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# We will continue to uphold Israel's right to exist, as a Jewish state, in peace and security

- Prime Minister Stephen Harper

Excerpts from statement by the Prime Minister of Canada at a joint news conference with Benjamin Netanyahu, Prime Minister of the State of Israel in Ottawa, Ontario, Mar 2, 2012:

"In our meetings today, Prime Minister Netanyahu and I discussed economic priorities including negotiations on expanding and modernizing our free trade agreement and increased cooperation in science and technology.

We also discussed security issues of global concern.

As we all know, this is an especially challenging time in the Middle East. Canada will keep working with our international partners to bring pressure to bear on the Assad regime in Syria, to stop killing its own peo-



ple and to step down immediately. We will keep working with the international community to pressure the Iranian regime to abandon its nuclear weapons program, to immediately allow international inspectors of all its nuclear sites and to comply with United Nations Security Council

resolutions. And of course, we will continue to uphold Israel's right to exist, as a Jewish state, in peace and security. Canada will continue to do our part to help achieve a comprehensive, just and lasting peace in the region".

[pic by: pm.gc.ca]

**Ji Han, the winner of the "Win a Car Charity Raffle" organized by The Scarborough Hospital Foundation receives the key for the Toyota Matrix from Scarborough Toyota's Senior Sales Manager Rob Gardiner**



## Marie Colvin:

**The uncrowned Queen of Intrepid Journalists**

By D.B.S. Jeyaraj

"It is said of war correspondents that they have to "Get in, Get it and Get out". Marie did just that in many conflict zones from Chechnya to Bosnia, From Sri Lanka to Syria. In Sri Lanka she lost an eye but in Syria she lost her life. She got in, got it but couldn't get out."

Please see pages 52, 53 & 54 for Tribute

Painting by Shan Sundaram



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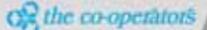
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LAW OFFICE OF  
MELENI DAVID



# Canada News

## Minister Kenney outlines vision of a fast and flexible immigration system

In a keynote address to the National Metropolis Conference on March 1st, Citizenship, Immigration and Multiculturalism Minister Jason Kenney outlined his vision for a faster, more responsive immigration system that better meets Canada's economic needs.

"Immigration is playing an increasingly important role in our economy and we need a system that does a better job of attracting the people who have the skills that are in demand and getting them here quickly," said Minister Kenney. "We have made some great strides towards an immigration system that is fast and flexible, but know that there is more work to do."

In his speech, the Minister highlighted recent changes to the Federal Skilled Worker Program, where current applicants must have experience in one of 29 occupations in demand, or have a job offer in Canada.

He also noted the growing success of the Canadian Experience Class, which allows certain foreign students and temporary foreign workers to translate their Canadian work and education experience

into permanent residence. And he lauded the growth of provincial and territorial nominee programs, noting the role they have played in spreading the benefits of immigration across the country and addressing long-term regional labour needs.

While recognizing these improvements, the Minister indicated that more challenges lie ahead in seeing his vision realized. He noted, for instance, that the current points system used to assess federal skilled worker applicants needs to be more flexible and intelligent.

It should place greater emphasis on the importance of language, he said, while recognizing that the language ability needed to successfully integrate in Canada is different for a doctor as opposed to a welder. It should also place greater emphasis on younger workers with high quality credentials that can be recognized quickly.

The Minister pledged to do a better job of attracting entrepreneurs and investors to Canada, noting that we lag behind the U.S., where half of the top 50 venture-capital backed companies are



Minister Kenney delivers speech at the National Metropolis Conference in Toronto, outlining the Government's plan for a fast and flexible immigration system that focuses on meeting Canada's labour market needs

founded by immigrants.

While noting progress to date, he also promised to do more to reduce the legacy of backlogs, where there are wait times of seven years or longer in some categories.

"It makes no sense to tell people 'apply now, but put your life on hold for a

few years before we'll even let you know if you qualify," said the Minister. "I will continue to make changes to create a faster, more flexible immigration system. Canadians need and deserve a system that boldly puts Canada's best interests first."

## Honour An Outstanding Ontarian E-Nomination Period Begins for Queen's Diamond Jubilee Medals

Ontarians have the opportunity to recognize outstanding members of their communities by nominating them for a Queen's Diamond Jubilee Medal.

This medal pays special tribute to Queen Elizabeth II's 60 years on the throne and honours her life-long commitment to her responsibilities, by recognizing those who have made significant contributions to Ontario and Canada.

Any Ontarian can use the e-nomination form to nominate a deserving Ontarian. The nomination period ends on April 30, 2012.

"I encourage Ontarians to take this opportunity to recognize someone extraordinary by nominating them for a Diamond Jubilee Medal. This is a fitting way to celebrate Queen Elizabeth's kindness, her spirit, and her tremendous sense of duty to our province and country."

— Charles Sousa, Minister of Citizenship and Immigration

§ Over 2,000 Ontarians will receive a



Queen's Diamond Jubilee Medal.

§ Her Majesty Queen Elizabeth II's reign of 60 years is the second-longest for a British monarch — only Queen Victoria has reigned longer.

§ Her coronation service in 1953 was the first to be televised.

§ In celebration of the Queen's Diamond Jubilee, The Prince of Wales and The Duchess of Cornwall will visit Ontario in May.

## Meleni David – Finalist in 2012 Top 25 Canadian Immigrants Award



Meleni David, a prominent Tamil lawyer in Toronto, Canada has been selected as one of 75 finalists for the 2012 Top 25 Canadian Immigrants Award.

This prestigious awards program seeks to recognize and celebrate the stories and achievements of outstanding individuals who have moved to Canada and, since immigrating, have contributed to the diversity and success of the country.

Meleni David has been instrumental in development projects in the communi-

ty. In Canada, she runs a very successful law practice and co-founded Sorkkam, a club which caters to athletic, leisure, social and family activities. She has contributed financially to countless numbers of charitable and other organizations and more recently, she has made a generous donation towards building a health center at St. John's College in Jaffna.

You can vote for Meleni David anytime between February 14 and April 13 at [tinyurl.com/votemeleni](http://tinyurl.com/votemeleni)

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# from the publisher's desk

## Celebrating Women's Achievements

**By: Krishni Loganathan  
B.A. (Hons.)**

On Thursday March 8th, the developed and developing countries alike celebrate and recognize International Women's Day. A day to celebrate the achievements that women have gained and fought long and hard for. Long before women had the right to work, the right to vote and the right to hold public office, women were deprived of these basic rights that we have treated as a norm in today's society. Not only can we celebrate the successes of

rights that women have achieved but also the individuals that initiated these movements that have become a part of history. Clara Zetkin first introduced International Women's Day in 1910, where equal rights for all would be promoted, including suffrage for women.

Women in the new millennium have gained great strides in their position compared to their counterparts. Women can now hold public office, and are even capable of becoming the Prime Minister, like Canada's first

woman Prime Minister, Kim Campbell in 1993. Momentum is now being created for high ranking positions for women like CEO's of corporations and President's of businesses like Virginia M. Rometty whom was elected as President and Chief Executive Officer of IBM effective January 1st, 2012.

More women are entering university and moving onto post graduate studies. Choices for women have improved dramatically over the years. Not solely having to raise a family, but they

are welcomed back into the workforce and given choices that are realistic while raising a family, like flexible hours of work and babysitting services made available at their employment site.

On March 8th, 2012, Monsoon Journal joins together in celebrating International Women's Day. So make a difference, think globally and act locally. Make everyday International Women's Day. Do your bit to ensure that the future for girls is bright, equal, safe and rewarding.

## Tamil National Alliance (TNA) Leader Sampanthan writes to 47 member states of UNHRC urging support for Resolution on Sri Lanka

In a letter dated 27th February 2012, Tamil National Alliance leader Rajavarotheyam Sampanthan has written to all 47 member states of the United Nations Human Rights Council meeting in Geneva urging support for the envisaged resolution on Sri Lanka. The full text of the letter is as follows:

I write to you as the leader of the Tamil National Alliance (TNA), the principal elected representative of the Tamil people in the North and East of Sri Lanka, to extend my gratitude for your sustained commitment to peace, justice and substantive democracy in our country.

Subsequent to assurances given by the President of Sri Lanka in May 2009, and in pursuance of the same, the Secretary General of the United Nations appointed a panel in June 2010 to advise him on accountability issues in Sri Lanka with respect to the final stages of the war. When the Panel released its report on 31 March 2011, stating that there were credible allegations that both sides had committed war crimes and crimes against humanity, the TNA welcomed that Report and urged the implementation of its recommendations. We are convinced that telling the truth and ascertaining responsibility is the best means of avoiding a repetition of past tragedies.

The Sri Lankan government promised that the Lessons Learnt and Reconciliation Commission (LLRC), which it

had appointed in May 2010, would address questions of accountability. The LLRC delivered its report in November 2011. We have shared with the international community our comprehensive analytical response to the said report, and also enclose it herewith. We submitted that the LLRC failed the victims of the war, and that its composition, mandate, process and findings fell dramatically short of international standards.

Notwithstanding this, the LLRC also made several positive recommendations, including for the rapid demilitarization of the North and East, investigations into human rights violations committed by paramilitary groups and legislative recognition of the right to information. Though the LLRC recognized the critical importance of making visible progress on devolution of power, successive governments for well-nigh six decades have failed to address this issue. The failure to evolve a political solution based on devolution of power is the root cause of the conflict in Sri Lanka. The government of Sri Lanka continues to demonstrate a lack of commitment to implement even the LLRC's recommendations within a specific time-frame.

In fact, even the LLRC observed that its own interim recommendations which were issued in September 2010, such as publishing a list of detainees and disarming paramilitary groups, have not been imple-



**TNA Leader R. Sampanthan addressing a meeting  
in Vavuniya, Feb 20, 2012**

mented. This consistent record of non-implementation by the government, and its refusal to take steps towards creating a social and political environment of positive peace and justice remains the most serious problem for the Tamil people in Sri Lanka.

The state of human rights protection and human security in Sri Lanka continues to cause great distress to us. The spate of killings and abductions, even in the last few months; the intrusive presence of the military in governance, on the streets, in trade and business as well as in the day to day lives of citizens; the negation of effective civilian administration in the North; the expropriation of private lands; the arbitrary utilization of state lands for sectarian purposes; and the erection of massive military cantonments in areas where people should have been allowed to resettle; are all manifestations of how the social and

political freedom of the Tamil people in the North and East of Sri Lanka is being severely jeopardized. The worst affected victims of this intense militarization are women and children, where widows and orphans are rendered particularly vulnerable to systematic exploitation and violence. Former women LTTE cadres and other vulnerable women are coerced into playing the role of comfort women. Furthermore, paramilitary groups acting in consort with the military are known to be involved in incidents of rape and abuse, as well as human trafficking and organized prostitution.

The democratic verdicts of the Tamil people in Sri Lanka have been consistently disregarded by successive governments for well-nigh six decades. There is now a concerted attempt to silence that Tamil democratic voice.

CONTD. on page 13...



# Canada News

# Buying a Home this Spring?

## Here are some Tips for Acquiring Mortgage Financing!

By Tashvir Narine, B.Sc.

March has finally arrived, and with it brings the end of winter months together with the freshness of spring beginnings. This time of the year will also have lenders see increased amounts of mortgage requests, as individuals and families will look to upgrade their current properties or upgrade to a new one. Financial moves of this nature can prove to be very anxious times for such consumers, so being prepared is as good of a game-plan as any. Mortgage lending can be difficult to digest at first, but here are some key points to note that can lighten this load.

Applications for mortgage lending on purchase transactions in most cases, will ask the most out of you as the consumer. Retreating a few months before making an offer on a property, it is always an intelligent maneuver to begin by budgeting household income and expenses. This grants a good indication as to what payment amount your family will be able to afford, and thus what kind of pricing range you should be looking in. Some consumers experience a type of payment shock when they take possession of a new purchase, as liabilities such as property tax and utility costs can make housing costs much larger than expected. Many financial institutions now offer online mortgage calculators where you can input your income and current debt-load, and can generate a mortgage amount based on the bank's servicing guidelines.

Another valuable action that you may want to take at this time is to review the reporting of your credit bureau. Having an understanding of how well your credit facilities have performed on the bureau is important for you, but perhaps more noteworthy to the approving lender. Companies such as TransUnion and Equifax can forward a copy of this credit profile for a small fee, but this could turn out to be beneficial in the long run. These reports are not always perfect or up-to-date, so it is important to obtain a copy and address any irregularities before allowing the lender does them self.

Having educated yourself on these items, it is now a great time to meet with your lender or mortgage broker to talk about pre-arranging a mortgage. Also known as a pre-approval, this informal lending application can tell you how much of a mortgage the financial institution is willing to lend on this request. If declined, it can also indicate if extra help is needed to grant an approval. In such a case, this can result in a higher down payment, or a more secured request via a co-signor or guarantor.

A pre-approval mortgage application will also indicate how much down payment is needed from your own funds on

the new purchase. Lenders show great interest into this aspect as it determines the type of mortgage needed, and also if a third-party default insurer will need to be involved in the formal approval. Apart from the down payment on the new purchase, it is also recommended to put aside approximately 1.5% of the purchase price for associated costs during closing of the sale. These can include various fees involved in the completion of the transaction, such as legal and appraisal costs to name a few.

Another detail that can be addressed here is the rate of interest on the new loan. If you are looking towards fixed interest rates, the lender can usually guarantee such a rate for ninety days following this informal approval. The choice between a fixed and variable rate is also an important one to make, and it is recommended to discuss this with your lender or broker in greater detail.

Once pre-approved however, your realtor will welcome this news and you may be already on your way towards making an offer towards your new purchase. When this has been completed, the lender will require the details of the property to organize a formal approval. Remember too that the lender takes into consideration all the factors previously mentioned such as credit, capital and capacity in order to make a decision to approve the request for this collateral loan. At this point, they will have specific conditions to address and fulfill in order to set up the corresponding mortgage.

For example, when the down payment is 20% of the purchase price or more, the lender will need to have a real estate appraisal of the property completed to identify any risks and ensure that the appraised value of the property is in accordance with the purchase price. If you choose to have a down payment between 5 and 20%, the lender will instead contact a provider such as Genworth or Canada Mortgage & Housing Corporation to obtain default insurance on your financing request. While a visit to the property may not be needed in this case, this will add approximately 2-5% more to the total financing amount if it is required.

The lender will also need to verify the contents of the purchase agreement in most cases to ensure that there are no terms that could hamper the transfer at closing. This is often straightforward but even the slightest difference to a name or spelling on the agreement or mortgage commitment could lead to additional delays when the sale is in the hands of the solicitor for completion. In addition, the Lender will also be very interested in confirming the details of your income and

employment. After all, this is how you will have the capacity to make mortgage payments, so it is important to disclose how your income is generated. Depending on your type of work and payment structure, the lender will need to see various income documents. In some cases it may be very specific on what is required, however as a best practice it is beneficial to gather a recent job letter and pay stub from your employer, along with the last two years' worth of tax returns or T4s for each person working.

So in conclusion, mortgage financing is not always an easy task, but such is the complexity of the request. Your mortgage lender or broker does not expect that you the consumer be an expert. But it is in your best interest to do some homework so that you are able to pass through this procedure without any surprises. Good Luck to everyone enjoying this exciting process in the upcoming year!



If you have any questions regarding information in this publication or you are ready to get the process started, please contact **Logan Velumailum at 416-410-1620** or **Murali Sivaguru at 416-271-2579** at **Royal LePage Exceptional Real Estate Services.**

*"The writer of this article, Tashvir Narine has been working with Mortgage Specialists in Canada over the past few years.*

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# Rouge Valley Health System



**Rouge Valley**  
HEALTH SYSTEM

# Rouge Valley innovation for patients wins competition

## Winning proposal to help prioritize surgical patients' procedures

February 21, 2012 — An innovative computer program to prioritize surgical procedures at Rouge Valley Health System (RVHS) has earned the hospital a \$10,000 grant from Cancer Care Ontario (CCO).

The winning proposal was submitted as part of CCO's 'The Operating Room' competition, which was held during the organization's Chief Information Officer (CIO) Day 2012, earlier this month. The contest provided an opportunity to submit an innovative information management or information technology solution addressing a healthcare need.

"Rouge Valley Health System's computer program to prioritize surgical wait times for patients exemplifies how we're evolving the way we use information technology and innovation to improve patient care, safety and access in Ontario," says Rick Skinner, vice president and chief information officer, Cancer Care Ontario.

"This program will help to ensure that the right patient receives their treatment first," says Dr. Jon Hummel, program chief, surgery at Rouge Valley Centenary, and a member of the RVHS proposal team. "It will help to address wait list issues, which is great for our patients and community."

Prior to the final live competition, each submission was reviewed by the CCO selection committee. In the end, Rouge Valley was selected as one of only three hospitals to pitch their solution to a panel of judges at the CIO Day event. This winning proposal was selected by the panel and announced as the winner at the end of the event.

The idea was a collaborative effort by Rouge Valley's chief information officer, Thodoros Topaloglou, and surgical program leadership of: Renate Ilse, program director, surgery, endoscopy and central processing; and Dr. Hummel.

