



# CoMSAA NEWS

**Official Newsletter of the Colombo Medical School Alumni Association**

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**COLOMBO MEDICAL SCHOOL ALUMNI ASSOCIATION  
(CoMSAA)**

**FACULTY OF MEDICINE  
UNIVERSITY OF COLOMBO**

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**Editing and Page Setting by Dr. B.J.C.Perera, Editor CoMSAA and Dr. Chandra Jayasuriya, Asst. Editor CoMSAA**

## *Editorial musings*

In this short span of eighteen months, your CoMSAA has really achieved quite a lot. They are chronicled elsewhere and in the three Newsletters that have been published up to now. We have also enjoyed the camaraderie as well, especially during the 2012 Reunion.

How much more would we be able to do, if only we had the collective muscle of all those who are yet to join CoMSAA?. Many are the efforts made by numerous people to rope in the alumni. Alas, sometimes, most unfortunately and sadly, to no avail. Efforts at gentle persuasion have often drawn a resounding blank.

One might justifiably ask why? Perhaps a plethora of reasons, amongst which is the hitherto unexplained reticence on the part of those who have had the good fortune to go in to the Colombo Medical Faculty and come out with the prestigious MBBS (Colombo) degree. In those halcyon days, in a non-residential campus, we perhaps continued the 8 to 4 type of secondary school mentality. Arguably, we do not seem to have the typical allegiance and solidarity, shown by some others from our much younger sister medical schools.

Be that as it may., this is yet another clarion call to all those alumni who have not yet become a part of this great family. **WE DO NEED EVERY SINGLE ONE OF YOU.**

We wrap up our reflections, with the very best of wishes, to all and sundry.

*Dr. B. J. C. Perera* - Editor

*Dr. Chandra Jayasuriya* – Assistant Editor

Colombo Medical School Alumni Association (CoMSAA)

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# *PRESIDENT'S COLUMN*

## **Message to the alumni from the President, CoMSAA**



I think it is important to keep you updated of the activities of the Colombo Medical School Alumni Association (CoMSAA), as it completes the first couple of quarters of its second year.

During Q1&2/Y2 we have concentrated on contacting more alumni who may still be unaware of our existence and our achievements. We now have a good e-mail database of the Alumni and this is very important as most of our communication is electronic via e-mail, e-newsletter, website and blog. You are encouraged to electronically communicate and also contribute to them. We are also in the process of compiling a CD of the alumni with photos at the time of entry, which should jog the memory and help to enlist many more alumni, especially from distant lands.

The website([www.comsaa.org](http://www.comsaa.org)) and the blog <comsaa.blogspot.com> are already in place and you are welcome to contribute to the Newsletter by way of photographs, articles or snippets from your medical life. The e-mail address is [comsaa@rocketmail.com](mailto:comsaa@rocketmail.com).

By participating in the activities of CoMSAA you will recall with nostalgia your colleagues and teachers of the Medical Faculty and extended faculty and help the present students to make the best use of the facilities available. Improving student facilities is one of the main aims of the CoMSAA.

Let me sum up what we have done so far and what we hope to achieve during the year.

### **CoMSAA achievements**

- A membership of nearly 500 in one year
- Inaugural academic sessions, Fellowship lunch and sing-along, in 2012
- Constitution approved and Bank accounts opened
- Website [www.comsaa.org](http://www.comsaa.org), e-Newsletter commenced, Blog initiated
- Office in Medical Faculty with a secretary and office equipment
- Plastic membership cards for founder members
- Improvement of facilities for students – TV, billiard table and piano
- Books for the library
- Five Computers and a network printer for the library donated by the Class of 1963 following its Golden Jubilee celebrations in January 2013.
- Financial assistance for needy deserving achieving students
- Corporate Plan drafted

### **In the pipeline**

- Collaboration with other professional bodies in Sri Lanka
- Collaboration with Alumni Associations of other medical faculties in Sri Lanka
- A donation worth Rs 2 million for books to the library from SLMANA Eastern Chapter

- A donation of Rs 500,000 for an achieving needy student scheme donated by a non-medical professional
- Ten more computers for the library
- Enhancing learning facilities in the student hostels
- An International Academic Congress and Reunion of alumni in 2013
- A CD of alumni with e mail addresses and available photographs at time of entry

I would like to request you to keep **September 8 th 2013 (Sunday)** free for the International Congress and Fellowship Meeting and Dinner. You will get an opportunity to reminisce with your colleagues and alumni of many eras and also update your awareness of the achievements of the alumni. Please keep in touch either by e-mail [comsaa@rocketmail.com](mailto:comsaa@rocketmail.com) or by reading our newsletter, website ([www.comsaa.org](http://www.comsaa.org)) and blog([comsaa.blogspot.com](http://comsaa.blogspot.com))

My personal e mail is [jbpeiris@hotmail.com](mailto:jbpeiris@hotmail.com). Please feel free to communicate on any topic of interest to alumni or present students.

**Dr. J.B.Peiris** MD, FRCP(Lond), FRCP(Edin), FRCP&S(Glas), Hon FRACP  
Hony. Foreign Fellow of the Association of British Neurologists  
Senior Consultant Neurologist

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### **THE EXECUTIVE COMMITTEE 2012-2013** (elected on 28<sup>th</sup> September 2012)

President	: Deshamanya Vidyajyothi Dr. J.B.Peiris
Immediate Past-President	: Deshamanya Professor A.H.Sheriffdeen
President –elect	: Vidyajyothi Professor Lalitha Mendis
Vice – Presidents	: Dr. Dennis Aloysius Professor Ravindra Fernando Dr. Sarath Gamini de Silva
Co – Secretaries	: Dr. Piyusha Atapattu : Dr. Deepa Wimalasena
Treasurer	: Professor Jennifer Perera
Assistant Treasurer	: Dr. Romain Perera
Editor	: Dr. B.J.C.Perera
Assistant Editor	: Dr. Chandra Jayasuriya
Social Secretary	: Dr. Saroja Siriwardena
Dean Faculty of Medicine ( <i>ex officio</i> )	: Professor Rohan Jayasekara
Committee	: Professor Athula Kaluarachchi Professor Saman Gunathilaka Dr. K. Rajendra Dr. Shanthilal De Silva Dr. Lakshman Abeyagunawardena Dr. Champa Nelson Dr. Philip G. Veerasingam Dr. Shiranee Goonewardena Dr. Nanda Amerasekera Dr. Nipun Silva
Co-opted member	Dr. Nalika Gunawardena

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## Tit-bits and side-talk at the Council Meetings

The Council Meetings, held once a month, do tend to have interesting and hilarious tit-bits and side-talk that liven up the proceedings.

