



The Voice of Kandy

The Y's Men's Club of Mahanuwara

(Successors to the Y's Men's Club of Kandy)
Affiliated to Y's Men's International, Geneva, Switzerland
MOTO: "TO ACKNOWLEDGE THE DUTY THAT ACCOMPANIES EVERY RIGHT"



Special events for the past 6 months

- Moragolla Village Development Project (VDP) & Medical Clinic
- Geli Oya Home for Elders Alms giving & Medical Clinic
- Sing Along Season III
- Galagedarawatte Medical Clinic & VDP basic assessment
- Perahara viewing with YM C Kurunagala
- Electricity for Hanthana Line Houses
- Christmas Party to be held on the 14th of December 2012

The Editorial Board has great pleasure in bringing out this Biannual News Letter in time for Christmas. This issue highlights the main projects we have carried out during the last six months from July to December 2012 and special articles contributed by our members.

The Mahanuwara Club is proud to have 17 dedicated members who are the Clubs' greatest asset.

The Mahanuwara Club was chartered on 30th May 2004 being successors to the Kandy Club which was chartered in 1962. We have some of the oldest living and still active members in our club.

Ongoing Community Service Projects

➤ Moragolla Village Development Project



Foundation laying ceremony held on 24th of July 2012 to build a Community/Welfare Service Center at Moragolla

Rs. 100,000.00 was donated for this project by Y's Men's Club of Mahanuwara through the generosity of a member who wishes to remain anonymous.

This is an ongoing Village Development Project

Individual

Contributions: Page

Cloth Carrier

By Porf. H. Aponso 2

Role, parents must play in the education of their children

By Dr. Nimal Sadaratne 5

Addiction to Alcohol and Cigarettes- Is it a mental illness? By Dr. Shavindra Dias 6



Here C/E DGE Y's Man Terrence Etugala along with Y's Man Prof. Kumar Pathirana inspect the progress of the building of the new community/welfare centre in Moragolla on the 30th of September 2012.



➤ Geli Oya Home for



Monthly alms giving for 43 inmates of the Geli Oya Elders Home on the 27th of July 2012

Total cost was Rs 6,600.00

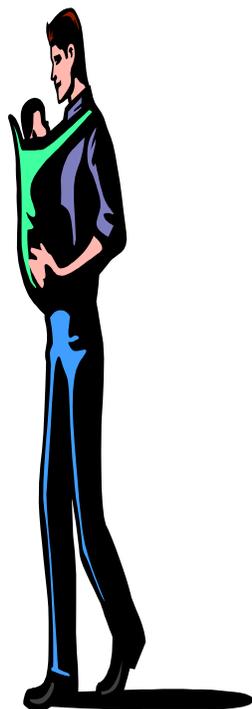
A medical clinic is also organized once in three months.



CLOTH CARRIERS by Prof Herbert A. Aponso (extracted from the book, 'Your Child Your Family')



Mom's hands are free with the Cloth Carrier.



Marsupials, such as kangaroos, carry their newborns in fur-lined fleshy pouches which are situated on the mother's belly. This provides warmth, protection, and easy and ready access to breast milk.

Our babies too could be carried close to a parent's body, with many advantages. It provides them a sense of security, body warmth, and protection.

Here, in our country, we see babies being very inconveniently carried by the mother with one hand, while holding an umbrella (for rain or sun), and often a handbag as well with the other hand. It is also common to see a baby being carried by a mother riding on the pillion (back seat) of a motor cycle, which is an important mode of travel these days. The mother's hands are not free to hold firmly on to the rider or the seat, and she and the baby run a great risk of being thrown off.

A soft cloth carrier where baby can lie comfortably in close contact with the parent's chest or behind the back (the front is preferable in the early months) is a convenient way of carrying baby (see figure). Cloth carriers are becoming increasingly popular in the West for babies from the first day of life till they are about 18 months old. This has become the accepted practice in many countries. The comments of two Sri-Lankan parents who have used cloth carriers, are given below:

"We used the cloth baby carrier for our three children when they were between 1 to 18 months of age, and found it to be extremely useful. We first used it for our first-born daughter, Thili, in Pennsylvania (USA). Back home in Sri-Lanka, we used it again quite successfully for our next daughter, Shani, and a few years later for our son, Bambi. Before they were about 8 months we used the snap-on headrest too. Till they were about 8 months we carried them in front and after that on our backs. As we had not seen or heard of any of our parents or relatives using it, we were wondering whether baby would become cramped inside it. Not only were the babies not affected, they liked it, even sleeping snugly whilst in it. Also our fears of them falling out of the carrier were allayed after using it for some time. Both of us used it and found it very convenient when travelling, and also at home, as it left our hands free to

do any other work. Once we got used to it, we did not feel the babies weight at all, and indeed could even go for long walks with the baby well contented inside the carrier".