They identified gaps in the way surgeries are currently booked and how this could be improved for patients. Currently it is the responsibility of a surgeon's administrative assistant to schedule each patient's surgery date. It's quite a challenge, as the assistants need to balance surgeon availability, patient preference, operating room schedules and then apply the Ontario Wait Time priority system rules in order to determine which patient will be operated on first. Each Ontario hospital also has its own provincial wait time targets to meet for different surgical procedures. The current system doesn't consistently manage how patients can be treated in the best order



possible.

There hasn't yet been a computer program designed to review all of this information and then determine the order in which a patient should be treated. That is what the Rouge Valley team has proposed.

"This product has so much potential. If it is successful, it will give patients better care and ensure that they get a fair booking time, and sooner," explains Renate Ilse. "It ensures that we are booking people optimally, which will result in

shorter wait times. Once this system is in place, it can be shared with other hospitals. And for Rouge Valley to have been the one to develop this improvement is an achievement that we can be very proud of."

The \$10,000 grant will be used to help design the new program, which will be used by Rouge Valley surgeons' administrative assistants. The proposal team will return to showcase their invention during the CIO Day event next year.

# Image is Everything surpasses all expectations

## Wildly successful MRI campaign now complete, reaching past its \$5 million goal

The Rouge Valley Health System Foundation is excited to announce that thanks to the tremendous support of the west Durham community, the Image is Everything campaign that brought the first MRI to Rouge Valley Ajax and Pickering hospital has exceeded its fundraising target, closing the campaign with a grand total of more than \$5.3 million.

"There was never any doubt in my mind, or of anyone on our campaign cabinet, that we would reach our goal of \$5 million to make the MRI a reality" says Lucy Stocco, Chair of the Image is Everything campaign. "I still find it hard to fully express how happy and satisfied a feeling it was, when that machine was delivered to the hospital in front of hundreds of cheering people, last August. But now I'm overwhelmed again as we reach the day that the fundraising is complete and we see that all of the hard work has surpassed what we thought

was a pretty large goal when we first started. It's really an amazing feeling and I can't thank enough the many volunteers who were critical to making this project possible."

The campaign journey, which had its start in the playground of Lincoln Avenue Public School in Ajax, began with a simple, yet generous \$300 donation from the school's basketball teams, raised through a bake sale. The news quickly caught the imagination of many people who care about not having to leave their own community and hospital to receive the best possible health care. Since then, over the course of the past 20 months, the campaign has inspired countless individuals, businesses, community events, fundraisers and service club gifts from across Durham Region.

This infectious community support led to several lead donors pledging significant financial support to Image is Everything, including: the City of



Pickering Mayor's Gala; Ontario Power Generation; City of Pickering; Town of Ajax; Ellesmere X-Ray Associates; Auxiliary to Rouge Valley Ajax & Pickering hospital; and most recently, the Regional Municipality of Durham.

"Since the MRI was installed and first put into operation at the end of September, we have performed more than 1,400 scans," says Dr. Mark Prieditis, a radiologist at Rouge Valley

Health System who is a member of the Image is Everything campaign Cabinet, as well as an RVHS Foundation Board Member. "For me, image is everything every day when I am looking at patient diagnostic scans. And with this piece of equipment we will be able to diagnose the patients in our community accurately, with the most up-to-date equipment, within expected wait times, close to home."



**Rouge Valley**  
HEALTH SYSTEM

# Rouge Valley Health System

## Heart procedure a 'cure' for heart patients Rouge Valley only hospital in Central East LHIN to offer transseptal cardiac procedure

Sixteen-year-old Josh Matos' racing heart problems began about a year ago with his heart rate reaching 250 beats per minute, even when he was resting. He was diagnosed with a paroxysmal supraventricular tachycardia (PSVT), a type of arrhythmia that causes a rapid heart rate. It usually begins and ends very suddenly. A normal resting heart rate is usually between 60 to 80 beats per minute, depending on age and fitness level.

"It was very painful. Your chest and your muscles get very sore, and you feel cold. Sometimes it can last for a few minutes, other times it can last for a few hours," the Pickering teen explains. At one point, Josh, an avid tennis player, experienced an episode during a tennis game that caused him to briefly pass out.

For twenty-one year old Megan McLean, the frightening heart episodes were becoming more frequent, at one point bringing her to Rouge Valley Centenary (RVC) as often as four times a week. "There were times when I would be lying down, and my heart rate was so fast. I was out of breath, like I was running a marathon," explains the Whitby resident and Durham College student. She was also diagnosed with a PSVT.

After visits with Rouge Valley cardiologists, it was soon discovered that both patients had arrhythmias arising from the left-sides of their hearts. Until recently, cardiologists at Rouge Valley could only treat and cure arrhythmias that arose from the right-hand side of the

heart. Patients like Megan and Josh would have to go to a larger hospital specializing in more advanced cardiac care in downtown Toronto to be treated.

Now, Rouge Valley offers the treatment, called a transseptal cardiac procedure, which allows cardiologists to treat and often cure arrhythmias arising from the left side of the heart. By creating a tiny puncture, they can insert a small tube and then a wire across the left atrium, find the excitable tissue, burn it, and completely cure the patient of the existing arrhythmia. Usually within 6 – 8 hours after the two-hour surgery, patients are up and walking. Within 24 hours they can be discharged.

"There are very few things in medicine that you can actually cure. An arrhythmia is one of them," explains Dr. Bhavanesh Makanjee, who along with Dr. Amir Janmohamed and cardiac staff, did the procedure. Both Dr. Makanjee and Dr. Janmohamed are RVHS electrophysiologists – cardiologists who specialize in the treatment of arrhythmias. "It prevents repeated hospital admissions for arrhythmia patients who are being treated with medication, and prevents multiple visits to family doctors and emergency rooms. This treatment represents a cure for these patients."

Both Josh and Megan were the first two patients at RVC to receive the treatment earlier this month. Rouge Valley is now the only hospital in the Central East Local Health Integration Network (CE LHIN) to offer the transseptal procedure,



allowing patients in east Toronto and west Durham region to receive this care closer to home.

"Prior to this, our patients had to go to one of the larger health centres to get this type of treatment. And while those facilities are fantastic, they are away from their families and community while they are treated and recover," explains Dr. Janmohamed. "Now, we can offer this service to them, right here in the Central East LHIN, as we are the only facility here to offer this treatment for our patients, close to home. I see this as an evolution of the services and programs that we provide here at Rouge Valley."

The London Health Sciences Centre arrhythmia team, who also assisted during both procedures, mentored the team of cardiologists and nurses.

Electrophysiologist Dr. Lorne Gula; registered nurse Jan Scheinman; and senior electrophysiology technician Paul Purves, all from London Health Sciences, supported the Rouge Valley team during the procedure.

A day after the surgery, both Megan and Josh already feel better. Their heart rates are back to normal, and they look forward to getting back to their everyday lives.

"I can already feel a difference. I had been waiting a long time for this, so I'm very happy," says Megan.

"I'm looking forward to playing tennis again, and not having my heart start to race. And going to school and not having another random heart episode," explains Josh.

## Rouge Valley celebrates Social Work Week

*Event to highlight link between social workers and community agencies*



March 2, 2012 — The work that social workers do each day at Rouge Valley Health System (RVHS) and in the community, and the link between social workers and local community agencies, is

being celebrated at a community information event.

National Social Work Week takes place this year from March 5 to 11. This year's theme is "Social workers help people get back on track," highlighting the significant role that social workers play in assisting people in overcoming day-to-day challenges and barriers that prevent them from leading meaningful lives.

An integral part of helping people get back on track involves working with individuals in their own environment. A key to achieving this is the diverse set of community resources that social workers utilize to help meet each person's needs and goals.

### Community Information Event

To celebrate the role that community partnerships play in the care of patients at Rouge Valley, the hospital's social work team will host a community information event that is open to the public.

The event also features draws for great prizes.

The event takes place at Rouge Valley Ajax and Pickering hospital campus (580 Harwood Ave. South) from March 5 to 8, from 11 a.m. to 2 p.m. in the Harwood Bistro, located on the ground level, just beneath the east entrance off Harwood

Ave. More than 40 community agencies will set up displays to help inform the public about their services.

Each day, different community services will be highlighted:

- Monday, March 5 – Child/youth and parenting services
- Tuesday, March 6 – In-home support agencies
- Wednesday, March 7 – Retirement homes
- Thursday, March 8 – Mental health services

## Rouge Valley Health System (RVHS) - The best at what we do.

RVHS is an excellent acute care community hospital with many programs, including 24/7/365 emergency, obstetrics, paediatrics, cardiac care and mental health. Rouge Valley consists of several health sites, including two community hospital campuses: Rouge Valley Centenary in east Toronto; and Rouge Valley Ajax and Pickering in west Durham. Together, a team of physicians, nurses and many other professionals care for a broad spectrum of health conditions. Working in consultation and partnership with community members, other hospitals, health care organizations, the Central East Local Health Integration Network and the Ministry of Health and Long-Term Care, Rouge Valley continues to improve its programs and cater to the needs of the growing communities of east Toronto, Ajax, Pickering and Whitby.

# Health & Fitness



## Dr. Amalraj Siva

Does your job find you sitting most of the day? How often are you sitting down to watch T.V.? What about when you're driving? Everything we do in our lives results in muscle length and stretch imbalances as a result of our daily posture.

I think the classic drawing above says it all in regards to our society today. Unfortunately, our daily habits and posture makes us all very prone to having forward head carriage. While sitting can seem restful, keep in mind that staying in any one position for long periods of time can cause strain and injury to your muscles, joints, tendons and ligaments. Sustained forward head carriage can take a toll on your neck. Steady compression of the spinal discs hinders their nutrition and can contribute to premature degeneration.

A simple way for you to check if you have forward head posture is to place your back against the wall and see how far your head is protruding forward. With forward head posture you will often see the shoulders rounded in and your chin jutting out. With normal posture the neck should be straight and shoulders level. In forward head posture patients the head is positioned in front of the centre of gravity increasing the stress and weight placed on the cervical spine. For every inch the head protrudes forward it places about 10 extra pounds on your cervical spine.

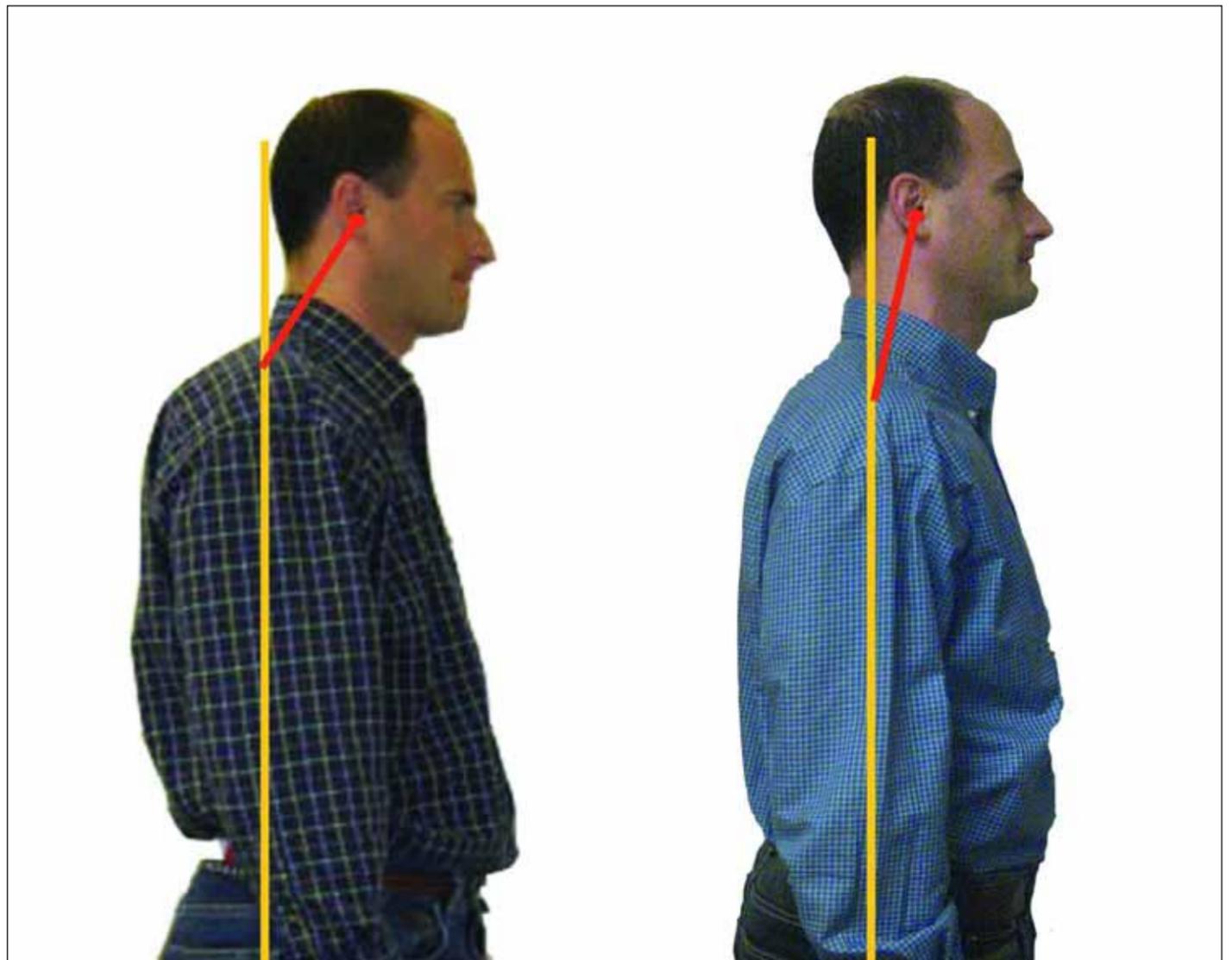
### Try these tips to help prevent forward head posture and neck pain:

1) Warm up before and stretch out after physical activities such as sports, gardening or other household projects.

When performing a warm up this allows the body to prepare the muscles for action, to hopefully prevent injuries like torn muscles. A good way to correct forward head posture is to stretch the tight chest muscles and strengthen your weak back muscles.

2) Stretch after an hour of television viewing or sitting at the computer.

If your job demands a lot of sitting ensure that you take regular breaks from sitting. Get up, take a short walk outside



or around the office, and stretch.

3) Work on your posture both standing and seated to keep your spine properly aligned.

Sitting incorrectly puts strain on your lower back, decreases blood flow to your working muscles and accelerates fatigue. Practise "active sitting" with your feet flat on the ground in front of you, your back straight, your shoulders squared and your chin parallel with the floor. This posture will strengthen the "core" muscles of your abdomen, sides and back to reduce the strain on other areas. The stronger your core muscles, the easier it will be to maintain good posture.

4) Make sure your work station is ergonomic with good low back support.

What's most impor-

tant in preventing injury and strain is to be able to easily vary your sitting positions throughout the day. An investment in a good office chair can help a lot.

The right chair for you should:

Be easily adjustable to your size

Adapt to support your spine in various working positions

Have a backrest that supports your lower back

Have armrests, if they are appropriate to your work

Have a front edge that curves downward to promote proper posture

5) Go see a Chiropractor if your neck is really bothering you.

Chiropractic care is widely recognized as one of the safest, drug-free, surgery-free therapies available for treatment of neck pain and headaches. Chiropractic treatments should address risk factors, prevention and a home exercise program in addition to pain reduction treatments.

### Some things to avoid:

Cradling a phone on your shoulder  
Falling asleep on the arm of the sofa  
Thin pillows that provide no neck support

Taking a few preventative measures will help reduce your chances of neck pain and keep you discomfort free.



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## Cut the Cholesterol

I am a waxy compound that has a soft wax-like texture. I am an important part of the body. I serve many functions such as forming and maintaining cell walls and structures. I help cells adjust to fluctuations in temperature; help nerve cells with insulation and most importantly aid in synthesizing hormones such as testosterone, progesterone and estrogen.

I can be good and bad. When I'm good, I am referred to as the high-density lipoprotein (HDL). I am made up of dense protein and less fat. But, when I'm bad I am the low-density lipoprotein (LDL), with less dense protein and more fat. If there is too much of my LDL form, I get comfortable and like to form into a sticky, gooey plaque inside the arteries and interfere with blood flow to the heart, causing a stroke or heart disease. Who am I?

I am cholesterol. The sticky substance that serves important functions in the body, but when present in high amounts can lead to cardiovascular disease or death. According to Health Canada, total cholesterol levels less than 5.2 millimoles per litre (mmol/L) is ideal and more than 6.2 mmol/L is considered high. The goal is to maintain high concentrations of the "good" cholesterol (HDL) and low levels of the "bad" cholesterol (LDL).

**Some facts about cholesterol:**

Factors that affect blood cholesterol levels include diet, exercise, genetics, age, diabetes, and heredity.

Cholesterol levels above 200mg/dL are considered high.

Lowering the amount of LDL in the blood can help reduce the risk of heart-related diseases.

According to the Heart and Stroke Foundation, about 40% of Canadians have high blood cholesterol; it is estimated that as many as 10 million Canadian adults have a cholesterol level higher than the recommended target.

**Below are some tips on how to lower your cholesterol. Reduce your risk of heart disease and stroke!**

Eat cholesterol lowering foods; foods high in protein and fiber, and low in saturated and trans fats.

