

KEEP IN TOUCH WITH THE ASSOCIATION OF CONSULTING ENGINEERS, SRI LANKA

Annual General Meeting

The Annual General Meeting for the Year 2011 was held on the 9th December 2011 at the Royal Ceylon Golf Club, Colombo 8. The AGM was well attended and the highlights of the meeting were:

- A presentation on "Drive for Change" by Nimal Wimalasuriya – a pilot project on the Parliament Road to improve driving habits
- The Keynote Address by Prof. A.K.W, Jayawardena VC University of Moratuwa consultancy in the global context.

The Council elected for the year 2012 comprises

President	: Eng. Malith Mendis
Vice President	: Eng. Russel De Zilwa
Hony. Secretary	: Eng. Chaminda Weerakoon
Hony. Treasurer	: Eng. R M Ananda Senarath
Hony. Editor	: Eng. Russel De Zilwa(temp)
Council Member	: Eng. Dr. P Mervyn Gunasekera
Council Member	: Eng. K. Suntharalingam
Council Member	: Eng. P.C. Jinasena
Council Member	: Eng. R.N. Perera
Council Member	: Eng. Upali Delpachitra
Council Member	: Eng. R.P. Lokuratne
Council Member	: Eng. Nandana Abeysuriya

Council Meetings and Activities

The main items agreed on and discussed at the Council Meetings were the items of the Proposed Activity Programme for the year 2012. The highlights of this programme are:

- ACESL Website
- Journal for year 2012
- Annual Technical Sessions
- Corporate Plan (3/5 Years)
- TDCPAP International Conference.

President's Message

The Association is hosting the TCDPAP & FIDIC/ASPAC Conference from 1st to 3rd March in Colombo. The Conference committee has been busy making the initial arrangements. The theme

of the Conference is "Technology & Knowledge Transfer and Collaboration among Consultants in the Asia Pacific region". The Conference web site can be accessed via the link:

<http://www.acesl.org/TCDPAP-Colombo-Conference-2012/#>

The registrations are now due, and we have kept the registration fee for Sri Lankan participants to the minimum to cover costs only, which include welcome cocktail, conference material, lunches and dinner. We invite you to register for the Conference with Conference Chairman Eng. J Karunaratne at CECB tel: 011268808 and fax: 0112668959 email: ts@cecbsl.lk.

We expect more than 100 international delegates and The President of Sri Lanka His Excellency Mahinda Rajapaksa, Hon Minister Wimal Weerawansa, TCDPAP President Karmat Ullah Chaudhary, FIDIC President Geoff French and FIDIC/ASPAC Chairman Dennis Sheehan are due to address the gathering at the inaugural ceremony.

We have not had many activities in the association in view of the detailed organizing for the conference and therefore we look forward to your participation in this first international Consulting Engineers conference to be held in Sri Lanka.

Eng. Malith Mendis
President ACESL

TCDPAP Conference 2011

The President had been successful on securing the TDCPAP 2012 Conference for Sri Lanka, though FIDIC had wanted to postpone the event. Conference details are uploaded to the web portal. One to one meetings will be organised between Sri Lankan and foreign consultancy firms. The Sponsorship Campaign will be launched from the beginning of January 2012.

The Sponsorship documents are ready and details are given below. A press conference will also be held in February. To ensure the success of the Conference, Members are requested to obtain sponsorship.

Sponsoring Opportunities :

Lead Gold Sponsors – 1st to 3rd March 2012 – **Rs. 2,000,000** - Will have their logo in all conference material,

Partner Silver Sponsors – 1st to 3rd March 2012 – **Rs. 1,000,000**

Events Sponsors

Gala Dinner - 3rd March 2012 – **Rs 750,000**

Welcome reception – 1st March 2012 – **Rs. 500,000**

Lunch – 2nd March 2012 – **Rs. 300,000**

Lunch – 3rd March 2012 – **Rs. 300,000**

Plus many more benefits !!!

Conference Papers

The deadlines are **15th January 2012** for the submission of abstract and **15th February 2012** for the completed paper submission.

We publish below an article by Eng. Probodha Jinasena, who is a Council Member of the ACESL. Eng. Jinasena, who is a Chartered Civil Engineer, is also a trained Counsellor, and his article on something that occurs almost daily in our lives, will we hope, help to make us more useful and acceptable members of society.