The following are some of the gems that the Editor was able to collect.

*Virgin wool is from sheep that can run the fastest.*

*Virgin coconut oil is coconut oil extracted without submitting it to heat.*

*Virgin Islands are where no man has set foot before.*

*Virgin Airlines are airlines without any accidents.*

*Virgin Airlines also launched Virgin Holidays. They said "No males please"., otherwise the holiday may be consummated. (not THAT kind of consummation idiot., consummate means accomplished !!!!)*

*One Council Member said that she was going to be in Paris at the time of the next meeting. Another said that he was going to be in Moneragala. A wag remarked "What a comparison, Paris and Moneragala !!!". The Moneragala guy shot back "Paris and Moneragala have things in common. There are girls with false finger nails in both places".*

*They talked of an inquiry into the reason for almost 100% Caesarean Sections in the private sector. It was decided that such an inquiry would be "hitting below the belt".*

*One Council Member extolled the virtues of "Kohomba and onion paste" for dementia. He told of a patient who got so much better on it that the patient is now able to drive again. Another resourceful member of the Council wanted to know the Registration Number of the car the patient is driving., just so that he could give it a wide berth on the roads.*

### NOMINATIONS FOR DISTINGUISHED ALUMNI FOR THE YEAR 2013

Nominations are called by the Colombo Medical School Alumni Association (CoMSAA) for the award of Distinguished Alumni for the year 2013.

Distinguished alumni would be those who have made a significant contribution to medicine, research, national development, fields of fine arts and culture, sports and other pastimes or to the Colombo Medical School.

The nomination should consist of brief details of the nominee and his/her contribution to medicine. It should be proposed by an alumnus and seconded by another alumnus. Both the proposer and seconder should be members of CoMSAA. The nomination document should be less than 1000 words and should be accompanied by the *Curriculum Vitae* of the nominee, duly certified by the nominee. The nominee should also be a member of CoMSAA.

Direct personal nominations **without** a proposer and seconder will **not be accepted**.

All nomination documents should be in hard copy format and posted under Registered Cover to :-

**The Secretary**

**Colombo Medical School Alumni Association (CoMSAA)**

**P.O.Box 271, Faculty of Medicine, Kynsey Road, Colombo 8, Sri Lanka.**

**The final deadline for submissions is 31st July 2013.**

Submissions received after the deadline will not be accepted or considered.



## ANECDOTES FROM THE PAST

### Crime and Punishment

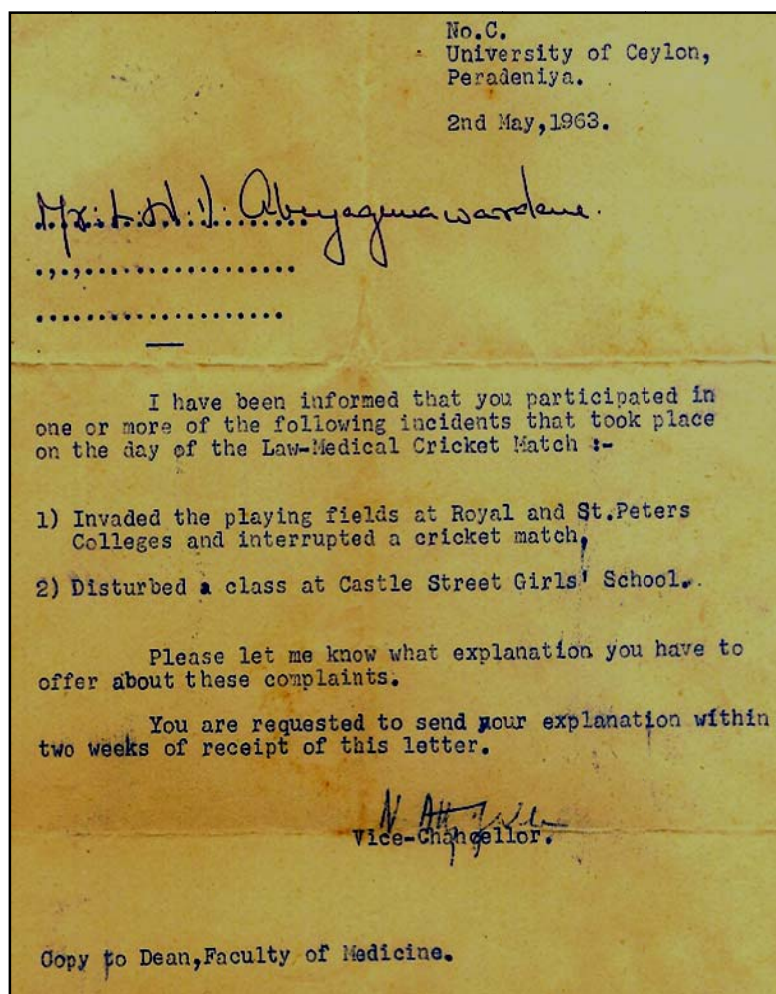
By

Lakshman Abeyagunawardene

With determination written all over our faces, we were eager to embark on the gruelling five-year course which was to begin shortly. That was 51 years ago when a batch of budding doctors with high expectations were converging on the Main Administration Block on registration day. Just prior to that, all of us had been summoned for the routine medical examination which is a part of the registration process.

The hilarity associated with a medical student's life had already begun. The University Medical Officer (UMO) had instructed us to bring with us a sample of stools for examination. An overzealous colleague who was the sole entrant from a lesser known school from an "outstation" had obviously misread the UMO's instructions. He had brought with him a somewhat heavy parcel with a neat brown paper wrapping. His doting mother, always eager to help her loving son, had taken a lot of trouble in preparing this parcel. As expected, the other students had managed with just a small glass bottle containing a little bit of the smelly stuff! Recalling this hilarious incident, I am reminded of the well-known limerick which goes as:-

*"There was a man from Newcastle,  
who wrapped up some s..t in a parcel" etc., etc !!!!!*



Coming closer to the title of this story, what we didn't know at that time was the dubious honour that was to be bestowed on us in 10 months time by "the powers that be". As illustrated by the attached document which I have preserved over the years, almost all male students of the batch were suspended from lectures for a period of two weeks and fined rupees ten as punishment for what was described by the authorities as serious offences.