Fish and seafood (salmon, tuna, white fish, scallops, mussels, oysters)

Foods rich in Omega 3s (fish, avocados, nuts, olive oil, flaxseed, pumpkin seeds, sesame seeds,)

Vegetables (spinach, tomatoes, squash, carrots, radishes, cabbage, all greens, mushrooms, onions, eggplant, beets, sprouts, broccoli, swiss chard, kale,)

Fruit (Blueberries, apples, bananas, mangos, papayas, pomegranate, pears, apricots, peaches, plums, strawberries, blackberries, pineapple, grapefruit, kiwi fruit)

Whole grains (unsweetened, unflavoured oatmeal, quinoa, bulgur, whole wheat breads, pastas, tortillas, pitas, roti, brown rice)

Foods low in saturated fats

Nuts and nut butters (almonds, walnuts)

Low fat dairy (Greek non fat, plain yogurt, eggs)

Extra lean meats including turkey, chicken breast, beef tenderloin, lamb tenderloin, venison.

**Feed your body regularly.**

With busy schedules it is often difficult to eat the recommended small five to six mini-meals in a day. However, it is the best way to help keep cravings in

**By Ayktah Grover**  
**Founder, Aura Wellness**  
**Certified Nutrition, Fitness, Pre and Post Natal Specialist**

sodium is 2300mg. Yet, studies show that among people aged 19 to 70 years of age, over 85% of men and 60% of women had sodium intakes exceeding the recommended upper limit. The key to lowering sodium is to avoid processed or refined foods. Add spices and fresh herbs to your meals instead of salt. Fresh lemon and garlic also helps to add flavor to meats, dressings and sauces. For example:

Basil (fresh or dried) can be used with fish, lean meats, and in soups. A great addition to Thai food or Italian pasta

Curry powder gives lean meats, particularly lamb, an exotic taste.

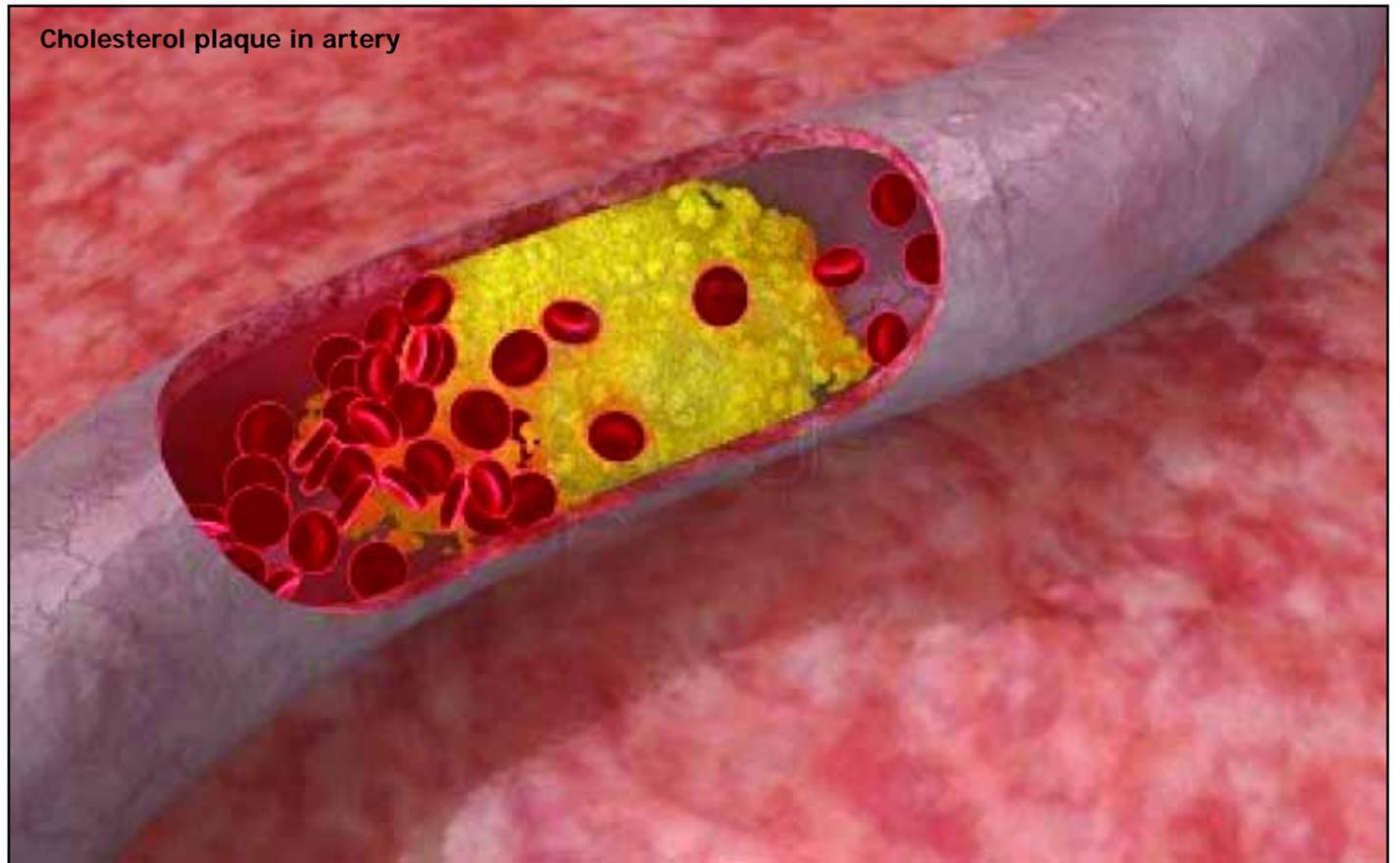
Dill is great in sauces (lemon dill sauce over fish) or tossed on just about any vegetable.

Garlic adds flavor to just about any savory food — avoid using garlic salt.

Bay leaves work well with soups and stews.

Lemon juice enhances the flavor of salads, vegetables, and fish.

Paprika gives a spicy kick to roasted meats and vegetables.



check, control blood sugars and regulate metabolism. Try to eat larger meals throughout the day (hence, a big breakfast!) and smaller meals at night when you are less active.

**Booze it up!**

In moderation that is. According to the Heart and Stroke Foundation, one drink of wine or alcohol can be heart friendly but excessive drinking (two or more glasses in one sitting) may have detrimental effects. Try to limit your intake and opt for non-alcoholic beverages such as ciders, sparkling mineral water or herbal teas.

**Energize with exercise!**

Exercise is nature's best medicine. Be active! Move move move! The benefits: exercise strengthens the heart muscle, improves blood flow, reduces high blood pressure, raises HDL cholesterol ("good" cholesterol), and helps control blood sugars and body weight.

**Say goodbye to salt.**

The recommended upper limit for

sauces.

Thyme gives an earthy taste to sauces and soups.

Caraway seeds lend a nutty taste to breads, steamed cabbage, and noodles.

Chives add bite to salads and vegetables.

Rosemary works well in hearty dishes like meatloaf, potatoes, and beans.

Cider vinegar provides tang to sauces and vegetables.

Turmeric is great on rice and in many curries.

Cinnamon is tasty on many fruits and adds flavor to hot water.

Sage can be a savory addition to stews, biscuits, and lean pork.

**Hydrate with H2O.**

Did you know that water makes up 70% of our body weight? Human brains are composed of 75% water, human bones are 25% water and human blood is 83% water?

We lose water through our breath, sweat, urine and bowel movements so it is vital to replenish our water supply to maintain normal body function. Drink 1-2 liters of water a day to help keep you full and hydrated!

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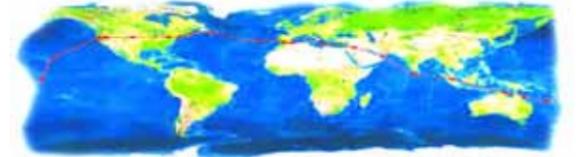
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Questions to Ask Yourself	Bank Mortgage Insurance	London Life Insurance
1. Who owns the policy?	1. The bank owns the insurance policy.	1. Client owns their own Policy.
2. Who controls the policy?	2. The bank controls all the options.	2. Insured has control of all the options.
3. Can I guarantee I will always be covered?	3. Your policy will lapse if your mortgage goes into arrears.	3. Policy will not lapse if you miss a Mortgage payment.
4. Who is my beneficiary?	4. Your Beneficiary is the Bank.	4. You can name any Beneficiary you want.
5. What kind of coverage do I have?	5. Your coverage is decreasing term with level cost.	5. Level term coverage with fixed premiums.
6. Can I be covered if I change mortgage holders?	6. Moving the mortgage means reapplying for insurance.	6. Your covered regardless of which institution you choose.
7. How much insurance do I have?	7. Face amount of the policy cannot exceed the value of the outstanding mortgage.	7. Your coverage is determined by your needs and wants.
8. What options do I have if I or my spouse dies?	8. No option but to pay off the mortgage.	8. Survivor can invest the money and use returns to pay the mortgage and still keep the capital.
9. Can I convert my insurance to a permanent plan at any time?	9. Not extendible.	9. Your policy is renewable and convertible.
10. Am I penalized for casual deposits?	10. Penalizes casual deposits.	10. Rewards casual deposits.
11. Who guarantees that I am covered if I die?	11. Underwriting is done at time of death and research can date back to birth.	11. Underwriting is done at time of application and before a second premium is paid.
12. Who is more expensive?	12. Can be very expensive.	12. We are very competitive.

# Around the world



## An Interview with President of Global Tamil Forum, Dr. S. J. Emmanuel by Dr. Paul Newman of Bangalore

The Global Tamil Forum was formed after the defeat of the LTTE to carry forward the Tamil aspirations of Self Determination. Prof. Dr. S. J. Emmanuel was elected as the President of the Global Tamil Forum (GTF) by the member organizations for 2010-2011 term. He has attended the annual sessions of the Human Rights Commission of the UN held in Geneva and has been lobbying support for his people from the international community.

He has written four books related to the Tamils struggle for freedom.

1. Church, Politics and War in Sri Lanka
2. Let My People Go
3. Agonies and Aspirations of the Tamil Struggle
4. Continuing Struggle of Eelam Tamils after Mullivaikal (Tamil).

In October 2011, Dr.S.J. Emmanuel was refused entry on arrival in India at the Chennai International Airport, despite having a valid visa to India, issued by the Indian High Commission in Germany.

Recently in January Fr.S.J. Emmanuel led the 7 member GTF delegation to the ANC Centenary celebrations. Sri Lanka refused the ANC's invitation because it felt inviting the GTF was giving the diaspora organization official status and placing it on par with a government delegation which was not acceptable to Sri Lanka. Many heads of state and representatives of governments, as well as large numbers of dignitaries from across Africa joined over 100,000 politicians, members and supporters of the ANC in the historic celebration. The invitation to GTF becomes important as the other major Tamil Diaspora group, The Transnational Government of Tamil Eelam (TGTE) being invited to open an embassy in Southern Sudan.

Dr. Paul Newman interviewed Dr.S.J. Emmanuel for The Weekend Leader.

*Q1) A new political game of advocacy, lobbying and networking has emerged after May 2009, your thoughts on this?*

The UN and its sub-structures which were designed after the horrible experiences of two world wars for the future security and peace of the world by the powerful nations of the world are great and worthy milestones in the history of humanity. The Universal Declaration of Human Rights, gave lot of hope for the future of emerging nations, especially after many centuries of colonialism, oppressions and discriminations.

For us the Tamils of Sri Lanka, the

last 64 years after the Declaration coincide exactly with our 64 years after independence. To our disappointment, all that we have suffered during these decades – majoritarian- democracy, majoritarian-sovereignty, discriminations, state-terrorism and mass-massacre – have happened under the eyes of these structures.

Hence the UN, its structures and the member-states have not lived up to the goal and spirit of the beginning. Corruption, self-interests, greed for super-power have overtaken moral values like truth, justice and peace.

Hence advocacy, lobbying and networking on our part, telling the true story of the victims and pleading for justice and peace have become a dirty-game of adjusting to the demands of the powerful, speaking only their diplomatic language and hoping against hope for the best. Knowing very well that all the powerful of the world including the UN, converged into Mullivaikal to help Sri Lanka, with finance and weapon, to crush not only the militants but also 40,000 civilians, we Tamils still have to plead with collaborators for justice within the existing framework and hope for a better world.

*Q2) How do you see the presence of other Diaspora Tamil groups post May 2009? In what way are you different from them?*

After May 2009, when the Sri Lankan Government and its supporters were having a series of celebrations, we Tamils all over the world, were in a shock and mourning over our dear ones. The sudden wipe-out of the Wannil Leadership also created a great vacuum in the diaspora. With Never-say-die spirit, we saw that a new phase of the struggle to be continued. After a first phase of non-violent parliamentary struggle and a second phase of politico cum militant struggle, now a third phase of non-violent democratic and transparent struggle has to be led by the diaspora. As a first step the diaspora Tamils through a referendum held in various countries, converged to a consensus called the "Vaddukoddai Resolution" confirming our common goal as that was overwhelmingly voted by the Eelam Tamils in 1976 at the end of the 1st phase of the struggle and carried forward by the LTTE leadership.

There were already country organizations of Eelam Tamils for coordinating activities among themselves as well as to lobby support for the Tamil cause from foreign governments and peoples. The new concept of a Transnational

Government of Tamil Eelam (TGTE) was proposed as an organ of the Tamil Diaspora to take the Tamil Cause forward and members were elected for this government.

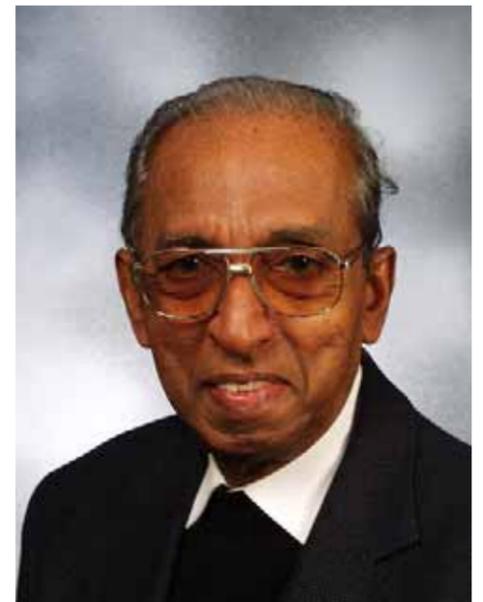
In the meantime representatives from already functioning country-organizations came together to form a network-global-organization to engage the international community for the Tamil Cause. A Constitution for this global organization was drafted to work as a democratic non-violent and transparent organization vis a vis the international community. The inauguration of this Global Tamil Forum within the British Parliament Buildings signaled the historic role of Britain in this conflict. Hence all the diaspora organizations function in parallel directions, having a strategy of their own to achieve the same goal of liberation and freedom for the Eelam Tamils and their Homeland.

*Q3) Role of India in Sri Lanka?*

India has a vital and unquestionable role to play in resolving this conflict and establishing a peaceful co-existence of all peoples on that island.

Historically we all must have moved down from India. But colonialism ended with a British-blunder of a "unitary-state" centralized in Colombo with all the powers in the hands of the majority Sinhalese. Consequently we Tamils suffered all forms of discriminations and deaths in the hands of the majority Sinhalese and their governments. Though we received sympathy and solidarity from Tamil Nadu, Delhi was interested in keeping relations with Colombo and preserving the unity of India without any separatist tendencies. Delhi also used us Tamils to checkmate Colombo to fall in line with its super-power mindset. The unsuccessful mission of Delhi in the form of Indian Peace Keeping Force, the unsuccessful attempt of the Sinhala naval on Rajiv Gandhi's life, and later the unfortunate blunder of killing Rajiv Gandhi in Tamil Nadu – added up to making the relationship of Delhi to Colombo and its role in resolving the conflict more complex and difficult. Colombo, not withstanding the unsuccessful attempt of the naval on Gandhi's life, succeeded in making Delhi and the whole of India to see the Eelam Tamils as murderers of Rajiv Gandhi. In addition Colombo used its strategy in the Indian Ocean and with the enemies of India to checkmate Delhi.

Now Delhi finds itself in a more complex situation for preserving its good relationship with Colombo, its super-



**Rev. Father Emmanuel**  
- President, Global Tamil Forum

power position surrounded by Chinese and Pakistani interests etc.

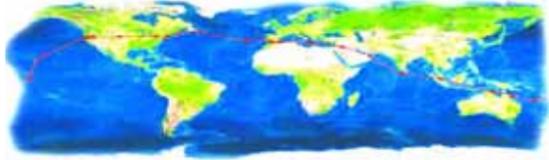
We Eelam Tamils still look up to the India of Mahathma Gandhi as our beloved ancestral homeland and expect India to return to the moral and religious values which laid the foundation for independent India and not to go pleasing and protecting neighboring Sri Lanka even after the mass massacre of May 2009.

*Q4) Any idea why you were deported from India, despite your organization being a firm believer in democratic values and non-violence?*

As a catholic priest, and former Vicar General of Jaffna Diocese, I have been to India several times-to meet my Roman colleagues, some Bishops now. As an Asian theologian serving the Asian churches I have been to conduct and participate in many seminars during 1984-1986. I have known several Indian church leaders cardinals and bishops. And during my last visit in Feb, 2011, I addressed the Tamil Nadu Bishops Conference and students of the University of Madras and of Loyola College explaining our plight to them. I have never taken part in any political meeting or met Indian politicians. Still shockingly on the 11th Oct 2011, while holding a multi-entry visa for India I was refused entry into Chennai, without any reason!. Some "higher authority" had ordered it.

