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NEWS LETTER OF NEW ZEALAND SRI LANKA FOUNDATION INCORPORATED

New Zealand Sri Lanka Foundation Inc.P.O. Box 109419, New Market, Auckland 1149, New Zealand Email: nzslf@nzslfoundation.com Web: www.nzslfoundation.com

From the President's Desk

As most of you are aware Sri Lanka is Co-Hosting the cricket world cup this year and the matches are underway. All in all it is going to be an outstanding year for Sri Lanka.

This newsletter has some interesting interviews and articles predominantly on cricket and cricketing heroes. I hope you enjoy reading them. I am also quite excited about the performance of our Sri Lankan cricket team and have no doubt that we can replicate our World Cup win in 1995. A strong batting line up together with a fan base determined to see their heroes win is a good recipe for success. On behalf of the Foundation I wish the Sri Lankan team all the very best and hope that we can win the world cup.

I am pleased to advise that we are in the midst of organising the event of the year – “**Marians in Auckland**” Proudly presented by the New Zealand Sri Lanka Foundation. This event is scheduled to be held on Saturday 5th March 2011 at the AMI indoor Netball Stadium in St. Johns. A lot of planning and effort has gone into organising this event and I sincerely thank my committee and the extended family of the NZSLF, our past presidents who have always shown solidarity with the committee, encouraged and assisted wherever possible.

The ten member band headed by the charismatic Nalin Perera is arriving in Auckland this week straight after performing in Mel-

bourne, Sydney, Brisbane & Perth where the shows have been an outstanding sell out.

“Marians” are presently the most popular band in Sri Lanka and rank as no.1 entertainers, whose repertoire in music encompasses semi classical, English/Sinhala pop and Baila. They are a group of exceptionally talented, versatile musicians who will undoubtedly keep your toes tapping until the wee hours of the morning.

I invite you to be a part of this magical night and witness entertainment at its best. Thank you for your continued support for the Foundation.

Mohamed Nalar

President:

Mohamed Nalar
(09) 638 9376

Vice President:

Sydney Fernando
(09) 520 2304

Secretary:

Jayasena Widanagamage
(09) 525 3277

Treasurer:

Ranjith Randeniya
(09) 815 7115

Committee Members:

Kumar Velamblam
(09) 579 0380

Niroshini Jayasekera
(09) 524 9811

Jason Bandara
(021) 2938715

Thusitha Perera
(09) 820 7357

Renuka Anthony
(09) 962 6821

Rafil Hamid
(09) 521 3115

Thessara Jayawardane
(09) 6277336

Auditor:

Nihal Jayawickrema
(09) 579 1807

News Letter Editor

Farhana Nalar

Calendar of Events:

Marians - Musical Show- 5th March AMI stadium St. John's

Roshan Mahanama - *The Gentle giant of the gentleman's game*



The above quote says it all. Roshan Mahanama was one of Sri Lanka's finest players and is an inspiration to the younger generation of budding cricketers. His career has taken him from being a former cricketer playing for the Sri Lankan National team to his current role as an international match referee for the ICC.

Roshan toured New Zealand last year in his current capacity as a match referee for the New Zealand Pakistan series and made time to attend the Lanka Nite dinner dance organised by NZSLF in Dec 2010 with his family. Socialising with an ease that can only arise from years of being in the limelight and being quite humble about it, Roshan did not disappoint his fans.

A dashing right-hand batsman and brilliant fielder Roshan Mahanama's is best remembered as a cricketer for his world record second wicket partnership of 576 with Sanath Jayasuriya in a Test match against India at the R Premadasa Stadium in 1997. Mahanama's contribution to that

partnership was 225, the highest score of his career. He was a key member of Sri Lanka's World Cup winning side of 1996.

His affable character and good breeding saw him follow Ranjan Madugalle as an ICC match referee in May 2004, a role he has fulfilled quite competently.

Roshan found some time amidst his busy schedule as a match referee for the ICC to answer some questions for our fans in the Foundation.

Honesty, humility and empathy are the cornerstones which constitute his mettle. Living up to the ideals of the 'gentleman's game', Roshan Mahanama emerges an idol of Sri Lankan Cricket, even today, despite having retired early in his career.
– The Nation

Early days - How did you first get an interest in cricket?

I come from a cricketing family. My father, brother and uncles were all involved with the game of Cricket. I naturally got attracted to the game & the passion steadily developed. Therefore, I took to Cricket like a duck to water.

Who was "the wind beneath your wings" during your cricket career? The single person who encouraged you and motivated you to achieve what you did?

There were many who represented a strong force behind me. They were a constant source of strength, even in my involvement in different capacities connected with the game, to date. It is difficult to single out one person. But, my parents, my brother, my wife, 3 daughters and my first coach, Mr. Nelson Mendis would head the list.