I must reiterate here that I was only one of the recipients of this letter signed by the Vice Chancellor Sir Nicholas Attygalle. All male students who participated in the fun and frolics associated with the Law - Medical cricket match that year received similar letters and were thus punished.

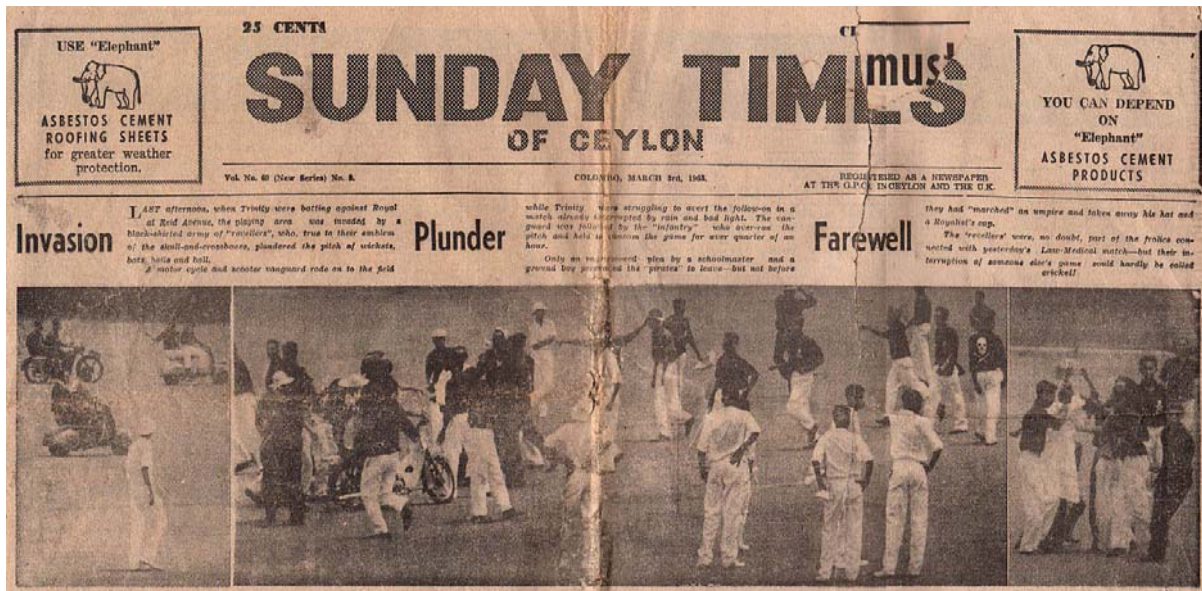
Medical students of that era had a number of fun-filled events to relieve themselves from the stresses and strains of studies and examinations. The Law - Medical match, Second MB Trip, Block Seniors versus Staff

Cricket Match, MSU elections, the Annual Block Concert and Dance and the Final-Year Trip were the highlights.

## Law-Medical '63

We remember the Law-Medical '63, not for the cricket, but for our involvement in two incidents as junior medical students. As outlined in the VC's letter, those of us who participated in the fun and frolics were accused of:

1. Invading the playing fields at St. Peter's and Royal Colleges and interrupting a cricket match (see picture).
2. Disturbing a class at Castle Street Girls' School.



As tradition goes, being the most junior students in the Medical Faculty, we made preparations weeks ahead of the big event. We coordinated well with our parallel batch in Peradeniya who too were to join us. Dressed in black shirts with the skull and cross bones emblem, the juniors paraded the streets of Colombo in open trucks as usual. The trucks were loaded with "Gal", "Pol" and barrels of draft beer and the boys carried on their "high spirited" fun and frolic in gay abandon. The match itself was played on March 1 and 2, 1963 at the Colombo Oval in Wanathamulla where our honourable seniors sat comfortably in the pavilion indulging in other forms of fun.

However, the merry makers somewhat exceeded the limits when they invaded the pitch and disrupted play in an inter-school cricket match at the St. Peters College grounds at Bambalapitiya. This drama was soon repeated at Reid Avenue where the Royal-Trinity match was taking place. Unfortunately for us, a Medical Faculty professor (who was unknown to us at the time) was an interested spectator there. He was an eye witness.

That was not all. The boys also "visited" Castle Street Girls School at Borella (present Devi Balika Vidyalaya) and "entertained" the schoolgirls who I am sure enjoyed the proceedings (at least initially) as much as the boys did. They giggled, ran hither and thither and waved invitingly as truckloads of unexpected visitors entered the school premises. However, in a matter of minutes, there was complete chaos when a few inebriated boys got out of hand. They were restrained by the more sober types who tried and succeeded in getting them back into the trucks before any real damage was done. But the school authorities were outraged.

As expected, a flood of complaints soon reached our Dean, particularly from an angry Principal and staff of the girls' school. All male students who took part in the fun making were summoned to the main lecture theatre in the Administration Block. After a long drawn out inquiry conducted by the Dean Prof. Abhayaratne himself, punishment was meted out to those found guilty. The boys accepting "collective responsibility" and not resorting to finger pointing at those who may have "misbehaved", avoided probable expulsion of a few students. They stood together as one,

even at the height of the crisis. There were no whistleblowers, tale-carriers, sneaks or whatever such traitorous cowards may be called. It was clearly a case of inebriation clouding better judgement combined with mob instinct that was responsible for the misbehaviour of a few. Punishment was therefore relatively mild although it was the much dreaded Board of Residence and Discipline (BRD) headed by the Vice Chancellor Sir Nicholas Attygalle which decided on disciplinary action. What saved the day was probably our rock solid unity. They simply couldn't have expelled over 100 students in one go. The Dean's daughter Rohini being a member of our batch, it was also rumoured that she may have mitigated on our behalf and prevailed on her father to soft pedal the issue. But that was mainly speculation among senior students. However, I must state here that our female colleagues stood by us during those difficult days. They took down notes even more meticulously than they usually do, and shared them with the suspended male friends.