I have written to the Governor of Tamil Nadu, the Immigration Authorities in Chennai and to the Indian High commissioner in Berlin, but none has replied giving a reason for denying entry.

I was elected President of the Global Tamil Forum In Feb 2010 and I have visited India twice after that without any difficulty. The organization as I explained above is non-violent, democratic, transparent and believes in working with Delhi to bring about a peaceful settlement for Sri Lakethe only reason I could imagine for the refusal of entry is the latest malicious propaganda of the Sri Lankan government through DVDs depicting me as "a supporter of terrorism". I am still a catholic priest working in the German Diocese of Münster.



# Around the world

Anyone can check my identity.

I look forward to visiting India, not as a politician, but as a priest victim and witness to present the Tamil-cause and enable Delhi to help us for a peaceful co-existence in Sri Lanka.

*Q5) Your experiences of leading a team the Centenary celebrations of the ANC?*

I have been to South Africa several times from 1997 when I met Archbishop Desmond Tutu and got the support of this Nobel Peace Laureate for peace and contacted the Government in Pretoria with their success in the struggle against Apartheid, for possible South African mediation in our conflict. But the Sri Lankan media even then said that I have gone to collect finance for the LTTE! I was in Durban for the World Conference against Racism. The GTF invited the ANC to be at its Inauguration in Feb 2010 in the British Parliament. Since then we have been in contact with one another and with some ministers of the government.

We gladly accepted the invitation for the centenary celebrations. It is alleged that the Sri Lankan Govt. was displeased and decided not to come there for the celebrations. The TNA was also invited and both the TNA and the GTF met with some VIPs from the Government as well as from the ANC and NGOs to discuss events in Sri Lanka and how RSA could help at the int. level towards a peaceful solution.

*Q6) Can you share with the discussions you had with the ANC leaders of South Africa on the future of the Tamil struggle?*

South Africa and its leaders like Nelson Mandela and Archbishop Tutu have gained a unique name especially among the non-aligned nations to be a valuable help for smaller nations still struggling.

We of the GTF look upon the valuable experience of a liberation struggle and hope to learn and benefit with our collaboration with them. We understand that the ANC is very much supportive of the GTF in its form of struggle. But translating that support into the government level has problems. For the last 10 years they have diplomatic relations as well as trade relations with Sri Lanka. There is a gap between the support given by the ANC and the position taken by the government of RSA for its interests. In addition the Sri Lankan Embassy in South Africa is an effective anti-Tamil propaganda of the Sri Lankan Government.

Although the struggle in South Africa - a majority blacks fighting the minority oppression (Apartheid), and the struggle in Sri Lanka is a minority Tamil nation fighting oppression by a majority Sinhala nation, we can learn and benefit much by our relationship with them. RSA stands out as a non-aligned third-world country, developing new relations and carving out a new place even among rich and powerful nations. Tamil Struggle will be on the international stage for some time

at least and we hope South Africa will help us.

*Q7) Your comparison of the report of the UN Panel of Experts with the report of the LLRC?*

There can be no true comparison between the two. The UN Panel Report stands out for its independence, international composition of authors, the free and open manner in which objective evidence was collected and the right advisory manner it was written to help resolving the conflict and war on the basis of truth, justice and accountability. But the LLRC is the report of a Commission, appointed later in the midst of cries for accountability, by the President - the prime culprit - himself getting his former government-servants like the Attorney general-not to go into any crimes or of criminals with respect to the war, but to collect lessons from looking into a limited period of the conflict. There were many shortcomings in the way this commission was appointed and the limited empowerment. The Commission collected evidence from various sectors. In spite of these limitations, well-meaning leaders and religious dignitaries gave evidence. Even an interim report was brought out for implementation. But the one who set up the commission, the one who should implement being the same, nothing has

been implemented even now.

We are witnesses to a numerous Commissions appointed, reports submitted but none implemented! Hence the present cry not only for an independent international investigation of alleged war crimes but also for the immediate implementation of its own report.

*Q8) What are your expectations from the 19th Sessions of the UNHRC?*

From my experience of how resolutions are passed in the UNHRC sessions, I do not expect much out of these Sessions. In May 2009 all the nations consented and converged into helping Sri Lanka with finance and weapons to crush, even with questionable methods and weapons, the LTTE leadership and the 40,000 civilians at Mullivaikal. Soon afterwards these nations, realizing foul-play during the last stages of war on the part of the fighting forces, brought a resolution against Sri Lanka questioning alleged criminal activities. But by that time, Sri Lanka did the somersault to the other side, took a position with Russia, China and anti-western forces to defeat the western world. The western world was humiliated and defeated. But we Tamils have only one position- the position of Truth and Justice.

Hence we go on with our struggle watching and supporting new attempts

in our favor however little they may be. Our desired objective is that the UNHRC tables the UN Panel Report for discussion and calls for an independent international investigation of war crimes by BOTH sides of the conflict.

Sri Lanka does not want to face the whole truth nor does it want to implement its own Report in full. Only international reassurance can help resolve the conflict in Sri Lanka. We will continue to question the conscience of the international community with our stand on truth for justice.

*Q9) What is your future course of action towards seeking justice for the Tamils of Sri Lanka?*

The Tamil Struggle is born out of the collective conscience of a people, oppressed and denied its basic human rights. It is independent of the man-made structures for security, governance, world-order etc. It is based on divine values of truth and justice and will go on beyond the walls of institutions, crying out and hurting the conscience of the powers that be.

Many Thanks Dr. Emmanuel for answering these questions despite your busy schedule, wishing you and GTF the Best in course of your democratic struggle towards Justice to the Eelam Tamils.

## Tamil National Alliance (TNA) Leader Sampanthan writes to 47 member states of UNHRC urging support for Resolution on Sri Lanka

CONTD. FROM PAGE 4

At the urging of those with extremist views, the government is engaged in an irreversible process whereby the demographic composition of the North and East is being altered through the establishment of Sinhala settlements, the entrenchment of the military, and the systematic exclusion of Tamil people from the civil service. The juggernaut of the government and the military is relentlessly engaged in transforming the cultural, linguistic and religious makeup of the North and East and forcibly imposing the dominant culture on those areas. This is also evident in the destruction of numerous Hindu places of worship, and the proliferation of new Buddhist shrines.

We are convinced that a speedy resolution of the ethnic issue through a negotiated settlement with the government on granting the North and East access to powers of governance is necessary to reverse these trends. Despite many government commitments at the talks not being honoured, we have patiently and responsibly engaged the government in a series of bilateral talks in this regard since January 2011. We were also very disappointed when the

government irresponsibly and unilaterally withdrew from these bilateral talks in January 2012. We remain committed to the evolution of a reasonable, workable and durable political solution within an undivided, united country.

We are also committed to the cause of truth, justice and reparations for the atrocities committed by both sides during the last stages of the war. We believe that it is our duty - as representatives of the Tamil people - to communicate their profound desire for truth and justice.

We ourselves have been struck by the intensity of this desire, and the determination with which it is expressed to us. We have maintained that accountability remains an urgent and important need to help victim communities overcome trauma and rebuild their lives; to bring closure to our collective and personal grief; to ensure genuine reconciliation; to break the cycle of impunity in Sri Lanka and most importantly, to insure against a return to violence. For these reasons we have urged the international community to take steps to institute an international investigation into the credible allega-

tions of war crimes committed by both sides during the last stages of the war.

We observe that at the upcoming 19th Session of the Human Rights Council in Geneva, a Resolution will be tabled that will declare that the government of Sri Lanka has not yet done enough to implement the recommendations of the LLRC, and will comprehensively address the issue of accountability.

You are aware that the Sri Lankan government has consistently failed to abide by its commitments and to implement recommendations made by Commissions appointed by the government.

This Resolution will provide an opportunity for the fulfillment of the commitments repeatedly made by the government of Sri Lanka, and now contained in the recommendations of the LLRC, and thereby for the realization of the legitimate aspirations of the Tamil people.

Yours sincerely,

**R. Sampanthan**  
Leader, Tamil National Alliance

## Tamil Cultural & Academic Society of Durham



# The Courageous act of a little girl

On the 26th of January 2012, a beautiful young girl donated twelve inches of her hair to the cause of cancer, along with the \$1000 she had raised. Her name is Shajahi Rajasingham, the beloved daughter of Mr & Mrs. Ramesh Rajasingham.

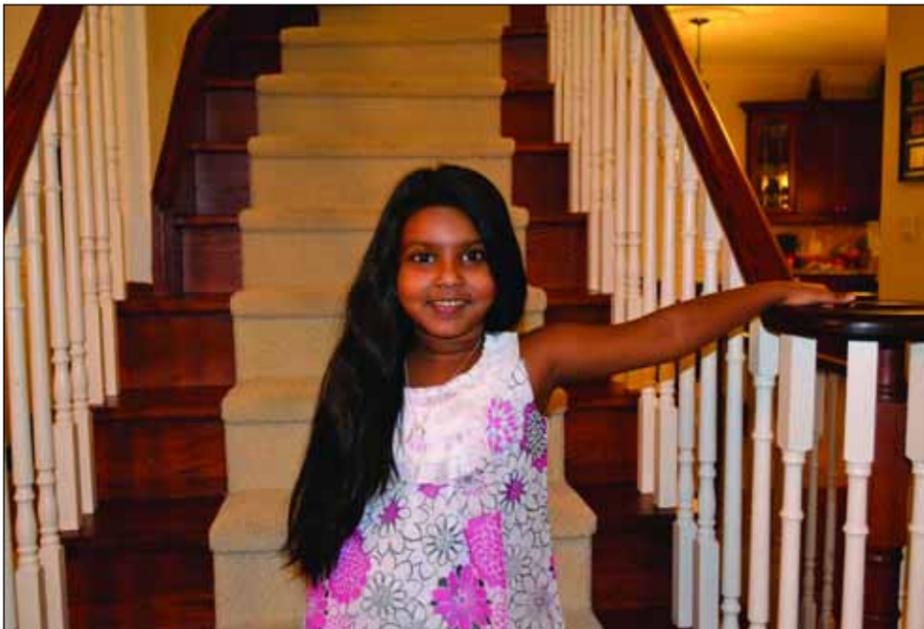
Shajahi is five years old and has been growing her hair since she was four. It is important to note that this little girl wanted to donate her hair all by herself and was not asked to do by her parents.

When the day came for her hair cut, Shajahi was quite and gentle unlike the other children of her age. She was sad about losing her thick long hair but at the same time, she also understood the valid reason behind it. Her family and her friends are even more proud of her than before. Knowing her hair would be used to make wigs to provide kids and adults with wigs and headwear when they lose their hair as a result of cancer treatment gives her peace of mind. To all those who

know the real reason behind her short hair, she seems even more beautiful than before. It takes a lot of courage to support a do an act like this. That's why; this little girl is a role model to all our other children.

Shajahi donated her hair and the \$1000 she raised, to the Durham Regional Cancer Centre. This little girl's sacrifice should not be ignored but, should be set as an example for all of us to follow.

**Vashine Kamesan (Senior youth)**



Shajahi with long hair



Shajahi after the hair cut holding them in her hands



TCASD youth and friends supporting Shajahi



Friends and family at the event

## Snow Day at McLean Library in Ajax

On Feb 11 2012 we celebrated the snow day at McLean library. It was really fun for the kids. The librarian who coordinated the program was excellent. They interact with the other community people during this program. Which is really good for our Tamil community. The library provides lot materials for the kids. They encouraged the kids to write poem. Also lot of art works and games. We enjoyed a lot. Thanks for the library.

It was a wonderful opportunity again to partnership with the Ajax library to embrace in a successful afternoon reading and crafts. This event not only attracted the Tamil children in Durham but all cultural children to come togeth-

er and explore their interests. TCASD feels that helping children to enjoy reading is one of the most important thing and well worth the investment of time and energy. By far the most effective way to encourage children to love books and reading is to read aloud to them. We had older kids read to the younger ones and they both enjoyed it. Reading is not only for pleasure, it has many benefits such as expands vocabulary, improves spelling and helps to understand different ways of life. Snowy Day certainly created social interaction among kids and sparked the interest and curiosity of many kids in reading many wonderful books. Our sincere



thanks to the Ajax library and all the volunteers at this event.

**Tharani**



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The International Medical Health Organization—Canada (IMHO Canada) invites you to attend our

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**WHAT:** Join us for our annual convention, learn about our work, and engage in conversation with physicians and other development leaders from across the globe who are engaged in rebuilding the health, medical, and social service infrastructure in Sri Lanka and in communities in need worldwide.

**WHEN:** Friday, April 27th from 7:00-10:00pm  
& Saturday, April 28th, 2012 from 8:00am-11:00pm

**WHERE:** New Jaasmin Banquet Hall,  
90 Nolan Court, Markham, ON L3R 4L9, Canada

**RSVP:** [meera@imhocanada.org](mailto:meera@imhocanada.org)  
OR [coordinator@theimho.org](mailto:coordinator@theimho.org)



View our special event website at [www.IMHOAnnualConvention.org](http://www.IMHOAnnualConvention.org) where you can also register for the event & get tix. Please mark your calendars now and plan on joining us in Toronto in April 2012!



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# The Scarborough Hospital

## Support Dr. Oyston's Quit Quarter Campaign



Dr. John Oyston, TSH Anesthesiologist, is passionate about getting people to stop smoking. In fact, he is so passionate about it, he has launched a Quit Quarter campaign to encourage the Royal Canadian Mint to produce a new quarter. His goal is to have people reconsider buying cigarettes when

they reach into their pocket and pull out a Quit Quarter in their handful of change.

"Most people don't realize that smoking is the number one cause of preventable death in Canada," says Dr. Oyston. "It kills 45,000 people each year. In fact, more women die from lung cancer due to smoking than from breast cancer."

He was inspired to create the Quit Quarter when he saw the breast cancer quarter. He feels the Quit Quarter would be more effective because smoking is "an important risk factor for many diseases that you can actually do something about."

Dr. Oyston sees three ways the quarter can be effective in getting people to stop smoking, or never even start. One way is for parents to give Quit Quarters to their children with their allowance as a reminder to never start smoking.

"When kids start smoking, they aren't buying packs of cigarettes," he comments. "They are using the change they've collected to buy one cigarette at a time. Hopefully seeing a Quit Quarter in their hand will make them rethink their decision."

He also suggests that smokers use the quarter to stub out their final cigarette and then keep it as a memento. And lastly, he hopes when smokers pull a Quit Quarter out of their pocket, it will discourage them from purchasing the next pack.

The Quit Quarter campaign also supports Dr. Oyston's Stop

Smoking for Safer Surgery website, where he encourages patients to stop smoking six to eight weeks in advance of having surgery.

"As an anesthesiologist, I have a ringside seat to seeing the complications smoking can cause with a patient's recovery," says Dr. Oyston. "It increases the stress on the heart during anesthesia and the risk of breathing complications and wound infections after surgery by more than 50 per cent."

His ultimate vision for the Quit Quarter is to help spark conversations that will encourage people to stop smoking, especially in advance of surgery.

"I have this fantasy of everyday scenarios like a client talking to her hairdresser saying she will be going in for a hysterectomy," says Dr. Oyston. "And the hairdresser tells her client she really needs to stop smoking before her surgery so that she will have the best chance of a good recovery."

Dr. Oyston launched his Quit Quarter campaign during National No Smoking Week in January. So far, he has pitched his idea to the Royal Canadian Mint and waiting on a response. He is also waiting to hear back from the Prime Minister's Office and the Health Minister. He has gained the support of organizations such as the Heart and Stroke Foundation of Ontario and the Canadian Anesthesiologists' Society which he hopes will help move his campaign along.

**You can support Dr. Oyston's Quit Quarter campaign by joining his Facebook page ([www.facebook.com/quitquarter](http://www.facebook.com/quitquarter)) or following him on Twitter (@QuitQuarter).**

## Dedicated IV Team at TSH



**IV Nurse Louise Locker starts an IV line on patient, Russell Abric. The IV Team performs this procedure on up to 30 patients each day in addition to attending codes and stats.**

Many people think IV (intravenous) insertion is a routine practice for any nurse. But to specialize in IV nursing you must be also be a teacher, advocate and confidante. And you must be able to empathize with your patients about one of the most feared procedures they will encounter during their stay.

At The Scarborough Hospital, we have a dedicated IV Team: one of just three such teams at GTA hospitals, and the only IV Team with a dedicated PICC (Peripherally Inserted Central Catheter) Team.

These nurses cover all areas of the hospital, working on their own. They can see anywhere from 25 to 30 patients on each shift, plus attend all codes and several

stats.

"With each patient, we become a teacher," says Linda Azzopardi, an IV nurse for 40 years. "We help them understand what their IV is for, what the doctor is going to do and how they will know when they are getting better. But we're not just there to insert the IV and then leave. We listen, ensure the patient is satisfied, and sometimes we advocate on their behalf."

The pressure can be intense when a patient, either adult or neonate, is crashing, and they must start the IV quickly with less than suitable veins. They are expected to be successful every time, and 99 per cent of the time, they are successful on the first try. Despite the intensity, the reward

comes from "the appreciation and gratitude expressed by the patients and families," says Hyacinth Lana, an IV Team Nurse for the past three years.