WHAT IS ANGER..?

Anger is a feeling of a destructive emotion that can take over in a split second without warning or in general terms, Anger is a condition where your Tongue and your Body Parts work faster than your Mind.



Important Message of Anger

Anger is created on past incidents or actions. The very point we should remember is that no one in this world can change or rectify the past. So, we worry for what we cannot change. Most important point to note is that, anger is triggered by people and events outside your control. Anger immediately leads to an unpleasant and destructive display such as Shouting, Threatening and Violence.

Anger is an accurate signal and a strong emotion that sends the clear message of real problem, indicating something has to be changed in a person's life

Anger in General

All feel angry at times and it is very common condition.

Anger is generally not a comfortable emotion.

It gives us some power to strike back and respond to threats. When angry we don't feel as helpless.

Anger becomes a problem when we act destructively. Anger appears to be useful.....But...?

Main reasons People get Angry for...

- Injustice
- Failures and Frustrations
- Feeling hurt
- When threatened
- Suffer an insult or humiliation
- Indisagreements and in disappointments
- Even a mosquito bite can trigger your anger
- Not only human beings, other creatures too get angry



Basically Anger is created by Hurt, Hate and Fear.

Anger Invitations

We all get many Anger Invitations every day and it makes most people unsteady. Hostile people are more likely to become angry very easily. If you are in an irritable mood, it requires less provocation to become angry.

Anger is triggered by people and events outside your control

Many words in our vocabulary describe forms of Anger such as Idiot, Rascal, and Fool etc...

Anger in you is created by others or incidents you are not involved with. That is why you say...

- Don't make me angry
- He makes me so mad
- All this happened because of you
- You made me do this, I had no choice

Studies of Ohio State University

- Those who had less control over their anger tended to heal more slowly from wounds.
- Anger control is important for the young as their interpersonal relationships are affected and has negative outcome in mental and general health.

Findings from the Journal of the American College of Cardiology

An analysis from 44 studies found that anger and hostility are significantly associated with heart problems.

Anger and hostility did more harm to men's hearts than women's hearts. Placid men were 19% less likely to develop heart disease than the hostile men.

When a person is angry it can be easily seen from his external expressions such as,

- Body language
- Facial expressions
- Raised voice or loud noise



- Violent demonstration of rage
- Act of offensive action or attack
- Animals attempt to look physically larger and bare the teeth

Anger causes a loss in self-monitoring capacity and objective observer-ability such as, lose control of the belongings, don't see who /what is around, don't realize the others weakness or strength and tend to forget.