Cricket memories – What was the most unforgettable incident that happened to you in your cricketing career?

Being a member of the Sri Lanka World Cup winning Team in 1996, reigns supreme among my fondest memories, ahead of my personal achievement of establishing 3 World records, including the highest partnership for any wicket in the history of Test Cricket, with Sanath Jayasuriya in 1995[576 runs]

What was your best series? Please explain why?

My best effort was in 1995, when Sri Lanka won its first ODI Triangular Series away from home in the UAE. I was named the Man of the Series for scoring 288 runs over 4 innings, which included a

100 against a strong West Indies Team, which had in its ranks great Cricketers such as Ian Bishop and Brian Lara.

Could you describe an embarrassing moment that you experienced— during your time as captain of the SL cricket team?

None in particular, however, my most embarrassing moment related to cricket, is connected with the scar under my right eye. Many who spot this, ask me with monotonous regularity, how it came by. They ask me, "Were you struck by a fast bowler, like Ambrose. Or was it, Wasim, Walsh, or Marshall...?" Sort of sheepishly I say, "No, no. It happened when I was a kid of five, mucking around in the bathroom playing shots under the shower!"

Could you please explain what motivated you to write your autobiography "retired Hurt"?

From my early childhood years, Cricket has been my passion. Starting off in 1986 with my debut against Pakistan, I played for Sri Lanka for 14 years. I was later involved in a couple of other capacities connected with Cricket. I thought it would be useful to place on record some of my experiences in Cricket - some pleasant and some not so pleasant, particularly for the benefit of young Cricketers. I thought I could do so through the medium of an autobiography, which not only reflects my personal experiences but also an objective analysis of some key aspects of the game. It also delves into the challenges I had to face, the joys and sorrows I was compelled to experience and the strategies which culminated in Sri Lanka lifting the 1996 World Cup.

What are the lessons learned in life?

cricket playing nation in the world. This was a result of the hard work and determined effort of the then Minister late Gamini Dissanayake who is accepted by all cricket loving Sri Lankans as the Father of Sri Lankan cricket. Even finding a sponsor for the team was not an easy task and yet the inaugural test was played in Colombo in February 1982 where England won the match.

In 1984 when Sri Lanka played against England at Lords he predicted that the Sri Lankan team will bring the world cup back to Sri Lanka under the leadership of Arjuna Ranathunge. This was one of the major turning points in Sri Lankan cricket where the players and fans started believing in the ability and skills of the team. The support and encouragement given to the cricketers by the then governing leaders were tremendous.

The Sri Lankan team transformed themselves from the status of underdog, to a major cricketing nation during the 1990s. Sri Lanka have won the Cricket World Cup in 1996, the ICC Champions Trophy in 2002 (Co-champions with India) and have been runners up in the 2007 Cricket

In life nothing comes easy. I am reminded of the comment made by Sir Winston Churchill at the end of World War II. He was asked as to what was the secret of his success. He said, "My formula for success is Blood, Sweat, Tears and Toil." This tells a story. We should never give up in the pursuit of our goals. We must also be humble, as humility is the hallmark of a great human being. Further, it is important to live an honest and caring life. We should also help the less fortunate, as it is a social obligation to be charitable. Discharging your obligations, respecting traditions and leading a religious and virtuous life, is paramount to me.

What is your advice to young cricketers?

To achieve success in life, one must have a dream. Without a dream you get nowhere. Even as a young Cricketer, one needs to set goals and work hard towards achieving them. This needs a high level of commitment, dedication, courage and perseverance. Further, one must be prepared to face challenges and make sacrifices, to achieve goals. To be a respected Cricketer you must be honest, well disciplined and be a humble person on and off the field. In a nutshell, to be a respected Cricketer whom others can look up to, one must be a gentleman.

I hope my comments will be of some value to budding Cricketers and those who have a penchant for the game. I thank you for giving me this opportunity and I wish you well!

The editor would like to say a special thank you to Manjula Sanis for arranging this interview with Roshan Mahanama.

Farhana Nalar

World Cup 2011 and Sri Lankan Cricket

The history of Sri Lankan cricket started since the time the Island was known as Ceylon and was a British Colony. The earliest mention of cricket in Ceylon can be seen in 1832 with the formation of a cricket club; The Colombo Cricket Club. Since then, the popularity of this sport has grown domestically with major events such as the Premier Trophy and Premier Limited Over's Tournament being organized.

The popularity of Cricket kept increasing throughout the 20th century in our country and the team first played One day international cricket in the 1975 Cricket World Cup. A lot of senior Sri Lankans may recall the 1975 and 1979 World cup matches where Sri Lankan players displayed a lot of fortitude. The skilled team included well known players like Sunil Weththamuny and Dulip Mendis, who faced the challenges of chasing huge targets against the mighty Aussies although they lost the match.