In fact, that's one reason why the nurses stay on the IV Team for so long; the gratitude they receive every day from patients and colleagues.

"We get thanked for the work we do every day," says Linda. "That's not common in nursing."

Dr. Peter Azzopardi, TSH's Chief of Paediatrics, says these nurses have a level of expertise mixed with a phenomenal sense of kindness and compassion. They perform their difficult tasks quickly, efficiently and with as little pain and

“

These nurses cover all areas of the hospital, working on their own. They can see anywhere from 25 to 30 patients on each shift, plus attend all codes and several stats.

”

discomfort as possible, qualities that are extremely important when caring for young, frightened patients.

"Many parents have commented to me over the years about the wonderful care the IV Team brings to their child's bedside," says Dr. Azzopardi. "It makes our hospital stand out as a place where bringing the right skills to the right patient is valued and put into action."

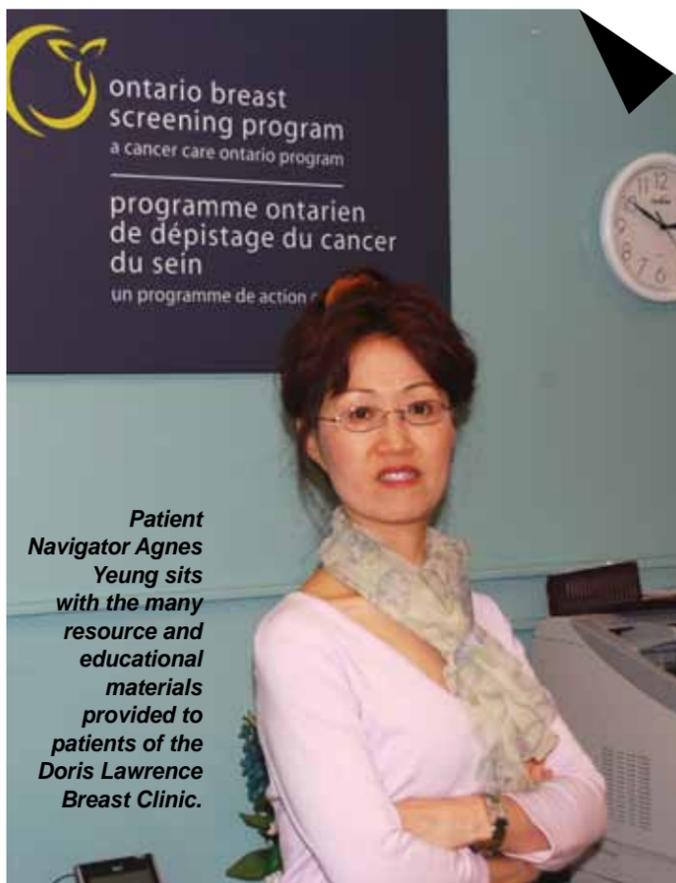
Job satisfaction, a challenging work environment and the opportunity to work in every area of the hospital have resulted in a team with an average age that's older than many other nursing specialties – seven of the 14 IV nurses are over age 60.

"This is not uncommon on IV Teams," says Sadie Fairhead, IV Team Manager. "I think it's because of the camaraderie, team spirit and job satisfaction. Our team is like a small family. We have incredible support and respect for each other. It's a great department!"



# The Scarborough Hospital

## Patient Navigator adds to the “human touch” of TSH Breast Clinic



**Patient Navigator Agnes Yeung sits with the many resource and educational materials provided to patients of the Doris Lawrence Breast Clinic.**

In her office right off the elevators on Tower 5, Agnes Yeung carefully consults the patient charts of women who are undergoing breast screening at the hospital’s Doris Lawrence Breast Clinic. However, for this oncology nurse, the focus is more than just clinical. For the last six months, Agnes has worked as the Clinic’s Patient Navigator, providing supportive care that spans the physical, emotional, educational and practical needs of patients.

Agnes was hired as the Patient Navigator late last summer when the Breast Clinic became an assessment affiliate of the Ontario Breast Screening Program (OBSP). The OBSP is a program of Cancer Care Ontario which provides mammography services for women 50 years of age and older. In addition to mammography screening, OBSP assessment affiliate locations provide timely, high quality, diagnosis and follow-up. Hospitals which become assessment affiliates are given funding to hire a Patient Navigator.

“I find this role truly gratifying,” said Agnes. “It allows me to help our patients in a unique way.”

Although the Patient Navigator role is currently only part-time two to three days per week, Agnes’ days are always full. In an average day, she can talk to 10 to 20 patients over the phone and has several in person appointments that take place with other members of the patient’s care team.

Patient Navigators are a relatively new role over the last three to five years and Agnes admits that one of the challenges, as well as the rewards, of the position

is adapting it to suit the hospital’s patient population and community.

“In Scarborough, many patients face very practical problems, such as transportation to their appointments, childcare, and language barriers,” said Agnes. “Then there are certain cultural issues, such as language barriers, or unease for women in getting undressed for an examination or having a male technician.

“So whether it’s working with the patient’s family, our interpretation services, Social Workers, or other members of the team, we find ways to address these problems so no part of their care falls through the cracks.”

Another big part of Agnes’ role includes ensuring that the patient’s tests and procedures are occurring within the acceptable wait times. Meeting these targets is essential for the Breast Clinic as an OBSP assessment affiliate.

For Tom Jackson, Patient Care Director of Diagnostic Imaging, becoming an OSBP assessment affiliate has enhanced the hospital’s ability to “offer a more comprehensive service and provide the best patient experience possible for women and their families in our community.”

Sari Greenwood, Patient Care Manager, Oncology Program and Social Work Department, echoes these comments. “Breast cancer patients have always received great care at TSH, but now as they move from one stage to another, there’s always someone there to act as a bridge and help them through each transition.”

And it’s offering this “human touch” that Agnes thinks matters the most. “Patients come to think of us as part of their family and nothing could be better than that.”

## Canadian Nurses Association President visits TSH

More care for our caregivers. This topic, along with many others, was brought to the table during a day-long meet and greet at The Scarborough Hospital with Judith Shamian, President of the Canadian Nurses Association (CNA).

Shamian is travelling across the country to engage healthcare providers, government decision-makers and the media in dialogue about the future of Canada’s healthcare system.

“We were so pleased to welcome CNA, and discuss issues we feel are important to enhance the system,” says Rhonda Seidman-Carlson, Vice President, Interprofessional Practice/Chief Nursing Executive at TSH. “This was a wonderful opportunity for our staff to contribute to future excellence in nursing and healthcare.”

**Some topics included:**

- Ensure the health, safety and worklife balance of nurses and other healthcare providers
- Encourage life-long learning to enhance skills and benefit patient care
- Clarify nursing roles including those of Nurse Practitioners, Advanced Practice Nurses and Clinical Nurse Specialists to ensure all staff are providing care to their full

scope of practice • Promote the overall importance of nursing in healthcare

- Foster critical thinking among nursing students and residents

“It’s fascinating to hear issues from this perspective, as our senior team discusses many similar matters,” says Dr. John Wright, President and CEO at TSH. “We value our nurses and strive to maximize their education and expertise while continuing to meet all the needs of our patients.”

Staff was also pleased to share with Shamian the exciting initiatives TSH has developed to support healthcare staff worklife issues, such as nursing fatigue. The concept, which was developed by our nursing staff, aims to address both quality of worklife and quality of patient care by empowering nurses and helping them recognize signs of stress. (See story on Page ?? of this edition of Vital Signs.)

“It is music to my ears to hear that an organization is implementing real solutions with the research that has been done with (nurse fatigue),” says Shamian. “Promoting and safeguarding the well-being of our nurses is critical to the delivery of quality care to our patients. The Scarborough Hospital team is doing exemplary work and I will be talking about you as we continue our cross-country tour.”



**Ade Oyemade, Manager, Professional Practice (right) participated in one of several focus groups to engage with Canadian Nurses Association President, Judith Shamian (left) and discuss healthcare issues affecting Canadians.**

Shamian was also impressed with the number of written certifications held by our nurses, particularly in specialty areas, and commented on the positive changes at that have occurred at TSH since her last visit.

CNA will use information gathered throughout their tour to enhance the practice and care of nurses across Canada, as well as discuss transformation to achieve positive change within healthcare.

## Grilled cheese and tomato soup story wins TSH comfort food contest!

Congratulations to Linda Barlow who was the grand prize winner of The Scarborough Hospital’s comfort food story contest!

Linda’s entry about how simple grilled cheese sandwiches and tomato soup are a favourite comfort food for her family was chosen as the winner by staff in the General campus Nutrition and Food Services department. Linda wins a \$200 Oliver and Bonacini gift card that can be used at their Canadian comfort food restaurant Bannock.

“This was such a great surprise, and even better, the day I received the email I had won was my birthday,” said Linda, a resident of Scarborough.

Preparing great comfort foods is something that runs in Linda’s family. She is the daughter of former TSH Chef Tom Donaldson, who worked in the General campus Nutrition and Food Services department during the 1980s and 1990s.



**Comfort food contest winner Linda Barlow accepts her prize from Food Services Coordinator Nieves Paonessa (left) and Chef Debbie Lennox.**

Linda and her husband, who have 2-year-old and four-month-old daughters, are looking forward to a delicious dinner and evening out.

“As soon as we can find the time,” Linda says with a smile.

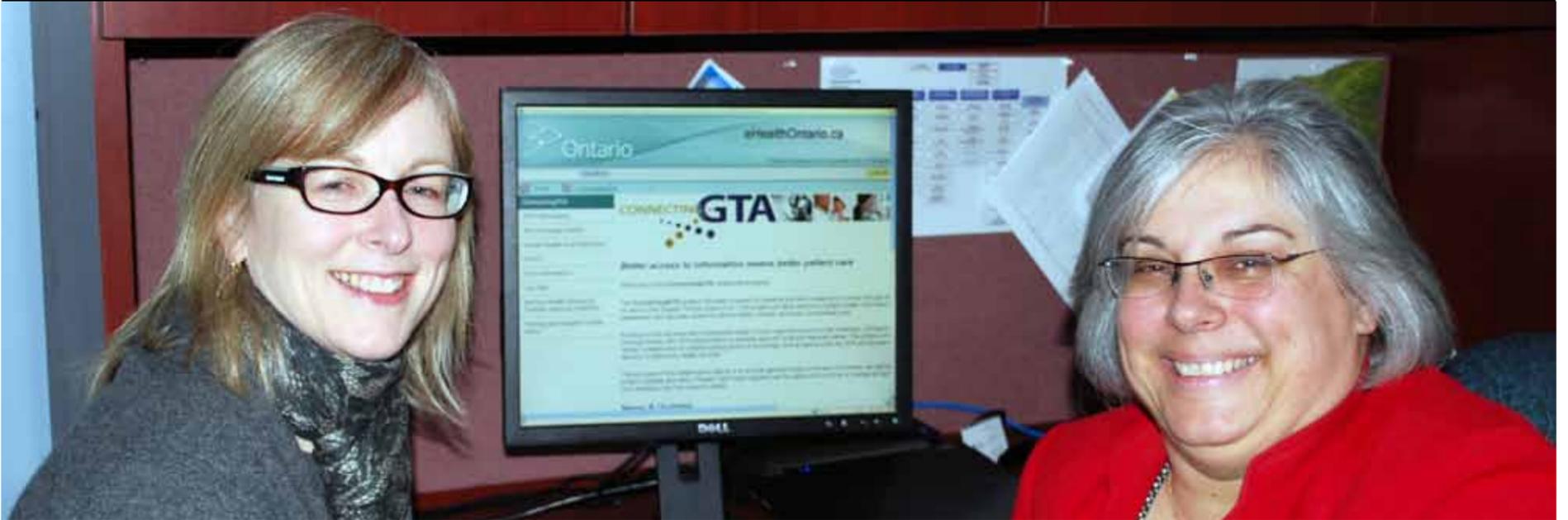
Second prize went to Jennifer Deevy for her account of the comforting impact chicken soup has when she’s suffering from a cold. Jennifer receives a gift basket of food straight from Ontario farmers courtesy of the organization 100km Foods.

Third prize winner was Kathy Bourne for her story about how the soft boiled eggs and buttered toast her mom used to make for her when she was sick as a child still helps her feel better as an adult. Kathy wins a gift basket from The Scarborough Hospital’s prime food vendor SYSCO Canada. Thank you to everyone who entered the contest and shared the unique comfort foods that make them feel better when they are sick! To read all the entries, visit the original contest blog post.



# The Scarborough Hospital

## cGTA - Ontario Laboratories Information System



**Cara Flemming, Vice President, Finance and Information Services (left) and Margaret McCormack, Manager, Clinical Health Informatics (right) are thrilled that The Scarborough Hospital is participating in a new eHealth project.**

The spotlight shines on TSH as part of an elite group of healthcare providers chosen to participate in the initial phase of an exciting new eHealth project.

Connecting GTA (cGTA) is a data repository that will allow 20,000 clinicians across the GTA to securely share patient health information including clinical reports, diagnostic images, drug information and lab test results throughout the five GTA Local Health Integration Networks (LHINS).

"To be chosen as one of only 12 out of the 700 health providers in the GTA to help get this project off the ground is like a big stamp of approval for the work we're doing here at The Scarborough Hospital," says Cara Flemming, Vice President, Finance and Information Services. "We should feel proud that our high standards have been recognized this way within the five GTA LHINS."

cGTA is expected to be fully operational by the end of this year, and the benefits to hospitals, clinicians and patients will be huge. There will be a faster turnaround time for patients'

results which will reduce duplicate testing and provide a more complete patient history.

"The more we understand what has happened to a patient in the past, the better decisions we can make about their future care," says Margaret McCormack, Manager, Clinical Health Informatics. "Sometimes patients aren't able to give their full history to a healthcare provider. This system will give the complete history to allow clinicians to better plan for the patient's future."

For example, a patient could come to our Emergency Department unconscious and unable to tell the physician about their medical history, drug allergies or other critical information. With immediate online access to this information, the physician has the tools necessary to provide safer, higher quality care.

A big part of cGTA is a separate project called Ontario Laboratories Information System (OLIS). This will feed patients' lab results into the cGTA system. TSH has been

chosen to participate in the second wave of this project, expected to be completed January 2013.

OLIS will allow clinicians to electronically access blood work results from any lab across the GTA. This not only benefits the clinicians, but it allows more convenience for patients who can now go to a lab closer to home rather than just the preferred lab of their doctor.

"We have such a great opportunity to be a part of these two projects," says Margaret. "The cGTA repository that we develop will be a prototype for similar systems throughout the rest of Ontario."

The Freedom of Information and Protection of Privacy Act (FIPPA) requirements have been integrated into both projects. Every patient has the ability to opt out of having their information electronically stored, and there will be an audit process when information is accessed to ensure the clinician has a relationship with the patient.

## Ji Han wins Toyota Matrix provided by Scarborough Toyota

Ji Han intended to purchase two raffle tickets for the Win a Car Charity Raffle hosted by The Scarborough Hospital Foundation, but on a whim, she bought three more. Of her five tickets, it was the fifth that won her a brand new 2011 Toyota Matrix.

"It was the first time I have ever won anything in my life," says Ji, Registered Nurse at the Birchmount campus. "I didn't expect to win, and I only expected to buy two tickets. I just feel so lucky."

But Ji wasn't the only winner in the raffle. She was so thrilled with her big win that she and her family decided to further support their community hospital, and donate money back to the Foundation. A portion of Ji's generous donation will benefit the Foundation's MRI campaign.

"The hospital is my second home," says Ji. "The hospital gave me my first job when I graduated, and I really appreciated it. TSH really opened up doors for me, and I wanted to give back."

In 2000, Ji moved from Tianjin, China to Canada with her husband and children. With a 14-year background in obstetrics, Ji wanted to become a nurse. She applied to Centennial College to learn English as well as achieve her RPN certificate, and continued her education in a joint program with Mohawk College and McMaster University. Her first job in the Canadian healthcare system was with TSH, and she enjoys her current role in the Family Maternity Centre at the Birchmount campus.

The 2011 Toyota Matrix, provided by Scarborough Toyota, was presented to Ji on February 17. In total, more than 3,000 tickets were sold in the 2011 raffle with proceeds benefiting the hospital's Wound Care Centre, one of the busiest wound treatment centres in Canada and one that faces growing demand due to an aging population and increases in certain chronic diseases.

"We want to congratulate Ms. Han on her win, and sincerely thank her for her generous donation," says Michael

Mazza, President of The Scarborough Hospital Foundation. "We also wish to thank each and every person who purchased a raffle ticket and donated their time to support this event. It is through the remarkable kindness of the public, staff, physicians and volunteers that we are able to enhance healthcare within our community."

The next TSH car raffle is scheduled for November 2012. Stay tuned for further details.

**Mazza, President of The Scarborough Hospital Foundation. "We also wish to thank each and every person who purchased a raffle ticket and donated their time to support this event. It is through the remarkable kindness of the public, staff, physicians and volunteers that we are able to enhance healthcare within our community." The next TSH car raffle is scheduled for November 2012. Stay tuned for further details.**



# Sports



## The Score on Sports

By Tashvir Narine

One month ago, the Monsoon Journal covered the multicultural work of the Toronto Raptors and the National Basketball Association here in the GTA. This feature of sports has been increasing in Canada for the past decades and for areas such as basketball, this is very evident. On the second of this month, the Raptors will entertain fans Bollywood-style during this incidence of local cultural night. Themed nights of this sort will occur all throughout the season, however March 23rd will prove to be sensational when the New York Knicks come back into town to play on this year's Tamil Heritage Night.