Our batch was somewhat unique in that we were subjected to a second rag (in addition to the traditional "Freshers' Rag" during the first fortnight) by our seniors when we were well into our second year in medical school. That was added punishment for our infamous role in the Law-Medical '63. The vast majority of us didn't deserve such harsh punishment. But we never considered it to be a black mark on our careers. On the contrary, we take pride in the fact that our unity may have prevented a catastrophic ending to the careers of a few colleagues.

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#### **Editorial Note**

*The Editor was a First Year 'A' Level student at St. Peter's College in 1963 but cannot remember this incident. Given half a chance, he would have joined the merry medicos in the revelry*

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### **NEWS & EVENTS**

# **THE BIG DAY**

Please keep the 08<sup>th</sup> September 2013 (Sunday) free for the  
CoMSAA International Congress, Fellowship Meeting and Dinner

Venue : **Hotel Blue Waters**, Wadduwa.

It will be a day of academic exposition, fellowship, music and dancing,  
together with fun and games

Please await further details in the web site and by e-mail

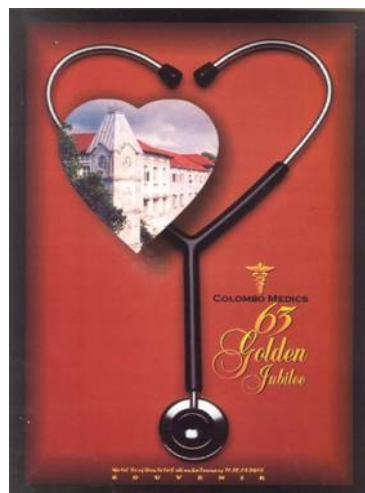
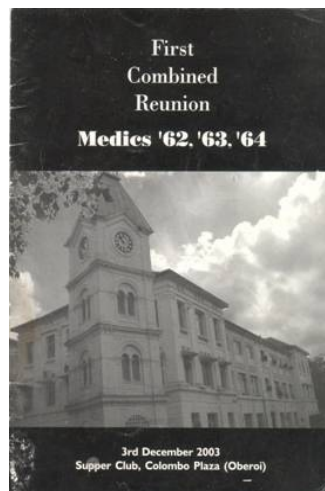
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# **GOLDEN JUBILEE CELEBRATIONS OF THE CLASS OF '63**

**The 'Surf', Bentota, Sri Lanka 11-13 January 2013.**

*Compiled by Dr J.B.Peiris*



On a Monday morning in mid 1958, after a carefree one year in the Science faculty for the first MBBS, about 130 of us in our late teens entered the hallowed portals of the Colombo Medical Faculty with trepidation, as the much feared 'fresher's rag' awaited us. However, it was curtailed to half a day because of the tension in Colombo with ethnic related riots.

After 5 years of a gruelling course with little respite but much camaraderie we left the 93 year old, only medical school in the country, with the prized diploma of MBBS (Ceylon) – obtained entirely free of a fee. Many utilized the diploma to seek fresh green pastures elsewhere.

Of the 130 who entered, more than 30 are no longer in our midst, and only about 25 are in Sri Lanka. Rest were scattered around the globe mostly in UK, US, Australia and Canada. Although, I had E mail addresses for over 50 only about half



replied the notices regarding the Golden Jubilee. While been thankful to all those who are travelling great distances for the event, we were disappointed by the poor responses, even from those who are resident in Sri Lanka. However, to have 31 rooms occupied for a 3 day event in a southern sea side away from Colombo, was the equivalent of a 'Gold Medal' achievement. I reminded my mates that the 5 years spent in the Colombo Medical faculty, influenced the last 50 years of our life in a significant manner.

Although I had organized as many as 10 'batch reunions', 2 combined reunions of 3 batches and a mega reunion of all in medical school in the early sixties, organising the GOLDEN JUBILEE was a daunting task for many reasons.

I was reminded of a quotation from the opening pages of Samson Wright, where Rabbi Akiba in captivity addresses his favourite pupil thus:

'My son, more than the calf wishes to suck,  
The cow yearns to suckle'

**Friday 11 January 2013** – some arrived in the early afternoon and with the other 1<sup>st</sup> day comers enjoyed an evening of camaraderie over cocktails at the 'Cumfy Bar'

**Saturday 12<sup>th</sup>** - many spent the morning at leisure walking on the manicured wide and long beach, followed by a swim in the Indian Ocean or one of the longest pools in Sri Lanka, ending with a cool beer or wine( chatting about old times) and a buffet lunch. Some took the opportunity of moving around including a trip to Galle on the scenic Southern Expressway, or Bawa's hideout in Bentota.

### **Saturday night**

The main event was the Saturday night at the sea side cafe – 'Fleur de Mer' (Fruits of the Sea) when I presented a power point presentation, commenting that we had undertaken a long journey during which time not only had we completed 50 years of doctoring but achieved many more individual milestones- majority had crossed the 75 year barrier and survived 45 years of married life!

The photos of the participants, at the time of entry 55 years before, were then projected on the screen and since we would have difficulty in recognizing some whom we have not seen for nearly 50 years I requested them to come up to the podium as the photo was projected.

When they walked up to the stage, my co – organizer, Dr Susiri Weerasekara, handed over a bag containing the souvenir, a photo- copy of the combined souvenir which had 475 scanned photos at the time of entry of the Medicos of '62,'63 and '64. A song booklet of the songs to be sung that night was also provided though the songs were also projected in a bold easily readable font were also projected. The most prized item was a memento mug with a photo at time of entry, the medical College and a photo some time after qualifying.

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## **LITERARY TALENTS OF THE ALUMNI**

### **AN EULOGY FOR A FESTIVAL OF CRICKET**

Matched by energetic and devoted powers  
At circa nineteen hundred and eighty nine  
To the cheer of flannelled cricket lovers  
Whence forth been thou alma maters shine

Opening the innings with six players alone  
Swept boards striking one score and eight  
Carried the bat through the times bygone  
Crossing boundaries for a towering height

Wooden blades battling spherical leathers  
Facing those creased up old boys in plenty  
Hooked the unpredictable British weathers  
Covering turfs over years five and twenty

Worcester, Bromley, Shenley with Chiswick  
Winchmore to Northwood thence is pitched  
Tossed around chasing for fun and frolic  
Taken guard to hold spectators bewitched

Colours of blue, maroon, green plus gold,  
Or strokes of black, silver, white cum red  
Padded flags point at their crests so bold  
Swinging on and off and show a leg ahead.