Cricket became most popular with the team's victory in the ICC trophy in 1979. Sri Lanka was later awarded Test status in 1981. Thus we became the 8th Test

World Cup and ICC World Twenty20 in 2009.

The Lankans, led by Arjuna Ranathunga, caused a massive upset when they beat the favorites Australia in the finals in Lahore in 1996 and now Kumar Sangakkara's team have the chance to win their second world title.

Today as I write this, the first weekend of the Cricket World Cup has passed without any surprises. New Zealand's demolition job of Kenya and Sri Lanka's crushing win over Canada did little to advance the argument that ICC Associate Member countries deserve to play in the World Cup alongside the 10 Full Member countries.

Sri Lanka did win against Canada at Hambantota but wickets were slow and ground conditions were not in favor for us. "We are not getting the advantage of Asian wickets since 1996" claims the skipper Sangakkara.

As the head of the selection committee Aravinda De Silva has done an admirable job by choosing a balanced team.

Still the need for a strong experienced man for middle order cannot be overlooked. If Sangakkara and Jayawardana lose their wickets at the beginning, would we have a chance for 275 runs? In such a situation who would be the back bone of our innings? A person who bats at number eleven is known as a tail-ender. Many questioned the reasons for not using Sanath Jayasuriya in the team as a tail-ender with his left arm spins.

With that thought many questions arise. Why did we experiment with Kapugedara's future? Could we not put him in as a front line player? These questions can be answered if Sri Lanka is in a place to encourage the young players.

Many predict the teams from England, Australia, India and South Africa as the

semi finalists. I personally believe we have a great chance in coming to the semi finals with our team consisting of world class players like Sanga, Mahela, Dilshan, Murali & Malinga.

One-time Sri Lanka vice-captain and national selector Roy Dias feels that Sri Lanka, also the co-hosts are more than capable of repeating their triumph on home soil 15 years ago when the World Cup gets under way on the subcontinent later this week.

"If you compare the 1996 and 2011 teams, both are very well balanced," Dias told the **BBC Sinhala Service**. "I think Kumar Sangakkara's team is focused very much to win the World Cup.

There are plenty of bowling varieties with Rangana Herath coming to the team as a left-arm spinner. So with Muttiah Muralitharan and Ajantha Mendis, the spinning department has three different types of bowlers. Along with Tillakaratne Dilshan as the extra off-spinner, we also have five fast bowlers who are very good.

Whatever said and done as Sri Lankans living in and out of the motherland it is always our wish to see success in our team. Sri Lankans will be looking to replicate our 1996 World Cup win and I believe it is a promising achievement. Our team looks stable and will cause serious difficulties to other countries given the experience in the sub continent.

Niroshan Padukka

Hiran Perera – The Kiwi Umpire



Hiran Perera is an official of the New Zealand cricket board and is the only Sri

Lankan to be in the top 10 umpire list in New Zealand. In the year 2003-2004 he was judged Auckland's best umpire of the year out of 97 contenders. Hiran although based in Auckland umpires all over New Zealand.

Hiran is a former cricket coach for St. Peters College in Sri Lanka. He played cricket since school days and represented many clubs. Originally playing for Holy Cross in Kalutara he then became a coach and subsequently progressed on to referee 1st class in Sri Lanka. He held the post of secretary for the under 13 national tournament in the Sri Lankan School Cricket association during the years 1995-1999

Hiran is a qualified coach and is also qualified in New Zealand and Sri Lanka for level 4 umpiring. All exams were conducted from MCC (London). An exceptionally talented man he now coaches young players on a voluntary basis at Keith Hay Park and Remuera intermediate school. His objective going forwards is to get into the ICC panel.

Hiran's advice to young cricketers is to be passionate about the game of cricket and to play the game correctly in a gentlemanly manner. "Be serious about cricket, play it with passion and you will succeed" says Hiran.

Study, Study and Once Again Study

Vladimir Lenin advised his people to "Uchithsa, Uchithsa, e ishyo raz Uchithsa" meaning "Study, Study and once again, Study". Educating children is a major concern among most New Zealand parents, especially those who have migrated from Sri Lanka. Most parents have forgotten that the way the children study now may be different from the way we struggled with no computer and internet facilities, let alone a good library to visit.

Researchers in New Zealand have determined two motivational dimensions: Doing My Best and Doing Just Enough. They also found significant relationships between the motivation dimensions and some interpersonal influences. Students high on Doing Just Enough reported that their teachers did not take a personal interest in their achievement, whereas students high on Doing My Best reported that teachers showed interest in them and in their work.

Females reported Doing My Best more than males, and males reported Doing Just enough more than females.

Ethnicity was significantly related to both Doing My Best and Doing Just Enough, with Asian students showing the most positive motivation patterns, high on Doing My Best and low on Doing Just Enough.