Just a few weeks back, one might have looked at this game and dismissed it quickly. But a new phenomenon has developed in The Big Apple in the form of Asian-American superstar Jeremy Lin, nicknamed simply "Linsanity". The rise to stardom has literally been overnight for the Knicks' most recognizable player, who has been the most surprising story this year. Last month for example, Lin was not a name at the back of anyone's minds, but Linsanity is selling out stadiums all over the continent already, and his number 17 jersey is showing up at events everywhere.

The rise to stardom however, has not been terribly smooth for Jeremy Lin thus far. He attended Harvard University, where Ivy League schools of this type did not offer incentives such as athletic scholarships. Lin however led the Harvard basketball team

on the court, while completing his degree at the same time. Looking back now, most individuals would not believe that Jeremy Lin was even passed up by all NBA teams in the draft following his graduation.

But in late December of last year, the Knicks picked up Lin which proved to be the best signing in the past few years for the team, which has seen much turnover between its players. At this time Lin's role was to back up the other guards on the squad however a series of injuries pushed him higher on the depth charts. At the beginning of February, Coach Mike D'Antoni inserted Lin into the starting lineup to shake things up and to bring some fresh energy to the Knicks, who were struggling at the time.

This move proved to be the opening that Jeremy Lin needed to springboard his career. With fellow superstars Carmelo Anthony and Amar'e Stoudemire missing games at this time as well, Lin propelled the Knicks to a series of consecutive and impressive wins. During this original push NBA icon Kobe Bryant was even asked about Lin, who nonchalantly dismissed the question, failing to acknowledge the new star. A few days later, the two met and Lin outscored Bryant, handing the Los Angeles Lakers a loss at Madison Square

Garden. Simply put, he has taken the league by storm and injected a vital spark needed since the lockout of last year.

Earlier this year Linsanity touched down in Toronto to land a last-second Valentine's Day

three-pointer to put away the Raptors in front of a sold out crowd. For fans in the GTA, the hype was real that day and around the league players and coaches were taking notice. This will continue on March 23rd when the two teams meet again at the Air Canada Centre. Tamil Heritage Night will be extra special because of this, and tickets are already close to being sold out.

If interested, you can make purchases via the Raptors' Specialty Night ticket sales with promo code "TAMIL", or through event organizers like the TTBA. Act fast, as if the previous meeting was an indication this matchup should also be "Lin-sane".



Asian-American superstar Jeremy Lin



Lin celebrates in victory over the Los Angeles Lakers.



Jeremy Lin shoots Three Pointer to beat the Raptors on Valentine's Day.



# Special Feature

## HYUNDAI ELANTRA

### NAMED 2012 CANADIAN CAR OF THE YEAR



**Mr. Oles Gadacz, Director,  
Public Relations of Hyundai Canada**

**Mr. John Vernile, VP, Marketing of  
Hyundai Canada**

**Compact sedan  
earns both Canadian  
and North American  
Car of the Year titles**

**(TORONTO)**

The Automobile Journalists Association of Canada (AJAC) announced recently that the Hyundai Elantra has earned the title of "2012 Canadian Car of the Year" during a press conference at the Canadian International Auto Show in Toronto. The Elantra was selected as the winner from a group of three finalists which also included Hyundai's Accent subcompact.

"The all-new Elantra was simply the single most important new vehicle that Hyundai has ever launched," said Steve Kelleher, President and CEO of Hyundai Auto Canada Corp. "The Elantra competes in Canada's critical compact segment, so for it to win Canadian Car of the Year is vindication for all the effort Hyundai designers and engineers invested into the project. We wanted to bring Canadians a new take on the compact sedan; one with great style, quality, safety, and incredible fuel efficiency. So, we couldn't be more proud that AJAC agreed it should win Canada's highest automotive award."

Each year AJAC names the best new cars in eight categories following an intensive one-week event known as "Test Fest." From these eight winners, three finalists are selected before the highest-rated vehicle is chosen as the overall "Canadian Car of the Year." Last October, the Accent, Elantra, and Veloster were named Best New Small Car under \$21,000, Best New Small Car over \$21,000, and Best New Sports/Performance Car under \$50,000, respectively. With three wins, Hyundai took home more AJAC Canadian Car of the Year category awards than any other manufacturer.

The announcement of Elantra's Canadian Car of the Year victory comes just over one month after the car was named the 2012 North American Car of the Year during the North American International Auto Show in Detroit. As the Genesis luxury sedan earned both titles in 2009, this marks the second time in four years that a Hyundai vehicle has won both awards back-to-back.

Since its introduction, the all-new Elantra has helped redefine what consumers expect in a compact sedan. Featuring Hyundai's signature "Fluidic Sculpture" design inside and out, Elantra has established itself as a style leader in the segment. What's more, in keeping with Hyundai's "Modern Premium" philosophy, Elantra makes high-end features like heated rear seats

and a touch-screen navigation system with rear-view camera available at an accessible price. A full complement of safety features including four-wheel disc brakes, six airbags, and a myriad of active safety systems are included as standard equipment.

Elantra is powered by a 148-horsepower 1.8-litre four-cylinder engine paired to six-speed manual or automatic transmissions. Working in conjunction with the highly-aerodynamic exterior styling, this efficient powertrain helps Elantra achieve its class-leading standard highway fuel economy rating of 4.9 L/100 km without the need for an expensive "Eco" package. With a starting manufacturer's suggested retail price of \$15,849, Elantra offers unmatched value in the compact sedan segment.

With sales of 44,930 units, the Elantra was the second best-selling passenger car in Canada during 2011. Further bolstering the nameplate's appeal, Hyundai Canada announced today at the Canadian International Auto Show that a two-door Elantra Coupe and five-door Elantra GT hatchback will join the line-up this summer.

Hyundai Auto Canada, established in 1983 and headquartered in Markham, Ontario, is a subsidiary of Hyundai Motor Company of Korea. Hyundai vehicles are distributed throughout Canada by Hyundai Auto Canada and are sold and serviced through more than 200 dealerships nationwide.

## HYUNDAI TAKES THE INNOVATIVE LEAP AT TORONTO AUTO SHOW

TORONTO, ONTARIO (February 17, 2012) – Justifying the sense of anticipation among its ardent admirers in Canada, Hyundai's participation at the 2012 Canadian International Auto Show was no less an eye-opener for everyone else attending the event. Apart from a sneak preview of Hyundai's new launches, it gave visitors a clear indication of where the innovation specialist is headed next. As a brand that's gathering momentum year-on-year, not just with a growing roster of awards but also impressive technological breakthroughs, Hyundai has driven home its message – that power, style, fuel efficiency and safety can all be achieved without paying a premium price. While the 'North American Car Of The Year' award, recently won by the Elantra, is a fitting testimony to Hyundai's popularity, a record-breaking sales performance in 2011 is edging the company to the forefront of the Canadian automotive industry.

The highlights of Hyundai's presentation at the Canadian International Auto Show are the launch of the all-new 2013 Elantra GT hatchback, the new Elantra Coupe and a concept car aptly named Blue2.

The Canadian debut of the all-new 2013 Elantra GT brings five-door functionality and European driving dynamics to the expanding Elantra line-up, while adding a new lifestyle choice to its fold. Based on the new generation of the European-market Hyundai i30 model, the Elantra GT features generous interior volume, unsurpassed fuel economy, a European-tuned chassis, and a Driver Selectable Steering Mode (DSSM) system – blending practicality with driving enjoyment in more ways than one.

Another new Elantra variant in the spotlight is the two-door coupe version of the Elantra Sedan. The arrival of the 2013 Elantra Coupe will further expand the nameplate's appeal to a younger, trendier generation of drivers. The new two-door Elantra carries with it many of the same attributes that made the sedan version the second best-selling car in Canada. Like the sporty, aggressive stance of its 'Fluidic Sculpture' design, a fuel-efficient powertrain, fun-to-drive dynamics, high-tech convenience features, and last but not the least, advanced safety technologies that come standard with every Elantra Coupe.

Talking futuristic, Hyundai moves another step closer to zero emissions driving with the North American debut of its Blue2 Fuel Cell Electric Vehicle at the event. "Blue2 is powered by hydrogen, the most abundant element in the universe and the only emissions it produces is pure water vapour. Commercial scale manufacturing of FCEVs is the Holy Grail of the auto business and the Blue2 is here to prove Hyundai is second to none in the race to achieve this elusive goal," said Steve Kelleher, President and CEO of Hyundai Auto Canada. Developed under the HND-6 codename (Hyundai Namyang Design), the mid-size Blue2 serves as an illustration of what future hydrogen-powered sedans might look like. The name itself is a fusion of 'Blue Drive,' Hyundai's eco sub-brand and the number two from H2, the atomic symbol for hydrogen gas.

Besides the three cars mentioned above, the Veloster Turbo and Genesis Coupe models for 2013 come with their own set of surprises. Whatever the need of today's drivers or their lifestyle, Hyundai has a complete range of vehicles to gratify them all.

The driving force behind each of these new introductions is Hyundai's 'Modern Premium' product philosophy. Which inspires the company to develop vehicles that utilize the latest automotive technological advancements to exceed customer expectations yet be delivered at an accessible price.

Don't miss this opportunity to catch a glimpse of these exciting new arrivals at the Hyundai pavilion, when you visit the Canadian International Auto Show from February 17 to 26, 2012, at the Metro Toronto Convention Centre. For more details on the new and exclusive features of each vehicle, visit [www.hyundaicanada.com](http://www.hyundaicanada.com).

Hyundai Auto Canada, established in 1983 and headquartered in Markham Ontario, is a subsidiary of Hyundai Motor Company of Korea. Hyundai vehicles are distributed throughout Canada by Hyundai Auto Canada and are sold and serviced through more than 200 dealerships nationwide.

# PROVIDENCE

Providence Healthcare Foundation welcomed 120 'Partners' and guests for an economic session on Tuesday, January 24, 2012 at the BMO Institute for Learning. This networking and education event featured Dr. Sherry Cooper as the keynote speaker, who has been cited as one of the most influential women in Canada and is the Executive Vice President & Chief Economist at BMO Financial Group. She leads a highly respected team of economists and is in constant demand as a speaker and writer because of her ability to simplify and de-mystify the complexity of finance. The room was filled with engaged community members who thoroughly enjoyed her informative and engaging presentation. Special thanks to BMO for generously supporting this special event.

Providence Community Partners is a growing, dynamic program offering incredible value to businesses in the GTA, and is open to anyone looking to get involved in the community and network with potential vendors and clients. This forward-thinking program is targeting business professionals that reflect the diversity of Providence Healthcare's local business community — politically, geographically and ethnically — and share a like-minded business philosophy that embraces philanthropy. Our Providence Community Partners cover a wide range of industries from various sectors, including health care, banking, education, media, accounting, and retail. Each year we offer five events featuring high profile speakers, including business health seminars, technology education sessions, and a post-budget breakfast with local politicians.

Providence Healthcare is a leading Toronto health care facility, specializing in rehabilitation for patients who have experienced strokes, orthopaedic surgery, or lower limb amputation, or who require specialized geriatric rehabilitation, assessment and treatment. We also provide complex continuing care, long-term care and community outreach with a particular focus on addressing the medical, physical, spiritual and emotional needs of individuals with geriatric conditions.

If you are interested in learning more about Providence Community Partners, or you would

## BMO's Dr. Sherry Cooper – Keynote speaker at Providence Community Partners networking breakfast event



**Dr. Peter Nord, Vice President, Chief Medical Officer and Chief of Staff; C. Peter Kilty, Chair, Providence Healthcare Foundation Board of Directors**



**Namita Kanishkan, Manager, Human Resources and Special Projects, Kanish & Partners Chartered Accountants and Advisors; Lily Capriotti, District Vice-President, GTA-Central, BMO Financial Group; Dr. C. P. Giri**

like to come for a tour of the facility, please contact Emily Dawson at

**416-285-3666, ext. 4232 or at [edawson@providence.on.ca](mailto:edawson@providence.on.ca)**



**Dr. Sherry Cooper, Executive Vice President & Chief Economist, BMO Financial Group**



**Lynne Barratt, Branch Manager, Addecco Toronto East; Jennifer C. Stewart, President & CEO, Providence Healthcare Foundation; Namita Kanishkan**



**Dr. Peter Nord**



**BMO Institute for Learning**



# Lifestyles



## Belkis Shah – Global Peace Initiative Representative speaks to Monsoon Journal during her visit to Toronto

Where can one find peace and the meaning of life - a question that arises in the minds of many at times and the answer given by Belkis Shah to the complex query is so simple, but true.

"Whatever is it you are looking for, its infact within You", simply says Belkis Shah, known worldwide as the Peace Ambassador.

"Life is journey of Learning"

Belkis Shah, a British citizen, born in India and educated in London has been travelling continuously throughout the world since 1971 to promote peace and prosperity for Prem Rawat Foundation. She is a fashion designer who speaks many languages such as English, French, Arabic, Japanese and Hindi and also shows interest to learn more.

She spoke about many initiatives Prem Rawat Foundation has initiated and successfully accomplished and continue to work so efficiently, specially with people in hunger or need to improve in life and new life for people in jail serving sentences.

She shared numerous books and videos that provide simple tools to find answers for Peace and meaning to living a life of Dignity.

One of the article she gave is given below will give an outline about Peace;

### PURSuing PEACE MEANS KNOWING WHERE TO BEGIN

A number of people say true happiness can only come from knowing oneself.

"We may already have all the tools we need for happiness and success. We just need to know where to look for them—and that place may be closer than we think," says Prem Rawat. "The peace we look for is within us," he says. "We try to live our lives by reason and logic, but there is more. We don't have to reason everything; we have been given a valuable tool: we are able to feel. Peace is a feeling; it is inside of us, and it needs to be felt."

Regardless of the circumstances in which people may find themselves, Prem Rawat says everyone can be at peace now, and the way to find inner peace is to look within.

"Making this life successful is not about tomorrow," he says. "It is not about retirement, not about ten years from now. It is about this time, in this life. But for that, we need inner peace. And inner



Belkis Shah

peace is not a matter of words. Peace is a matter of experience."

Prem Rawat's focus is on helping individuals find peace and fulfillment within.

"It is not the world that needs to be fixed; it is people," he observes. "When people are at peace, there will be peace in the world. It is the individual effort that will make peace possible. The time for peace is now."

How can such peace be found? "When we think about peace, when we think

about happiness, we think we will find it outside. In this search, we go on top of mountains. Throughout our lives, we believe that we will find it when we get older. And when we retire, we are still searching.

"What we are looking for, we are looking for outside. And where did so many say it was? Within. This is not a small thing. That which we are searching for is within us. We may call it God, we may call it happiness, we may call it peace, or we may call it true love. All of these

things are names of only one thing. And this thing can be found within." While many people speak about peace, Prem Rawat offers a practical pathway to inner peace, which he calls Self-Knowledge.

Considered a leading voice for peace in the world, Prem Rawat has spread his word for three decades, to more than four million people in over 50 countries. He recently established the nonprofit Prem Rawat Foundation in Los Angeles to help get his message across to even more people. "I teach people how to discover what they already have," Rawat explains. "The first step is to fall in love with the possibility that there is peace inside. That we can value each breath, each moment. It's only hard because we have gone so far off the course."

The journey toward inner peace—and, ultimately, world peace—begins with that first look inside. As Rawat puts it, the key to social change is change in an individual, not the other way around. The promotion of Prem Rawat's message is supported entirely by voluntary contributions and the sale of related materials. As a successful private investor, he does not receive any compensation for his work.





WORDS OF PEACE

# The Greatest Thrill

All over the world, in every culture, people are enthralled by death-defying acts—the greater the danger, the more the awe. People who seek out the thrill of surviving against all odds, of conquering fear, often claim that they are "living life to the fullest."

Maharaji, who travels the world speaking about an inner experience of peace and fulfillment, questions this view.

"People say, 'Oh, he loved life. He went bungee jumping, he went parachute jumping, he went to every picnic, he rode down every river, he tackled every alligator, every crocodile," he says. "An encounter as close as possible to death is thrilling? I thought you wanted to live forever."

When ideas and concepts take over for understanding, Maharaji says, a person's perspective can get skewed. "It is not what you do in life that you should fall in love with," he says. "You should truly fall in love with life."

As an example of the problems that can happen when doing stands in for

"The man said, 'Oh, wait, wait. I want a big palace.' The genie snapped his fingers, and just like that, there was a palace. 'Next?' the genie asked.

"I want servants in the palace,' the man said. The genie snapped his fingers. 'Next?' 'I want some cars,' the man said. 'Next?'

"This kept happening, and it got to the point where the man was having to do some serious thinking about what he wanted next, because everything he wanted was done in an instant. The genie said, 'You're taking too long here. If you've got nothing to wish for, I get to eat you.'

track of reality. We want good things to happen in our lives, but because we don't really know what good is, we chase after anything we think might be interesting to experience. He encourages those who are interested in his message to seek a different kind of thrill.