- Heshan and Lakprabha

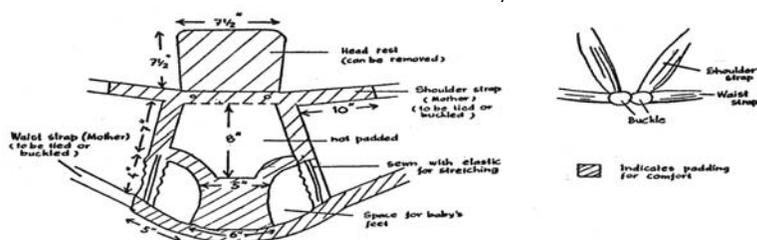
"The cloth carrier ("snugly") is something that came in very useful with our daughters, Ashi and Shala, in Boston (USA). We have also seen it being used by almost all parents in Boston.

The greatest advantage that we found in using a snugly for our newborn was that once she was safely inside it, one had both hands free to do whatever, or carry any other thing or attend to the needs of an older child. In this present age as we have to depend more and more in doing things by ourselves, we are sure the snugly will become a very useful and practical way of carrying a baby. We used a snugly for our baby from the first month to one year. How long one can use it depends on how active the baby is, when in the snugly. As said before, one can use the snugly from birth, as a snugly has a detachable headrest, which helps the baby to keep the head firm, and also a neck support. Once the baby has head control, one can remove this part. Babies feel the closeness of the mother's or father's body, and the warmth they long for. We are sure the security and love they feel when snuggled is even more than when they are being carried in the arms. We hope more and more of us will start using a snugly. It is only then that we will realise its usefulness and practicability". - Ranil and Charmalie.

The following features (see figure above) should be incorporated into the carrier:

- made of strong cloth, strong stitches, and reliable buckles
- washable
- wide adjustable shoulder straps that will not cut into the parents' shoulders
- a head support that can be removed when the baby can raise the head
- the leg holes should be such that baby's legs are comfortably spread apart with the knees lower than the buttocks.

We have been informed that some mothers who have read about the cloth carrier (from 1992 when 'Your Child Your Family' was first published) had got it made locally according to the design shown in the figure. They have used the cloth carrier with great acceptance. In fact, one mother expressed her thanks, and said how convenient and useful it had been. (This is now being made in Kandy; garment manufacturers could please start doing so. For further information : herbapons@gmail.com)





Sing Along - Season III



The third in a series of " Sing Alongs" organized by the Club was held on Saturday the 22nd September 2012 at the Hotel Tourmaline, Kandy with the popular Hezonites providing the music and Guest artiste Nimal Jayamana of " Ranpota " fame leading the singing.

The evenings' programme consisted of singing - Golden Oldies and popular hits interspersed with music for dancing. The event was well attended and a full house of discerning music - lovers enjoyed an evening of fun and frolic. Audience participation was fantastic with everyone joining in the singing and on the dance floor. Several competitions, a prize draw based on the admission song book and a raffle were other features of the evening. Attractive prizes were presented to the many winners. A choice of food and drink was available throughout the evening and served by the hotel staff.

Y's Man Shavindra Dias was on the floor throughout the evening to ensure that the program seamless with one item leading on to the next without any glitches. The program went on till midnight when it had to be brought to a close on the requests of many.

This event no doubt was a great success both in terms of participant satisfaction and as a fund raiser for the club. My thanks are due to fellow members of the organizing committee Dilangani Bhareti, Vanessa Etugala, Shavindra Dias and Anusha Dias for the unstinted support they extended me to organize this event. Through many works of meticulous planning, fund raising, printing etc they gave not only of their time but also of their many skills too numerous to enumerate. Thanks to Dilangani in a special way, for opening her house for all the committee meetings, Thank you Dilangani, Vanessa and Anusha for the short eats and drinks so lovingly provided to meet our metabolic needs and Keerthi Bhareti for tolerating us in his home through many weeks. Finally thank you to the fellow members of the Club for the assurance of your support throughout.

*Dr. Ainsley Stanislaus
Chairman " Sing Along" Committee*



The winners of the Baila Competition receive their prize from our Charter Member Menette Mrs. Dilangani Bhareti



Y's Ling's in action



The Mayor of Kandy graced the ocation with his family



Table singing competition

Central/Eastern District conference

Seven members of our club along with 4 Y's Lings participated in the Central Eastern District Conference held on 22nd September 2012 at The Tourmaline Kandy which was organized by the C/E District Council. YM Terrence Etugala of the YMC of Mahanuwara was nominated as the C/E DGE for 2013-2014.