Gloved bouncers gated to catch oddballs  
Stewards on outfield keeping wide glances  
Band delivery sound that slip above walls  
Throwing in baila and pops for the stance.

Hoppers and Koththus to bail out our drive  
Beers and whiskeys that turn us into a spin  
Cutting and rolling do tradesfolks thrive  
Making extra runs to pull in kith and kin

Thus proudly we declare a bowl of praise  
Bringing us together for expatriate relish  
Following-on your partnership at this pace  
Long stint at the wickets to thee our wish.

***Dr. Gnana Sankaralingam***  
*Silver Jubilee President*

### **The Festival of Cricket**

It is a community event started in 1989 and is celebrating its Silver Jubilee this year. It is a carnival, centred on a six-a-side cricket tournament. It is organized by old boys associations of Sri Lankan schools in UK. At the start there were only six of them, but over the years this increased, reaching 28.

It was held in Northwood MTS grounds this year. However, for the last six years, it was staged in Winchmore Hill CC grounds. It was washed out by rain in 2000 & 2012.

It was staged for the first 06 years in Worcester Park, 07 years in Bromley Park, 03 years in Shenley CC grounds and 02 years in Chiswick CC grounds.

Flags of the OBAs participating in the event are displayed, and are hoisted by the Captains of the respective OBA teams during the opening ceremony.

Security is maintained by a professional firm, supported by five stewards from each OBA. There is a band to provide music to enjoy, from 02pm to 08pm.

There are nearly 50 trade stalls cooking food and selling Sri Lankan merchandise. Every OBA is allocated a marquee, each to entertain their members and friends.

The event is attended by over 6,000 expatriates, and is the largest gathering of Sri Lankans outside Sri Lanka. Surplus funds are given for development of their old schools.

## **EXTRA-CURRICULAR TALENTS OF THE ALUMNI**

### **Unique and superlative craftsmanship., definitely like no other**

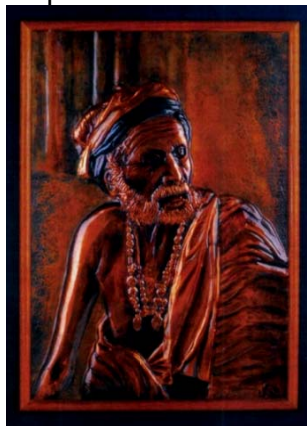
*As documented in his own hand by an alumnus.*

Following a period of oil painting, under the tutelage of Aubrey Collette at Royal College, and having exhibited at a “43 Group” War Effort Exhibition; it was during the postgraduate period that I developed an interest in a series of art hobbies in London.

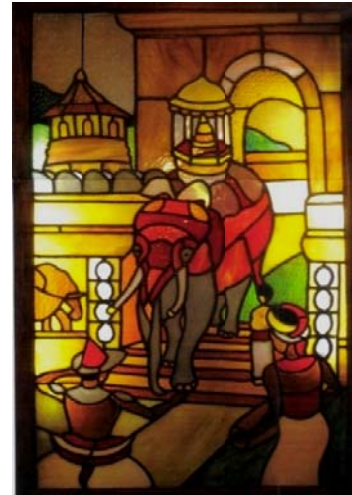
First, it was “Marquetry”. Inspired by my wife (who passed away two years ago). Natural colour wood veneers are inlaid on wooden furniture, to produce appropriate pictures and designs.



Next, I got on to copper tooling (Repoussé in copper), learned from my wife and, perfected in my own way. The images of the first creation below is solely carved out of a copper sheet. The other, “Gilan Upasthanaya” is done with wood and copper, where I tried to depict the expression of ‘suffering’ and ‘compassion’.



While I was on holiday in Australia, I learnt the art of “Lead Lighting”, to produce Tiffany Lamps and glass panels, with actual coloured glass, cut and soldered with molten lead.



My wife who was interested in handicrafts and learned “Egg craft” in Australia to produce *Fabergé* Eggs out of actual Goose, Emu and Ostrich eggs. I helped to cut the eggs for her to decorate

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them. In the last few years, she perfected the art of “Punch Quilting”; where colourful cloth is punched into rigifoam to produce large exquisite pictures, designed by me.

### ***“Egg Craft”***



### ***“Punch Quilting”***



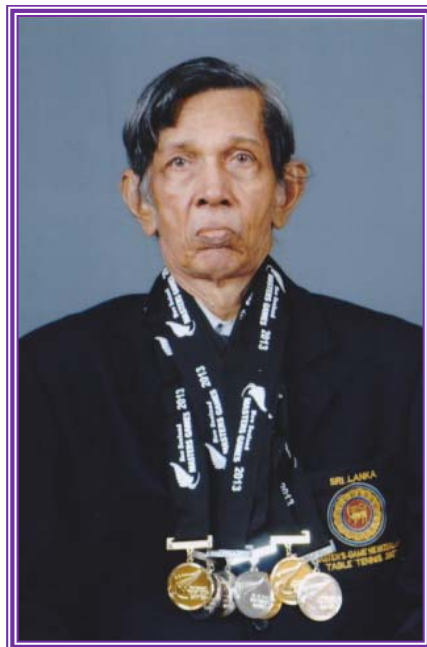
Now I continue with Copper Repoussé mainly, interspersed with channelled consultations !

Dr. U.S.Jayawickrama MD(Cey), FRCP(Lond), FCCP  
*Consultant Physician*





## Dr. Nimal Lucas wins seven medals at New Zealand Masters Games



Dr. Nimal Lucas, Consultant Paediatrician and a former Captain of the Sri Lanka National Table Tennis team from 1966 to 1971, won three gold medals and four silver medals in Table Tennis at the New Zealand Masters Games held in Wanganui, New Zealand from 4<sup>th</sup> to 10<sup>th</sup> February 2013. He won gold medals in the over 70 men's singles, over 70 men's doubles and over 65 men's doubles events. He won silver medals in the over 55 team event, over 45 team event, over 70 mixed doubles and over 55 men's singles. Dr. Lucas, being the sole Sri Lankan participant, partnered New Zealand players in the doubles and team events.

We offer our heartiest congratulations to Dr. Lucas.