"What is good?" Maharaji asks. "You don't know what good is because reality has been replaced by thought. The most priceless thing for you is this process of breath that comes to you—its power, its joy when it's welcomed, the calming, the peace."

"Look at it this way, and you will see the fineness of this existence. You will

see the beauty of being alive. It's not what you do, but the beauty of this breath coming into you.

"My expertise is to put you in touch with that one thing that is the most enjoyable. That's what I can do. I have a tool that can put you in touch with the beauty and peace that is inside of you—to tap in and connect to it."

For a free DVD to know more about the process to receive the paractical way offered call 1 800 707 3221 Eng

416 431 5000 Tamil

416 264 7700 Hindi

To learn more about Maharaji, visit: [www.wopg.org](http://www.wopg.org) | [www.tprf.org](http://www.tprf.org)



understanding, he often tells a fable he learned when he was a child:

"One time a man asked a sorcerer to give him a genie. The sorcerer said, 'Why do you want a genie?'

"The man said, 'I've got so much I want to do.'

"Okay,' the sorcerer said, 'I'll give you a genie, but remember one thing: The day you run out of things to do, this genie will eat you.'

"The man said he wasn't worried about that at all. So the genie appeared and said, 'What do you want me to do?' The man started thinking, and the genie said, 'If you have nothing for me to do, I'll be happy to eat you.'

"Now the man realized he was in critical trouble. He had once heard about a wise man nearby, so he went running to the wise man, begging, "I can't figure out what else I want, except for this genie not to eat me. Can you help me?'

"The wise man said, 'Yes, I can help you, but I hope you've learned your lesson.'

"The man said, 'Oh, yes, I've learned my lesson!'

"The wise man said, 'Okay. Tell the genie to climb up a tree and then climb down, and keep doing that until you want him to stop.'"

By constantly pursuing one desire after another, Maharaji says, people lose

Award-winning TV series

## WORDS of PEACE

Saturdays, 11:00am ET  
on 'A' Television

Peace is possible.  
It needs to be felt.

# Special Feature



# Yogi Tambiraja

## CORD's Canadian Co-Coordinator speaks about his experience

Monsoon Journal readers may remember the write up feature of inaugural fundraiser for CORD (Chinmaya Mission Rural Development) in Oct 2011. The funds raised in the amount of \$11,500 was sent thru Chinmaya Mission and was received with gratitude in Colombo.

In early Dec 2011, I had the opportunity to visit Sri Lanka and for see myself the good work being carried out by Cord.

My timing could not have been better. Swami Tejomayananda lovingly called as GURUJI is the spiritual head of worldwide Chinmaya Missions in over 50 countries. Guruji was visiting Sri Lanka at the same time. I was told that Swami Tejomayananda visits each and every center once in every two years.

Our first visit was to the historic Hanuman Temple in luscious Ramboda falls. Guruji did a presentation over two days on little known facts about Hanuman from his new book Hanuman Chalisya.

The most interesting info about Hanuman was that, Hanuman, the loyal and devoted servant of Lord Rama is the only flawless character in all of Ramayana. Readers will remember that Rama subjected Sita to a humiliating fire walk and killed Vaali in a cowardly way. The Chinmaya Mission has also produced a very colourful book on the Ramayana trail - Sita eliya, Ravana caves and other related sites. I will recommend our well healed world travelling Tamil Seniors to make a pilgrimage to the home country.

Next came an overnight drive to Jaffna. Guruji addressed hundreds of women from the mahalir manrams (Organizations of women) as well as children currently sponsored by Cord during a speech at the festive Nadarajah Parameswary Hall in Nallur. It was an inspiring talk that helped to uplift the spirit of the audience. After the meeting I was able to meet with some of the children being sponsored by Canadian donors. The same evening Guruji addressed the mature intelligentsia of Jaffna at The Kailasapathy Aranganam Jaffna Campus.

The following day early morning I went on a trip to meet with some of the families in Kilinochchi. I was accompanied by the Senior field worker, the Coordinator and the Communications office from the Cord office at Potpathy Road, Kokuvil (Cord is searching for a more central location).

This was a memorable and in some ways very troubling visit. Having lived in Jaffna town in my childhood and early

adolescence I was not prepared for the desolate Ulavanoor Punnaineeraviyadi. No busses or autos, no electricity -utilities that even the poor in Jaffna take for granted are absent. Most families mainly women and children have been uprooted from their homes and forced to relocate few times more than decade of the final war.

"Liberated" now they are living in shanties with no electricity, running water or toilets. Its a long walk to schools with overcrowded class rooms and few teachers. Children who need education need to attend the tuition centers. Cord is paying tuition fees of the sponsored children to ensure they receive basic education. Its sad to see that even the teachers are not proficient in the English language.

More than money, the most valuable service retired Canadians and youngsters could do is to go "home" for even three month spells to teach English. Cord will be happy to facilitate their stay and work.

Meeting and getting to know these families who have so little yet so willing to learn and work is a gratifying experience.

I hope you would like to do what little we can to ease the burden of the families in Vanni. So here is an opportunity.

The Cord committee in Toronto is staging a unique fundraiser - a day of yoga taught by Sivananda Yoga Centre of Toronto. Sivananda are the pioneers in yoga teaching in the west - teaching yoga for 50 years now in Toronto.

The date is Saturday May 19th (Victoria Day weekend). Location is Scarborough Civic Centre.

I look forward to providing more details in the next issue of Monsoon Journal. We are grateful to the Journal for their support.



Guruji Tejomayananda addressing the audience in Nallur, Jaffna



Yogi with Sponsored children Thubaraga and Thilakshika at school in Chavakachcheri



Yogi with Families and children in Kilinochchi after they hosted us for lunch



Yogi with Sponsored children Kartheepa and Isaipriya in Ulavanoor



Section of the Audience - women and children sponsored by CORD

# MARKHAM NEWS



## Budget Brings Modest Tax Increase and Ensures Funding for Infrastructure and Services



A couple of weeks ago, we unveiled Markham's 2012 Budget and announced a modest 1.5% tax rate increase. In 2009, 2010, and 2011, Markham was the only municipality in the GTA to realize a zero tax rate increase, which we achieved by identifying operational efficiencies, and tracking past operating costs to look for future savings. Council and staff continued their Operational Excellence program in 2011,

capturing additional savings to limit the impact on the 2012 tax rate. After extensive reviews by staff and the Budget Sub-Committee of Council, and public consultation, Markham was able to keep the 2012 tax rate increase well below the cost of inflation. For the average homeowner, this increase represents a roughly \$16 increase.

The desire to hold the line on taxes was strong again this year with a modest increase of 1.5% ensures we remain fiscally responsible and continue to demonstrate municipal leadership. With significant new infrastructure projects such as new community centres in east and southeast Markham, new roads and bridges, additional fire and emergency services, and our proposed Pan Am facility on the horizon, this budget will help ensure adequate funding to manage new infrastructure and increased services. For more information on our budget, please visit [www.markham.ca/budget2012](http://www.markham.ca/budget2012).

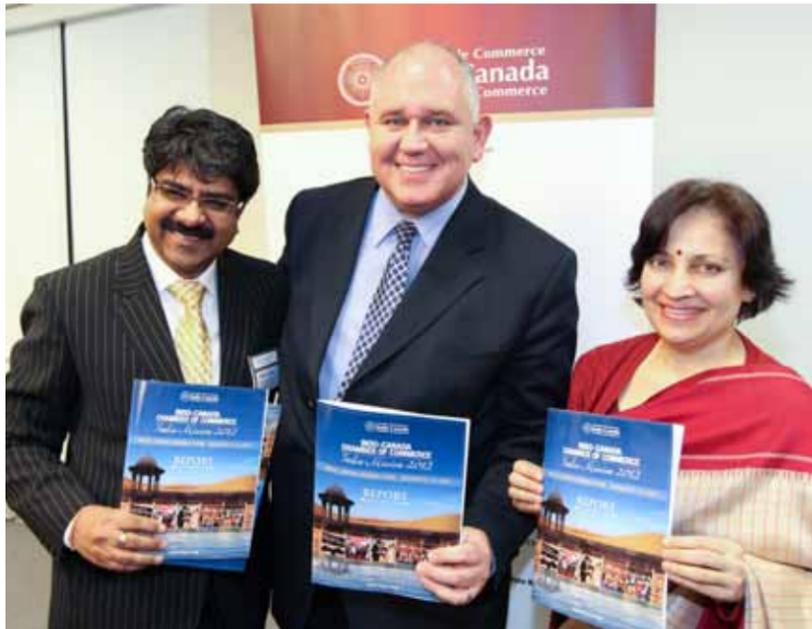
I'd like to take a moment to remind you about my Seniors' Hall of Fame Awards. If you know of a deserving resident, 60 or older, who's lived in Markham for at least 10 years and made a unique and outstanding contribution to our community, show your appreciation by nominating them for this prestigious award.

For more information and nomination forms, please visit our website ([www.markham.ca](http://www.markham.ca)) or **call 905-477-7000 ext. 4930** or email [lgold@markham.ca](mailto:lgold@markham.ca).

**Nomination deadline is May 25!**



Mayor Frank Scarpitti and Ward 7 Councillor Logan Kanapathi host the official opening of Box Grove Collector Road on February 14. A local roadway designed to service local transportation needs, Box Grove Collector Road will help service the growing needs of southeast Markham.



Mayor Frank Scarpitti with Indo-Canada Chamber of Commerce (ICCC) President Satish Thakkar (left) and Consul General of India Preeti Saran hold copies of the ICCC India Mission 2012 Report on February 6 during a press conference at the Markham Convergence Centre. The report outlined the successes of the business mission to India and Dubai in January of this year.



Budget Sub-Committee Vice Chair Councillor Logan Kanapathi; Budget Chief and Regional Councillor Gordon Landon; and Mayor Frank Scarpitti deliver the good news story of a 1.5% tax increase for Markham. Strong fiscal responsibility has helped Markham deliver the lowest increase in the GTA for 2012. It boasted a 0% tax increase in 2009, 2010, and 2011, the only Ontario municipality to do so.

Douglas Birkenshaw from B+H Architects presents the design for the proposed Markham Pan Am Centre at the Markham Civic Centre on February 16. The facility would feature a 50x25 metre pool and a field house with triple gymnasium. Following the Toronto 2015 Pan/Parapan American Games, Markham residents of all ages and abilities would have access to the state-of-the-art, fully accessible facility that will function as both a community centre and competition centre for aquatics, badminton, volleyball, basketball, table tennis and pickleball.



### MARCH UPCOMING EVENTS

DATE	EVENT	LOCATION	TIME
02 - Mar-12	Markham0 Unionville Rotary 50th Anniversary Press Conference	Markham Civic Centre	11.30 am
March 12-16, 2012	March Break Mystery	Markha Museum	12:00-4:00 pm
25-Mar-12	Diveristy Media Group	Civic Centre - Council Chambers	12:00 - 2:30 pm

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# JOHN BODDY HOMES PRESENTS 'EAGLE GLEN'

John Boddy Homes has been voted 'Best Builder' in Ajax/Pickering for the fifteenth year in a row for this year's Readers' Choice Awards and has released its next phase at their 'Eagle Glen' community in Ajax. Located just minutes east of Toronto 'Eagle Glen' combines the closeness and convenience of city living with a suburban feel, and its prime location makes it a great place to call home. Classic two-storey homes are available, as well as side and back splits. Homes start at 2,553 square feet and range up to a spacious 3,534 square feet. John Boddy Homes offers traditional size lots with a minimum of 105 feet in depth and a great selection of extra deep lots, pie shaped lots and walk out basements. With such a broad range of house sizes and styles 'Eagle Glen' has the ideal home to suit every preference. From the unique exteriors and charming streetscapes to the elegant interiors, various John Boddy Homes include such impressive standard features as vaulted ceilings, double door entries, décor columns, mirrored sliding closet doors, ceramic kitchen backsplashes, double basin bathroom vanities with make-up counters and so much more. Their gourmet kitchens, welcoming great rooms with cozy gas fireplaces and elegant dining rooms with coffered ceilings are all spacious and comfortable, making them the perfect location to enjoy time together with family or entertaining friends. In addition, some models include such impressive extras as classic French doors, transom windows and custom octagonal skylights allowing light to travel throughout the home for a bright and spacious feel.

For their homeowner's convenience, most John Boddy Homes include main or second floor laundry rooms, laundry chutes, kitchen breakfast bars, private water closets, interior garage access, high efficiency furnaces and basement rough-ins for future bathrooms. Also, windows are vinyl clad wood which allows for interior custom colours with a maintenance free exterior. Other features include arched entryways, custom millwork, window mullions on all front and rear facades and decorative garage doors featuring appealing window lites. Custom landscaping packages and paved driveways are also included in all homes providing the renowned curb appeal that enhances the entire 'Eagle Glen' community.

Innovative floorplan designs combined with an extensive array of standard features included with every new home have become a corporate trademark of John Boddy Homes and 'Eagle Glen'. Not only does a John Boddy home offer such striking standard features, there are also a wealth of opportunities to upgrade, making their homes as unique as each individual homeowner. The 'Eagle Glen' Sales Office features a Décor Centre that contains a wide range of upgrade items to select from in order to customize your home. Their high-tech electrical and décor consultants allow homebuyers to make upgrade selections on site, enabling them to conveniently personalize their home.

When you purchase a new home in 'Eagle Glen'



The Stonegate



Eagle Glen - Model to View



The Parklane - Model to View

there are no hidden closing costs. John Boddy Homes pays for education levies, development charges, water and hydro meter hookup fees, boulevard tree planting, landscape package and a paved driveway.

Currently John Boddy Homes is offering an incentive package of \$3,000 in free upgrades or 5 appliances to all new home purchasers. Also included is one year of Rogers' services for free! Included in this package are home phone with 150 long distance minutes and 2 calling features, personal TV with free rental of a standard definition box, a HD digital box, VIP package, free on demand programming, Canadian timeshifting channels as well as Rogers Hi-Speed internet service and all are installed for free.

The 'Eagle Glen' community offers many important neighbourhood amenities such as a brand new on-site public elementary school, places of worship, fully equipped parks and easy access to both Ajax and Go-Transit Services. Toronto is easily accessible from nearby Highways 401 and 407. Located just north of a host of shopping and recreation centres, 'Eagle Glen' allows residents all the amenities of the urban lifestyle while providing the beauty and tranquility of the neighbouring countryside.

Since 1955, John Boddy has been involved in the construction of thousands of new homes throughout Ontario, and has earned a reputation as an accom-

plished builder of fine residential communities. Of significance are the award winning 1000-acre 'Bridlewood Community' developed during the 1960's and 1970's in Scarborough, the 'Forestbrook' Community' in Pickering developed in the 1980's, 'Willowcreek' in Peterborough, and 'Eagle Ridge on the Green' in Ajax developed in the 1990's and early 2000's.

The John Boddy Homes' team of experienced management, planners, designers, supervisors, marketing and sales personnel have distinguished themselves by creating innovative and unique designs in truly outstanding communities that meet the needs and desires of today's families.

With three fully furnished model homes a visit to 'Eagle Glen' is a must. Drop by the Sales Presentation Centre located on Stevensgate Drive, north of Rossland Road West, one half kilometre west of Westney Road three kilometres north of Hwy. 401. Sales office hours are Monday through Thursday 1:00 p.m. to 8:00 p.m.; Saturday, Sunday and Holidays 11:00 a.m. to 6:00p.m; closed Friday. Let their friendly knowledgeable staff help you determine which of the many home styles available is perfect for you and your family and get set to join the ever-growing 'Eagle Glen' family community.

For more information, please call (905) 619-1777 or visit their website at [www.johnboddy-homes.com](http://www.johnboddy-homes.com).