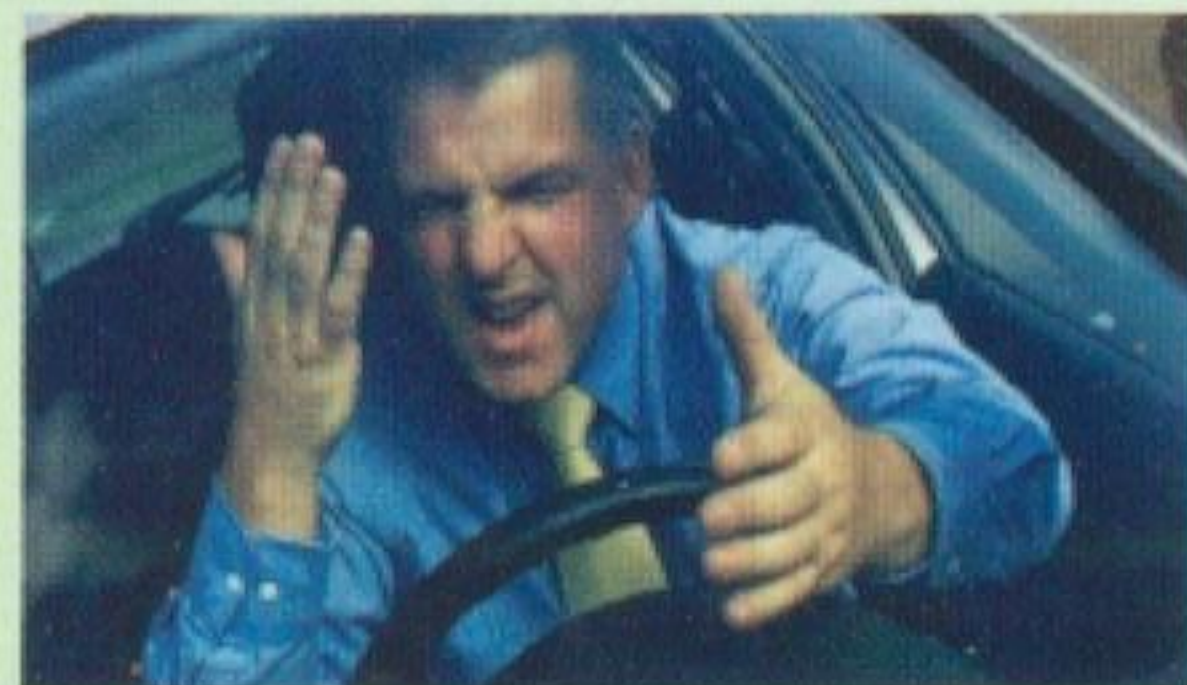
Angry actions can be categorized as,

- Staring
- Shouting
- Finger pointing & Fist shaking
- Threatening & Harassing
- Slamming doors
- Speaking too fast
- Walking too fast
- Using foul language
- Breaking promises
- Using power to oppress
- Deliberately wasting resources
- Unjustly blaming and making accusations
- Not listening or responding to requests



Angry drivers do following things,

- Driving too fast
- Driving recklessly
- Beeping the horn unnecessarily
- Braking frequently and unnecessarily
- Using the car to force someone off the road
- Purposely glaring at people with full beam headlights



Benefits of Anger

If Anger is so destructive, it should have strong survival benefits to survive millions of years of evolution. Therefore Anger has certain benefits as well, such as,

- Anger tells us that something needs to change
- Anger provides the strength to correct an injustice
- Anger is a message to offenders to act differently
- Anger provides the energy in others to initiate the needed change
- Anger helps to preserve your Ego

Expressing Anger

There are two ways of expressing anger

1. Passive Behaviour (flight response)

Avoid conflicts, Never argue back, Avoid eye contact, Convey negative feelings, Talk behind people's backs

2. Aggressive Behaviour (fight response)

Use of verbal and physical power to Hurt, Threaten and Frighten others

Anger makes you not only uncomfortable but also stimulates anger in others. It changes your working style and tends to physically harm the target of anger. It is very destructive to yourself and others and also damages your health and personal life. Without much of our notice, anger consumes large amount of energy in the system.

Anger leads to more Anger and later it can turn into aggression. Anger can aggravate mental health problems and fuel depression.

Angry people become unpopular as well.

Anger immediately creates reddened face, tensed muscles and also increases the heart rate and blood pressure as well. And more dangerously, influx of Stress Hormones such as Adrenaline, Cortisol etc. take place in the body.

The effects of continual release of stress hormone are,

- Depletion of energy storage
- High blood pressure
- Ulcers (digestion)
- Hampers growth
- Affects reproduction
- Affects on metabolic processes
- Increases likelihood of infectious diseases

The characteristics of Frequently Angry People

Generally angry people are sensitive, weak, vulnerable, and not particularly strong. They are easily hurt, thin-skinned and quick to feel insulted and they fear Humiliation. They have hostile personalities and move quickly from anger to rage and show dramatic anger displays. Basically, they get angry over things other people would ignore.

Revenge

Unresolved anger leads to revenge. Although anger itself does not accumulate, the urge for revenge does. Revenge usually leads to a cycle of destructive escalation over long period of time. Never take revenge even if the culprit deserves it. Revenge harms you as much as it harms others

Anger in modern society

Anger is viewed as an immature or uncivilized response to frustration, threat, loss etc. Keeping calm, coolheaded or turning the other cheek is considered more socially acceptable method. Anger can lead to persistent violent thoughts, nightmares, physical symptoms like headaches, ulcers, hypertension etc..