Ongoing Community Service Projects

➤ Galagedarawatta Medical Clinic & VDP

*"Give a man a fish
he will eat for the
day.*

*Teach a man how
to fish he will eat
every day.*



A medical clinic was held in Galagedarawatta 75 patients benefitted by this clinic. Expenditure amounted to Rs. 5,340.00. YM Prof. Aponso and his medical team of 1 doctor, 4 helpers and 2 pharmacists were accompanied by YM Dr. Ainsley Stanislaus, YM Dr. Walter Tissera, YM Prof. Pathirana, YM Ranjith Dayaratne, Menette Leela Jayasinghe & Menette Vanessa Etugala. Y's Men's Club of Kurunagala was unable to join us but three of our members carried out the basic needs assessment survey. We visited eight houses in the village and spoke to the occupants and filled out a 'pilot survey form'. Six more patients were questioned at the clinic by Menette Leela.



Recipe Corner

THICK KOS ETA (JAK SEED) SOUP



Ingredients

- Chicken stock – 2 pts
- Boiled and powdered Jak seed flour – 25g
- Vegetables – 300g (Leeks, Bombay onion, carrot and celery)
- Margarine -30g
- Milk – 25ml
- Salt as desired
- White pepper
- Jak seeds, thinly sliced and deep fried – 25g

Method

Heat margarine and fry slightly the vegetables chopped into small pieces. Add Jak seed flour and stir. Add stock while stirring and bring to the boil. Simmer for about 30 minutes over a medium heat and strain. Add milk, salt and pepper. Add deep fried Jak seeds just before serving.



Role, parents must play in the education of their children

The role that parents must play in the education of their children can never be abrogated by sending your child to the best school. You have a continuous, continuing and unremitting role to play in the formation of your child's intellectual and moral stature. This role was amply captured by President Obama in his Father's Day message recently. He said he understood the role of a father by "the absence of one". His father left the family when he was only two. He had wonderful grandparents. Yet, in his own words; "I still felt the weight of his absence throughout my childhood."

President Obama went on to define and discuss the role of parents. I quote.

"As fathers, we need to be involved in our children's lives not just when it's convenient or easy, and not just when they're doing well-but when it's difficult and thankless, and they're struggling. That is when they need us most."

And it's not enough to just be physically present. Too often, especially during tough economic times like these, we are emotionally absent: distracted, consumed by what's happening in our own lives, worried about keeping our jobs and paying our bills, unsure if we'll be able to give our kids the same opportunities we had.

Our children can tell. They know when we're not fully there. And that disengagement sends a clear message-whether we mean it or not-about where among our priorities they fall.

So we need to step out of our own heads and tune in. We need to turn off the television and start talking with our kids, and listening to them, and understanding what's going on in their lives.

We need to set limits and expectations. We need to replace that video game with a book and make sure that homework gets done. We need to tell our sons, those songs on the radio may glorify violence, but in our house, we find glory in achievement, self-respect, and hard work."

We need to realize that we are our children's first and best teachers. When we fail to control our tempers, our children learn from that-and it's no surprise. When we work hard, treat others with respect, spend within our means, and contribute to our communities, those are the lessons our children learn."

A child's mind is like a sponge that absorbs from the environment both the good and the bad. Parents you are your sons' and daughters' best teachers. They learn from your example not from your exhortations; they learn from not by what you preach, but what you practice; they observe your behaviour and emulate you. Therein lies our responsibility as parents, teachers and citizens of this country.



Extract from Speech made by Y's Man Dr Nimal Sanderatne at the S. Thomas' College Kollupitiya Prize Giving on July 17th 2009

Ongoing Community Service Projects

➤ Moragolla – Goats Project

As the saying goes, goat is a poor man's bank account for many good reasons. Space to keep and feed are two major limitations for a poor family to rear cattle. In many ways goats are the ideal animals for smallholders. Goats need much less space and feed. They also eat all kinds of plants and weeds. Shorter duration of pregnancy (five months vs. ten in cattle) while twins are the norm, single kids and triplets are also common. Therefore, during one year, compared to a calf with a cow, there can be up to four goat kids with a she goat resulting in two lactations as well. Mutton and goat milk are also sold at higher prices than cow's milk or beef.

To complete what we did at Moragolla since I was not there when the goat project commenced.

Therefore, the club decided on providing selected farmers from the village with a she goat each and one stud to serve them. The idea is that the first kid to be born has to be given to a new farmer.

