve organ transplantation. This machine can store human organs in an environment as if they were still inside humans as they are transported for transplantation. To date, the device has helped 12 patients with successful lung transplants, but the intent is to extend this solution to other organs as well.

Jayan's innovation recently won top honours at Nasa's Ignite the Night Tampa iTech event that provides entrepreneurs developing technologies that address real-world problems to pitch their technology as a possible solution for some of Nasa's challenges. NASA is particularly interested in the aspect of exploring the possibility of one day placing astronauts in hibernation for long distance space travel as this would be an immense asset to their work overall.

Jayan will be one of the top10 finalists to present his case to the NASA final Forum in May and we wish him good luck and every success.

Source: Global News+NASA Site