Some Advice

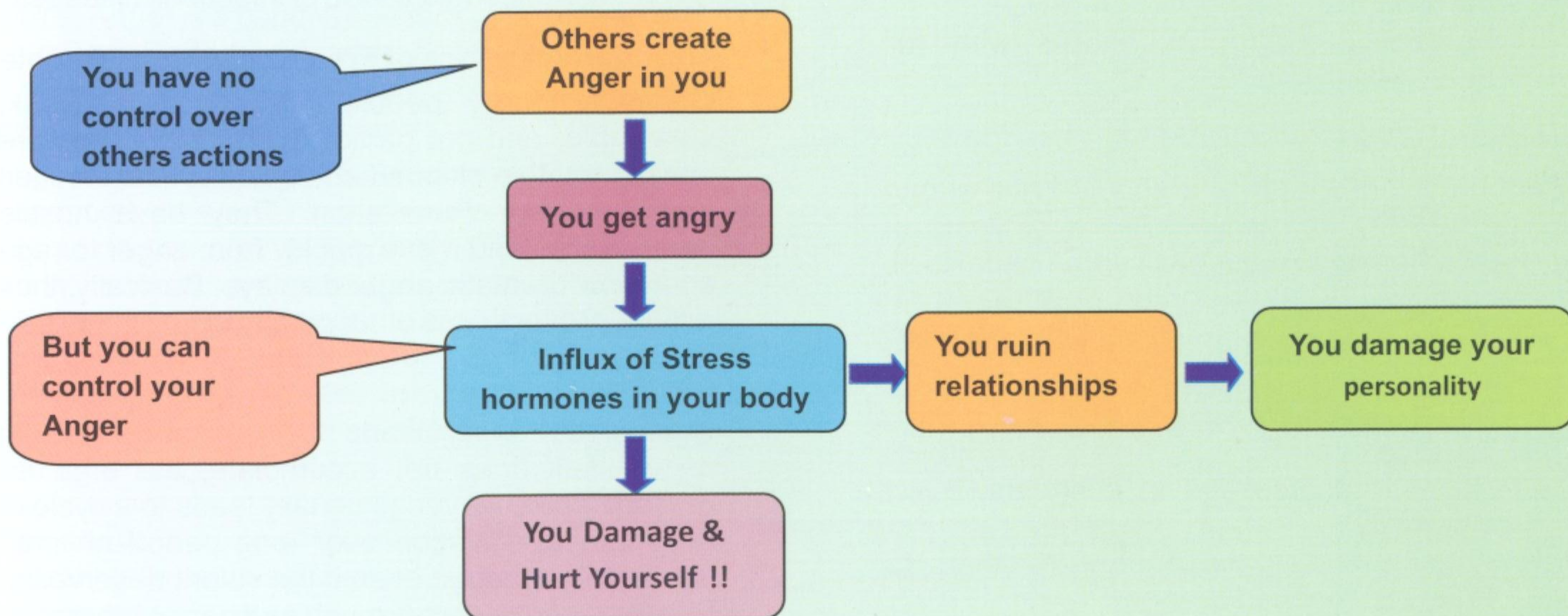
You can practice many Anger control methods on your own but if your anger is out of control and makes you feel physically violent or destructive, you may need some help. Some ways to keep your frustrations in check is to read and know about Anger, take an Anger control course and finally to see a psychologist or Counsellor.

Thought for every morning

While being in the bed, talk to your-self ten times with eyes closed ... *I will not get angry today !!*

Ten tips to get your Anger under control

1. Take a timeout – Count to ten before you react.
2. Get some space – Leave the scene of Anger, Look at the sky, look at leaves of a tree quivering in the wind
3. Get some exercise – when Angry go for a brisk walk
4. Think before saying – Write down what you want to say
5. Identify solutions – Never think of the cause of Anger, think of the solution for the problem.
6. Use 'I' statements – Think that you may have involvement or responsibility in the cause of Anger.
7. Don't hold a grudge – Always forgive the person who made you Angry.
8. Use humour to release tensions – Diffuse tension by a joke 'like take it easy' etc..
9. Once you are calm, express anger – When the heat is gone, harmful actions are not taken.
10. Practice relaxation skills – Deep breathing, Listen to music, maintain a journal for recording the number of times you got angry during the day and try to reduce that number on the following day.



LEARN TO HANDLE YOUR ANGER - *You will be a Relaxed Person with a Light Heart*