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### **DISCOVER SRI LANKA**

#### **A one-day trip to Udawalawe from Colombo.**

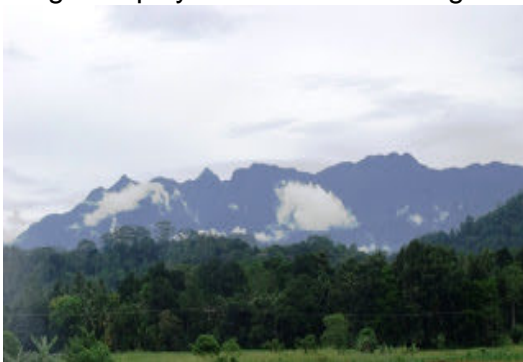
Udawalawe is in the Province of Uva in the dry zone of Sri Lanka. It has a large reservoir formed by the damming of the Walawe Ganga which originates from the central highlands. It has many attractions including the Uda-walawe wild-life sanctuary. This one day trip **does not** include the wild-life sanctuary. We plan to go by the Colombo, Rathnapura, Pelmadulla, Embilipitiya route. It will cover a one way distance of about 165 Kms from the Fort Railway Station. This will take about 4 to 6 hours depending on the length of stops on the way. We will be visiting Sankapala the ancient Buddhist rock monastery, The Uda-walawe Bund and Reservoir and see some of the wild elephants of the Uda-Walawe Nature Reserve separated by an electric fence. We would retrace our steps and visit the Elephant Orphanage and Milk Feeding Centre. The return journey to Colombo will be along the same route.

Taking the Low-Level route from Colombo is shorter. It starts at Orugodawaththe near Grandpass. Going over the flyover you come to Wellampitiya then straight on to Kaduwela, Hanwella, Kaluaggala, Puwakpitiya and Avissawella. This will be about 50 Kms. and will be a one and a half hour drive. You could break your journey at the Avissawella Rest House past the Avissawella Railway Station, both situated on your right hand side.

Exiting from the Avissawella Rest House take the right-turn and proceed to Eheliyagoda. I took the following picture on the approaches to Eheliyagoda. It shows the age-old method of ploughing a paddy field using buffalos. Nowadays two-wheeled or four-wheeled tractors are used. Eheliyagoda is a place for trading uncut gems.



Next you come to Kuruwita which was the starting point to climb Adam's Peak – Sri Pada, when the the Kelani Valley train was operational, in the 1940s. From here you would go to Lellopitiya a distance of roughly fifty Kilometers from Avissawella. I took the following pictures of Adam's Peak approaching Lellopitiya on a clear morning.



Passing the town of Lellopitiya, the birth place of Joe Abeywickrema the Comedian, at the 111Km post you will come to the Silver Ray Inn situated on the left hand side of the road. You can stop here and have a breakfast of your choice. Have a good meal and be ready for a late Lunch on your return journey at this same place.



*The 111<sup>th</sup> Km post near the Silver Ray Inn*



*SilverRay Inn, Lellopitiya*



From here proceed to the town of Pelmadulla and turn right in the centre of the town at the clock tower junction to take the road to Embilipitiya. It is roughly another 55 Kms to Udawalawe. About 40Kms from Pelmadulla is the Sankapala Maha Vihara. It is on the left hand side of the road. Drive in into the large parking area.

This rock Monastery was the gift of Pussedewa one of the mighty warriors in King Dutugemunu's army, to the Maha Sangha two thousand years ago. The warrior is said to have blown his conch-shell from the top of this rock. All the area surrounding where the sound of the conch-shell was heard was donated to the Buddhist Sangha in perpetuity.



*Entrance to the ancient monastery.*



*Wall paintings in the monastery.*

Video of the Sankapala Monastery complex <http://www.youtube.com/watch?v=E47eRIRMaSk>

Video of monkeys at play at Sankapala <http://www.youtube.com/watch?v=dmkUCckwfr4>

Another few Kilometers and you would come to Kolombage Ara. You have to turn off here taking the road to Thanamalvila to go to Udawalawe.



*Turn off to Udawalawe at Kolombage Ara.*

The road from here on is not the same carpeted highway that you travelled so far. Another eight Kilometers and you would be in Udawalawe town. You have to go past the town on the road to Thanamalwila. You will pass the road leading to the Elephant feeding Centre on your left hand side. You will come to this closer to 12noon, the feeding time. If you are close to 12noon you could go there now. If you come early you will proceed and be over the Udawalawe Bund in a few minutes. Admire the vast expanse of water and the sight of the central highlands across the reservoir.



*On the Udawalawe Bund (note the wires of the electric fence to keep the elephants away)*





*The distant hills of the central highlands as seen across the Udawalawe Reservoir.*



*The Udawalawe Reservoir.*

A few miles further on you will come across some fruit vendors by the roadside and the elephants behind the electric fence. The last time that I was there a few months back an effort was being made to build a double electric fence to keep the elephants further away from the road.



*Wild elephants and the electric fence.*





*Buying fruits to feed the elephants.*



*Water melon being given to the elephant.*

Video of a herd of buffalos passing before the elephants, held back by the electric fence:-  
<http://www.youtube.com/watch?v=9DE1-RLKpYq>

Once you have finished seeing the elephants behind the electric fence it will be time to turn back and be present at the Elephant Orphanage to see the orphaned elephants being fed milk. This will be sharp at 12noon or at 3pm. These orphaned elephants are fed and returned with the herd to the Udawalawe National Park. They keep coming back for their milk feeds. It is very entertaining watching them being fed. There is a small entrance fee which includes a video show in an auditorium on elephant lore.



*The visiting hours at the Elephant Orphanage.*



*The mounted skeletal bones of an elephant on display at the Elephant Orphanage.*



*The elephants arriving for their milk feed.*



*The way they are fed milk.*

Video of feeding of the orphaned elephants:- <http://www.youtube.com/watch?v=NY7TLj8N3u8>



*Back to the jungle after the feed*

Now it is time to retrace your journey. At Kolombage Ara you could turn left and go to see the new Embilipitiya town. You can even buy an imported Hybrid car here if you have the money. Embilipitiya has progressed by leaps and bounds and hosts a very prosperous agricultural community. This is the result of development of new irrigation works. The green fields of paddy, vegetables and fruit trees like papaw and mango have brought new life to these areas. You could start early from Colombo and include a visit to the Udawalawe National Park, seeing the wild life there and subsequently doing the Elephant Orphanage at 3pm. I will not advice it as it will be too strenuous for a one day trip from Colombo.