Some of our children excel in their respective schools and some continue to excel in tertiary educational institutions. This article is not about them. This is about the others who do not achieve. Parents get concerned about the results of their children at the end of the year when it is too late to do something about it. The parents were supposed to have watched the children throughout the year.

Let me take you through some theories of famous Educators and Psychologists.

According to Abraham Maslow's hierarchy of needs, a human being first needs are physiological (e.g. food, comfortable room and bed); once they have these they need safety (e.g. no bullying in school). After that they need to belong (to family and friends). Next

they need some esteem (approval from family and the community). The last is self-actualisation which consists of education, religion and hobbies.

So, long before the children seriously think of studies, they need to have the previous needs fulfilled. The parents need to be hundred percent sure that the child is content with his or her lot.

It is not too difficult for the parents to find out how the child is doing at school. A little chat up will reveal all. Make sure they do their homework properly. Try to help them with their home work but do not do their home work for them. Provide them with the necessary facilities and resources. This is how you can get your child to focus on their homework: Designate an area where they can study without distractions like TV or phone calls. Help them organize their assignments and encourage them to do the tougher ones first. Set goals and allow study breaks. Support them with their projects and assignments when you can.

There is one important thing. Attend all the meetings with the teachers and do listen carefully to what the teachers say. We must remember that political correctness makes the teacher speak or write less critically of the child but we need to learn to read between lines. Otherwise, we might get into a false sense of security regarding the child's progress and difficulties. If the child is not coping well in a subject, then you need to get the help of experts. There is always a private tutor available for most of the subjects taught in schools. Look for extra study materials or workbooks in the area he is struggling in.

Here are some tips to helping your child become a better student: Establish short-term and long-term goals and reward them when they meet those goals. Get to know their teacher and their teaching style. If it is not compatible with your child's learning style, find alternative ways to study the subjects at home. Never ever compare them to siblings or friends that may be doing better. Do encourage them in their own strengths and achievements.

Giving children independence is one thing. Another is to let them have all the freedom to do whatever as they want. As long as they depend on you for their living, you can insist that they need to adhere to certain amount of discipline. Television and computer times have to be controlled if they tend to overdo them. If your child is too focused on their social lives to care about school work, try the following tips to redirect their attention:

Help your child deal with issues like peer pressure, drugs, and alcohol. Put limits on the amount of time your child can socialize during the school week. Reward good grades with extra activities like sports, games, movies, or parties with friends.

It is possible that your child is an underachiever. Underachievement for children is defined as when a pupil consistently produces work perceived to be below their ability. A child may perform poorly in a subject and not finish homework assignments, yet when he or she takes a test or takes part in a discussion it quickly becomes clear that the child is bright and intelligent.

Parents of gifted children are often surprised when their children underachieve in school. The key to helping an underachiever succeed is to understand the causes of underachievement.

Gifted children who are not intellectually challenged may "give up"; they may stop caring about learning or at least stop caring about doing work in school. Many schools, for a variety of reasons, do not offer any gifted programming until the third or fourth grade, which is often too late for many gifted children, who have already "turned off." Gifted children can become depressed by the same issues that can cause depression in all children, for example, death of a family member or pet as well as family problems like divorce. As with all cases of depression, gifted children should get counselling to

help them cope with and overcome the depression.

One reason students excel is to get the reward it brings: good grades and praise. Some children, however, are not motivated by these extrinsic or external rewards. They are intrinsically motivated; meaning the desire to excel must come from within. For this reason, work that is not intellectually challenging is not likely to motivate an intrinsically motivated underachiever. The best way to motivate this kind of underachiever is to provide challenging material, but it should be done early.

Each child is unique. There is no one study method for all children. We need to try and understand the child in order to be able to give them the fullest support. After all, their achievements are indirectly ours too. Let us support them while chanting the mantra Study, Study and once again Study!

By Dr. Jayanthi Jaywardane

Dr. Jayawardane served as a University Lecturer in Sri Lanka, Australia and New Zealand. She is a published author who has written both in English and Sinhala. She is currently involved in a Government sponsored Tertiary Education Sector curriculum development project.

This newsletter is published quarterly.

We welcome contributions to this newsletter and apologize for not being able to publish all contributions due to the limitation of the available space. We **reserve the right to edit submitted material.** Being a not-for-profit-organization, we do not make any payments for articles. Please send your contributions to the Winter Issue by May 2011 to the correspondence address below. Attn: Editorial Committee or by email to: nzslf@nzslfoundation.com

Reflect

Views expressed in articles are those of the Contributing authors and may not necessarily reflect the views of the NZSLF.

Correspondence: NZSLF, P O Box 109419, New Market, Auckland 1149, New Zealand, www.nzslfoundation.com