On monitoring the progress, we were quite satisfied with the manner in which they looked after the goats with many kids born and distributed among others. In one instance, the she goat was more of a pet of the children. In fact, they became fond of their keepers, and the keepers of them. Due to the success at Moragolla village, the club is planning a similar project at the newly adopted Galagedarawatta village which is another under privileged remote village.

Contributed by Prof Kumar Pathirana





Avocados have the highest calories of any fruit at 167 calories per hundred grams.

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*Merry Christmas
&
Happy New Year*

Addiction to Alcohol and Cigarettes – Is it a Mental Illness?

One would be surprised if it were stated that addiction to alcohol and cigarettes can be considered as a mental illness. We see people who consume alcohol daily in public and some who do it on the sly. It is the same with cigarettes. There are social drinkers. It is only a handful who understands the long term consequences of such addictions and refrain from it altogether. The main reason is that Addiction to Alcohol, cigarettes and drugs like heroin and Ganja stems from mental stress which leads to mental illness.

It is common to take medication for illness and from time immemorial people have got used to consuming alcohol for various illnesses as well. But alcohol cannot be considered as a medicine. Alcohol consumption is considered deadly in Medical terms.

The symptoms start to surface after the first consumption. The nerves are stimulated and the craving for more and more alcohol /cigarettes/drugs begins. The inability to control the urge is the mental illness.

These symptoms vary from person to person. If it is a first time drinker, he or she will be impatient until the next opportunity to drink, This impatience causes them to plot and find ways and means of getting another drink (getting together with friends in secret) there are also those who will stay in a smoke zone just to inhale the fumes. Such behavior can be considered as symptoms. The symptoms of long term alcohol addicts and drug addicts are different from the above. They have strong cravings and complain of body aches and pains if they refrain from alcohol. The symptoms can include loss of appetite, loss of sleep, tremors in hands and feet. These symptoms interferes with their daily routine. This is known as Alcohol Dependency syndrome.

Alcohol causes changes in the body inner systems which manifests externally as symptoms. Blood and alcohol concentration levels of an alcohol addict is higher. Thus this contributes to differences in the functions of the brain and the body. The blood and alcohol concentration levels of a person who consumes alcohol daily are similar. Refraining from alcohol for a day or two causes the blood alcohol concentration level to decrease. This leads to craving for more alcohol at frequent intervals and such persons conveniently make it an excuse to drink in order to do any work. They feel that alcohol enables them to work and most go to extremes to prove this point.

Alcohol addiction is a social problem. It can be considered as a genetic illness as well. However

the complications occurring due to it can be prevented by certain therapeutic interventions. The mental aspect of this illness can be controlled. Remedial action has to be taken for the trauma, downfall of the family which arises in families of such people. For example if we look at a person who has been addicted to alcohol or drugs for the last 10 years starting the addiction at 17 years, such a person has to seek medical attention. This addiction can cause much trauma to his family and friends. Medical Science has remedies for such people and that is why it is important for them to consult a psychiatrist in this regard.

When it comes to treating an alcohol addicted his/her cooperation is vital because initial treatment has to commence as a inward patient in a hospital. The initial treatment step is aversion therapy .A drug which enables the alcohol craving to decrease is introduced. A side effect of this is that it stimulates body function. The patients gains a healthy appetite and his feeling of laziness disappears. If the patient takes continuous treatment for at least 3 months after this initial therapy he can come back to normal.

There are some minor treatment side effects experienced by some patients like dizziness and nausea, but these side effects usually disappear in a couple of hours or a day. These minor side effects should not become a barrier for anyone to seek treatment which once done and continued would ensure that person a lifetime of happiness .Treatment for the above can be sought on Fridays at the clinic in Peradeniya Hospital. The clinic commence at 8.00a.m. Anyone who finds it hard to access the above should meet a Psychiatrist from any of the hospitals in the country and take treatment.

Some steps can be taken to help reluctant alcohol dependant patients to seek medical treatment. The patient has to be mentally prepared before the visit. It has to be emphasized how important he or she is to the family and the benefits of overcoming this problem which will not only solve the person's problem but the entire families trauma, recover from downfall etc. Once the patient is taken to the doctor, the doctor will be able to start the relevant treatment. A patient with loss of appetite will regain his appetite and this alone can stimulate him to continue with the treatment.

Contributed by Dr. Shavindra Dias

Electricity for Hanthana Line Houses



The Club paid Rs 25,500.00 to the Electricity Board Kandy being the cost for providing electricity to 5 Line Houses in Hanthana.