On your way back vegetables and fruits could be bought by the roadside from Sankapala upwards. A late lunch at the Silver Ray Inn at Lellopitiya and you should be back in Colombo before 8pm.

*This article, including the photographs, was designed, produced and provided by  
Dr. Philip G. Veerasingam*

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## **KIDS ARE THE GREATEST**

A teacher's first graders were discussing a picture of a family. One little boy in the picture had a different hair colour than the other members. One of the students suggested that he was adopted.

A little girl said, *'I know all about adoption, I was adopted.....'*

*'What does it mean to be adopted?'* asked another child.

*'It means',* said the girl, *'that you grew in your mommy's heart instead of her tummy!'*

=====

A little boy, about 10-years-old, was standing before a shoe store on the roadway, barefooted, peering through the window, and shivering with cold.

A lady approached the young boy and said, *'My..., but you're in such deep thought staring in that window!'*

*'I was asking God to give me a pair of shoes'* was the boy's reply.

The lady took him by the hand, went into the store and asked the clerk to get half a dozen pairs of socks for the boy. She then asked if he could give her a basin of water and a towel. He quickly brought them to her. She took the little fellow to the back part of the store and, removing her gloves, knelt down, washed his little feet and dried them with the towel.

By this time, the clerk had returned with the socks. Placing a pair upon the boy's feet, she purchased him a pair of shoes and put them on his feet.

She tied up the remaining pairs of socks and gave them to him. She patted him on the head and said, *'No doubt, you will be more comfortable now'*

As she turned to go, the astonished kid caught her by the hand, and looking up into her face, with tears in his eyes, asked her, *'Are you God's wife?'*

=====

A four-year-old child had an elderly gentleman as his neighbour. The man had recently lost his wife. Upon seeing the man cry in the garden, the little boy went into the old Gentleman's yard, climbed onto his lap and just sat there.

When his mother asked him what he had said to the neighbour, the little boy just said, *'Nothing, I just helped him cry'*

=====

A little girl was talking to her teacher about whales. The teacher said it was physically impossible for a whale to swallow a human because even though it was a very large mammal its throat was very small. The little girl stated that Jonah was swallowed by a whale. Irritated, the teacher reiterated that a whale could not swallow a human; it was physically impossible.

The little girl said, *"When I get to heaven I will ask Jonah"*

The teacher asked, *"What if Jonah went to hell?"* The little girl replied, *"Then you ask him"*

=====

Billy was sitting in school one day, Miss Jones the teacher, asked him, *"If there are 5 birds sitting on a fence and you shoot one, how many are left?"* "None," Billy replies.

The teacher, astonished, asked Billy to explain. "Well," Billy replied, *"The sound of the gunshot will scare the other birds and they will fly away."* The teacher responded, *"The correct answer is 4, but I like the way you think"*

Billy then asks his teacher, *"May I ask you a question Mrs. Jones?"* Mrs. Jones agreed. *"Mrs. Jones, there are 3 ladies with ice cream cones sitting on a park bench, one lady licks the ice cream cone, another sucks the ice cream cone, and the last one bites the ice cream cone. Which one is married?"*

After some thought, the teacher responded, *"I would have to say the one sucking the ice cream cone."*

Billy smiled and said, *"No, the correct answer is, the one with the wedding ring, but I like the way you think."*

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## **JUST WHAT THE DOCTOR ORDERED : LAUGHTER.., THE FINEST MEDICINE**

A woman and her ten-year-old son were riding in a taxi. They had to drive through a "red light district". It was raining and all the prostitutes were standing under the awnings.

"Mom" said the boy *"what are all those women doing?"* She replied *"They're waiting for their husbands to get off work"*.

The taxi driver turns around and says *"Hey lady, why don't you tell him the truth? They're hookers, boy! They have sex with men for money."*

The little boy's eyes get wide and he says, *"Is that true Mom?"*. His mother, glaring hard at the driver, answers in the affirmative.

After a few minutes, the kid asks *"Mom, what happens to the babies those women have?"*  
*"They become taxi drivers"* she said.

=====

A certain factory had a HR policy, of hiring only married men.

Concerned about this, the leader of a local Woman's Liberation Front called on the CEO of that factory. She asked him, *"Why is it, that you limit your employees to married men? Is it because you consider us women weak, dumb, cantankerous, tantrum-throwers and/or bossy?"*

The CEO replied, *"Not at all, Ma'am. Our policy is to hire staff who are used to obeying orders, who do not question the orders, who are accustomed to being shoved around, who know how to keep their mouths shut and are prepared to put up with anything, when I yell at them"*.

Then he added, *"We find all these qualities only in married men"*.

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The Madam opened the "Fine Service" Brothel Door and saw a rather dignified, well-dressed, good-Looking man in his early forties. *"May I help you sir?"* she asked.

The man replied, *"I want to see Suzy"*. Madam said *"Sir, Suzy is one of our most expensive ladies. Perhaps you would prefer someone else"*.

He replied, *"No, I must see Suzy."*

Just then, Suzy appeared and announced to the man she charged £5000 a visit. Without any hesitation, the man pulled out five thousand pounds and gave it to Suzy, and they went upstairs. After an hour, the man calmly left.

The next night, the man appeared again, once more demanding to see Suzy. Suzy explained that no one had ever come back two nights in a row as she was too expensive. *"There are no discounts. The price is still £5000"* Again, the man pulled out the money, gave it to Suzy, and they went upstairs. After an hour, he left.

The following night the Man was there yet again. Everyone was astounded that he had come for a third consecutive Night, But he paid Suzy and they went upstairs. After their session, Suzy said to the man, *"No one has ever been with me three nights in a Row. Where are you from?"* The man replied, *"Edinburgh."* "Really", she said.., *"I have family in Edinburgh"*.

*"I know."* the man said. *"Your Sister died, and I am her Lawyer. She asked me to give you your £15,000 inheritance."*

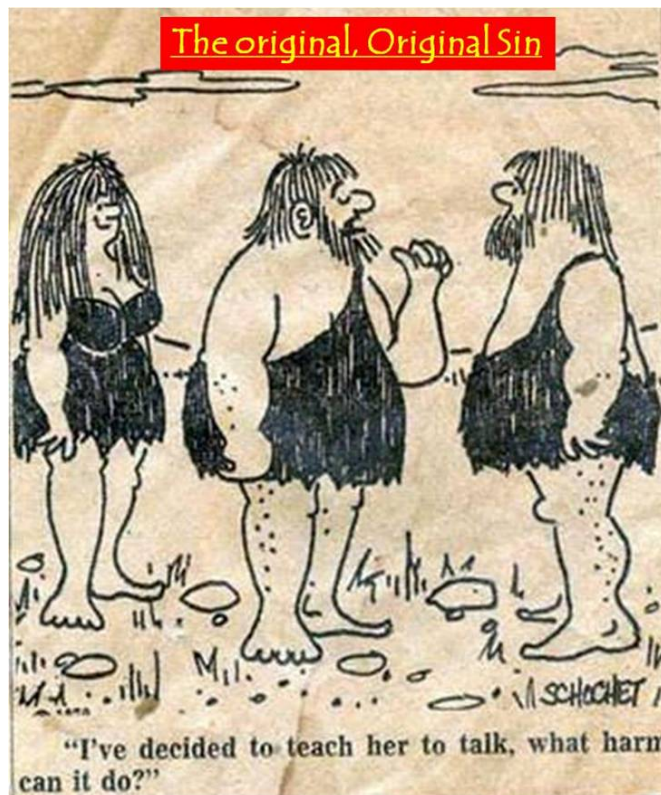
**The Moral of the story is that three things are certain in life..., death, taxes and being scr.wed by a lawyer !**

=====

A lawyer defending a man in New York accused of burglary tried this creative defence: *"My client merely inserted his arm into the window and removed a few trifling articles. His arm is not himself, and I fail to see how you can punish the whole individual for an offence committed by his limb"*. "Well put", the judge replied. *"Using your logic, I sentence the defendant's arm to 5 year's imprisonment. He can accompany it or not, as he chooses"*.

The defendant smiled. With his lawyer's assistance he detached his artificial limb, laid it on the bench and walked out. ...**The moral of the story : Don't mess about with Lawyers..... manipulation is their game !!**





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## **MISCELLANEA**

### **Some 'quaint' writings by office people from other countries**

"Since I have to go to my village to sell my land along with my wife, please sanction me one week leave."

"As I want to shave my son's head, please leave me for two days."

"As my mother-in-law has expired and I am the only one responsible for it, please grant me 10 days leave."

"Since I've to go to the cremation ground at 10 O'Clock and I may not return, please grant me half day casual leave"

"I am suffering from fever, please declare one-day holiday."

"As I am studying in this school I am suffering from headache. I request you to leave me today"

"As my headache is painning, please grant me leave for the day."

"I am enclosed herewith..."

"Dear Sir: with reference to the above, please refer to my below..."

"My wife is suffering from sickness and as I am her only husband at home I may be granted leave".

"I am well here and hope you are also in the same well."

"This has reference to your advertisement calling for a 'Typist and an Accountant - Male or Female'... As I am both, for the past several years and I can handle both with good experience, I am applying for the post."

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## **APPRECIATION**



**Kamali Nimalasuriya de Silva** MBBS (Cey), MD, MRCP (London)

By

*Dr. Priya de Silva*

Kamali and I had an association dating back to a time when we were both 4 years old at the Baby Class at Visakha Vidyalaya, Bambalapitiya. We were together right throughout the Primary and Senior schools, a period of 14 years which continued through the five years at Medical College. Others with us in the Baby Class, who remained life-long friends of us, were Preethi de Silva who became Professor of Music at Scripps College, California and Mangala Gunawardena (nee Cooray), daughter of Professor G.H. Cooray. There was a boy with us in those early days at VV who happened to be Gamini Ranasinghe, Professor Ranasinghe's son, who bullied all us girls, no end.

Kamali carried away the class prizes throughout the tenure at VV and consistently spoke of becoming a "Doctor" like her father, the well-known Nutritionist Dr. Ananda Nimalasuriya. We attended each other's birthday parties since childhood days and I still treasure "Peppy's Diary" and "Ibsen's Short Plays" hard cover copies given by her which still adorn my book shelf. In our last year at Visakha she was the Head Girl whilst I was the Games Captain.

I cannot but use the much bandied cliché "sweet" to describe her. She was never seen or known to get angry or moody. A smile seemed to be always playing at the corners of her mouth. She was the epitome of "simplicity" as would be vouched by her contemporaries at Medical College. She was not onto sports, drama or singing. In fact she could not sing a note although always gamely singing along with the rest of us.

Kamali graduated with honours from the Colombo Medical Faculty in March 1967. She was a Consultant Physician for many years in New South Wales, Australia. Kamali married Professor Cooray's nephew and her class mate Mangala's cousin Sriyan de Silva (son of senior Paediatrician Dr. Stanley de Silva who was a consultant at the LRH during our student days) and had two sons.

It was wonderful to pick up the threads at our 50<sup>th</sup> Anniversary Batch Reunion at Hikkaduwa last September. She offered me a book on Buddhist meditation which I had with me and hence turned down. How I wish I had taken it nonetheless, as a memento of our friendship!

I shall always treasure the memory of my dear friend Kamali. I would have been at the funeral if not for the fact that I am here in Melbourne, Australia on a short holiday.

Kamali Nimalasuriya de Silva was a Founder Member of the Colombo Medical School Alumni Association (CoMSAA).

*Article sent in by Lakshman Abeyagunawardene*

### **Editorial note**

*It is with great sadness that we record the demise of one of our Founder Members of CoMSAA.*

## AN EDITORIAL REQUEST

This is a warm and cordial invitation to all alumni to send in their literary contributions to the Newsletter. It would indeed be impossible to produce a newsletter without contributions from the members

There are sections such as "Communications from Members", "News & Events", "News from Overseas", "Anecdotes from the Past" and "Snippets from Leisure Activities", and a whole host of others, which could accommodate a plethora of contributions from the alumni.

The next Newsletter would be published in December 2013.

**This is your Newsletter.** Please feel free to add your literary talents to adorn it further. Kindly send them to <[comsaa@rocketmail.com](mailto:comsaa@rocketmail.com)> or <[bjcp@ymail.com](mailto:bjcp@ymail.com)>

*The Editorial Team*

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# The End

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