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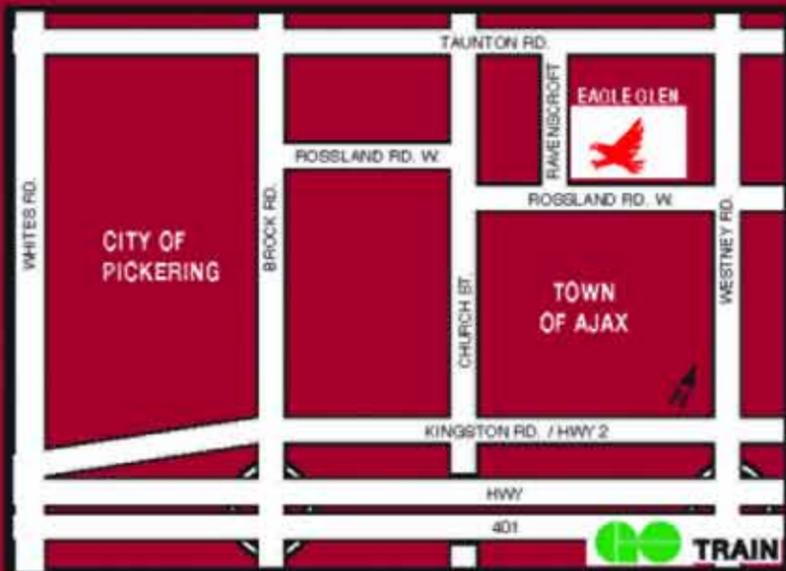
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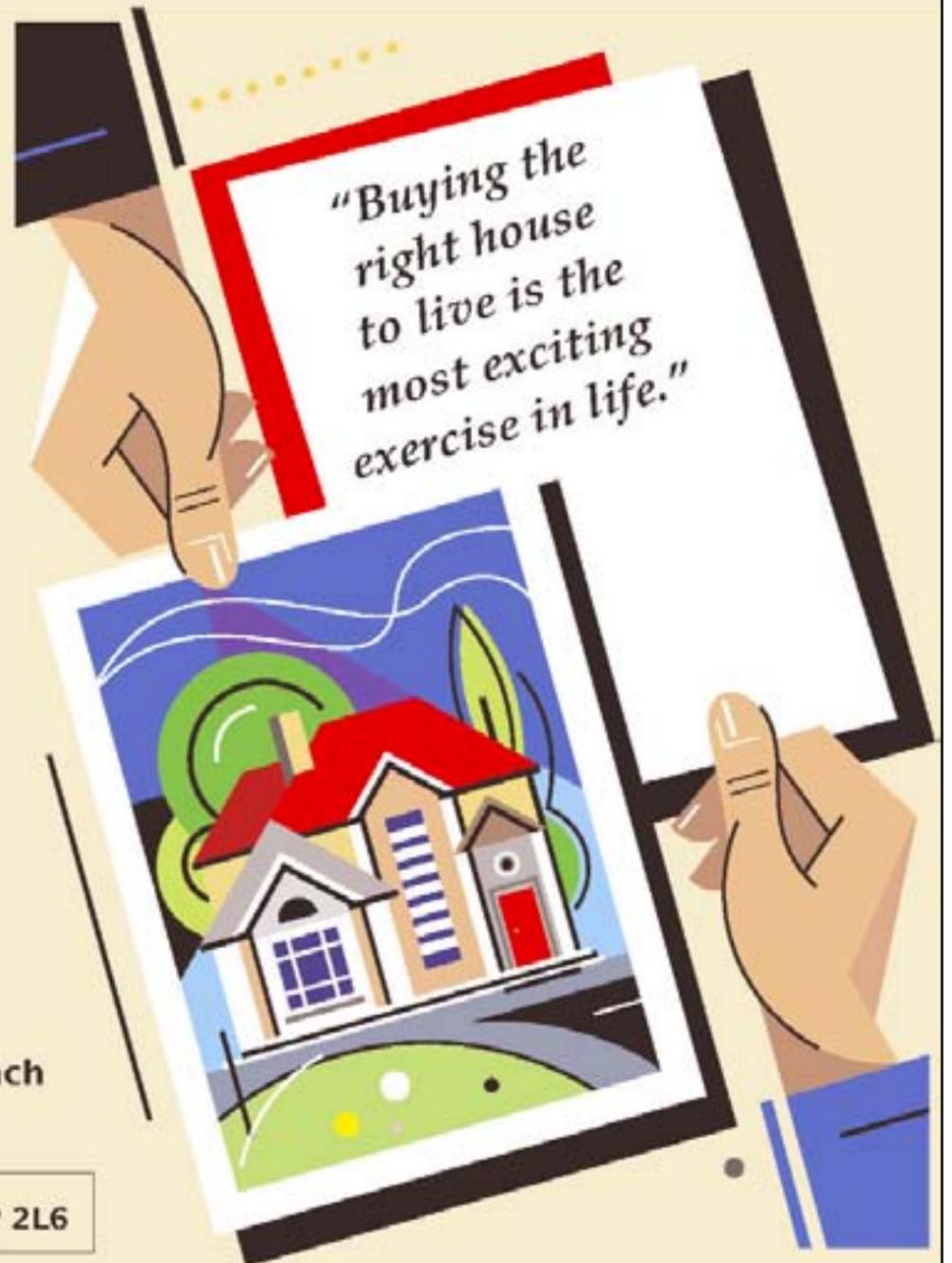
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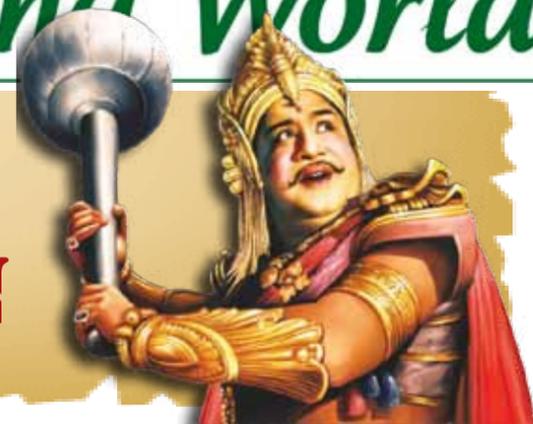


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# Cinema World

## MOVIE KARNAN AFTER 48 YEARS IN DIGITAL VERSION



By: T. Murali (Chennai)

You cannot find a family or a person used to seeing Tamil movies, having not heard of the classic Karnan, the epic that was made by Padmini Pictures and the lead character [having shades of grey as per the ithihas Mahabharatha] made immortal by the one and only Nadigar Thilagam Sivaji Ganesan.

The original in Eastman Colour that came out on the Pongal day of 1964 is taking a digital avatar fitted with DTS

the honours.

On behalf of distributors, Ananda Films L. Suresh and Kalaipuli Sekharan spoke. While the former talked about lack of such efforts in the Tamil screen while it is a regular practice in Hollywood, welcoming such initiatives so that Tamil Cinema can also present itself with glory in international film festivals, the later spoke about his early days as a struggling distributor who could cement his business

behalf of the music trio not only thanked the organisers but also chose to mouth some lines of the songs she had rendered much to the delight of the audience and even at this age her voice is so sweet to hear.

But the loudest cheers and applause were reserved for the episode that Vn. Chidhambaram the owner of Kamala theatre in Chennai narrated. He talked about two sanyasis who were enamoured

by asking why posters have been put up for his arrival. The chairman was totally confused because neither he nor any other member had put up such posters. Seeing his bewilderment, one of the sishyas accompanying Maha Periyavar stepped in and said that the posters Maha Periyavar saw were indeed cinema posters of the film Thiruvartuselvar in which Sivaji had donned the role of Appar, one of the 63 Saiva devotees who were popularly known as Nayanmaars. His makeup was modeled on the likes of Maha Periyavar and Sivaji had executed the role so well that people who saw the movie could visualise Maha Periyavar.

Y. Gee. Mahendra and Cheran on their part kept the proceeding lively with



**The original in Eastman Colour that came out on the Pongal day of 1964 is taking a digital avatar fitted with DTS Surround system and is getting ready for a world wide release**

Surround system and is getting ready for a world wide release. Ms. Shanthi Chokkalingam, who owns Divya Films, a film distribution concern has been having this dream of screening it again in the bigger screen with the latest technological effects and after spending a painstakingly 2 year period and 40 lakhs on this project, has now completed the task.

Like they do for new films, the trailer of the digital version was released in a grand gala function held on 21st February at Sathyam Cinemas at Chennai and it was attended by who's who of Tamil Cinema.

The function was compered by two die hard fans of Sivaji Ganesan (ie) Y. Gee. Mahendra and director Cheran. The function was declared open by the lighting of traditional Kuthuvilakku accompanied by the playing of Ayiram Karangal Neetti, an evergreen classic song from the movie. On the stage two chairs were left unoccupied on the insistence of Cheran who said that those two chairs are for Nadigar Thilagam and the director of the movie B.R. Banthulu, a gesture that was received well by the audience.

The list of guests seated on the dais was long enough and all office bearers of Tamil Film Producers council, distributors council, theatre owners and personalities who were associated with the movie found a place there. If V.S. Ragavan, Shanmuga Sundaram and Master Sridhar were the artists who performed in front of the camera for Karnan were honoured, the stage also saw T.K. Ramamurthy, P. Suseela and P.B. Srinivas, the music trio who worked behind the screens receiving

with the help of Sivaji films. He recounted how countless Sivaji movies had given him so much profit while getting re-released and he lamented the fact that the theatres which used to regularly screen re-release movies have closed down one by one thus completely shrinking the market for re-releases. In such a scenario he said it is laudable that someone had not only stepped forward for also invested huge money on a 48 year old film and he hoped the initiative would turn profitable so that more such ventures could be initiated.

B.R. Ravishankar the son of director Banthulu and who himself had directed movies in the 1980's [the movie by name Eera Vizhi Kaaviyangal being one] chose to highlight the dedication and sincerity that the film crew had exhibited and he pointed out that during the picturisation of Ullathil Nalla Ullam song, a shot in between two charanams when NTR as Lord Krishna walks across the battle field and where hundreds of warriors are shown lying on the field dead and chariots turned upside down, it required 4 days to shoot the scene while it lasts hardly 30 seconds on screen.

While director Guhanathan wished success, Ramkumar the producer and son of Sivaji assured all co-operation for such efforts to convert more films of Sivaji to Digital version. V.S. Ragavan and Shanmuga Sundaram who donned the roles of Vithura and Salliyar respectively in the film thanked the distributor for honouring them but Master Sridhar who had played the role of Meganathan the boy who argues in the courtroom of Karnan, enacted the scene again in front of the audience and got huge applause. Suseela who spoke on

by Sivaji. The first one related to Sri Sathya Sai Baba of Puttaparthi who passed away last year. Chidhambaram told the audience that Baba had wanted to see Sivaji and when Sivaji came to meet him, he was asked to take the long passage that normal people used to enter instead of the special way meant for VIPs. Baba himself later clarified the reason for this by saying that he wanted to enjoy the majestic walk that Sivaji always exhibited in his films and what better way than to see it in person when the man walked 150 feet to reach Baba's seat.

The second incident was about the one that happened during a padha yatra which the deceased seer of Kanchi Kamakodi Mutt, Sri Chandrasekara Saraswathy Swamigal, known as Maha Periyavar had undertaken from Kanchipuram to Chennai some 44 years back. While on



his way to Chennai, Maha Periyavar had been observing the landscape and the surroundings that he covered and after some time he called the welcome committy chairman by his side and scolded him

early for anything. But still the fact that all the seats [around 800 in numbers] were taken up stands testimony to the strong hold that Nadigar Thilagam and his films have on the audience even after all these years.

# Special Feature



By: JJ. Atputharajah

Of symbolic significance are the three apples that have changed the world for better. Adam ate the apple in the garden of Eden and gained the capacity to learn and understand knowledge.

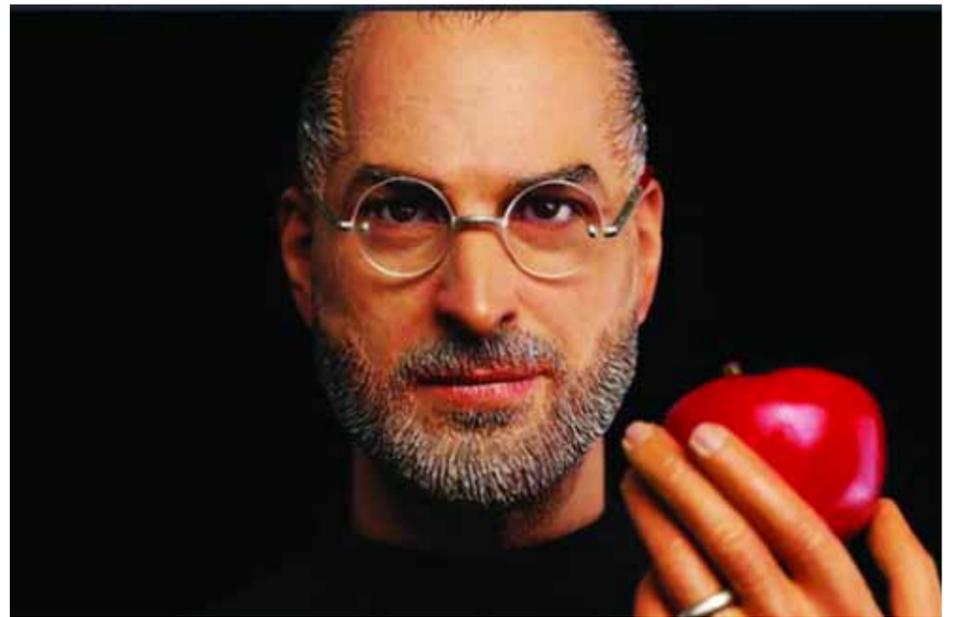
Isaac Newton observed the falling apple and learned the force of gravity.

Steve Jobs discovered the Apple iPod and revolutionized the versatility of personal computers and mobile phones.

The eating of the forbidden fruit by Adam, though a biblical story is of immense significance in the growth of human knowledge. Man became aware of the difference between what is good for him and what is bad. It was the begin-

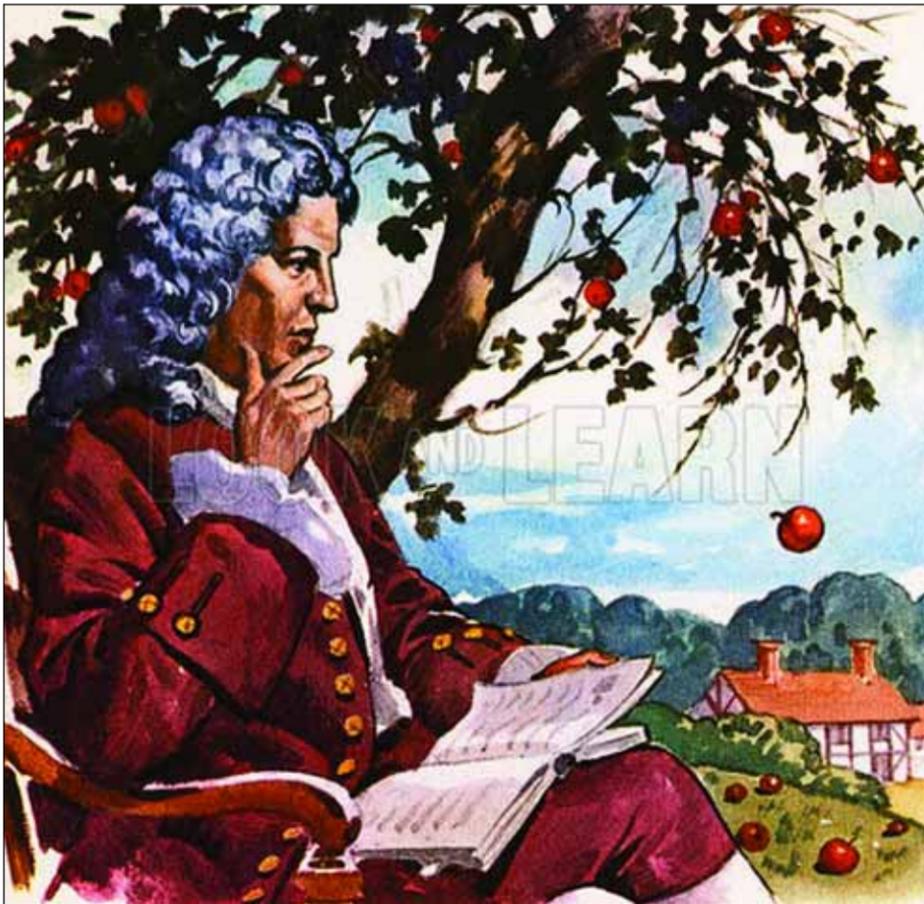
ning of human wisdom. At the beginning of creation Adam and Eve only knew the good aspect of life but not the bad. It is eating the fruit that came to know of calamity, grief and sorrow. It is the eating of the fruit that man was able to realize the frailties of the human creation and for that matter his existence on earth. It made him to discover of himself the strategies to master the environment that God has created for him and become the architect of his destiny. Man discovered all the sciences and the arts and

made use of his abilities to make his life comfortable in this world. He has unraveled many mysteries of creation and used his knowledge for human advancement and accumulation of knowledge. The discovery of the laws of gravity by Isaac Newton is still the result of another apple that unraveled the mysteries of science. Historians have confirmed that the story of the apple is true. In 1665 British scientist discovered the law of gravitation, the force that holds in place all objects in the universe, after an apple hit him on the head while he was sitting under a tree; the simple experience led him to ground breaking ideas on gravitation. He theorized that the apple had fall-



Steve Jobs holding Apple

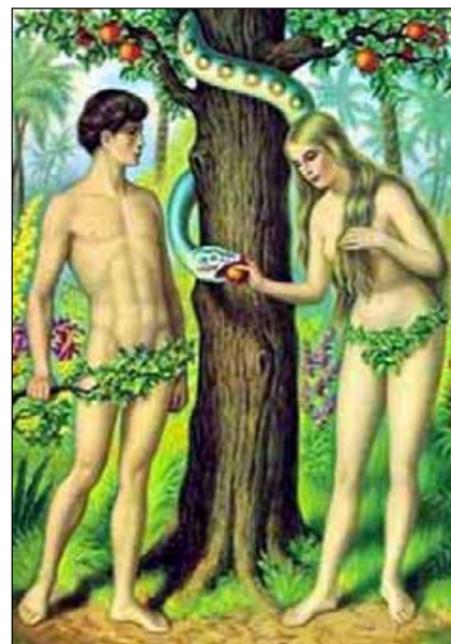
# The Three Apples - Dynamics of Change



Sir Isaac Newton watches an apple fall in accordance with the laws of Universal Gravitation

en because matter attracts another matter. He then theorized that the speed of the apple's fall was directly related force that the earth exerts upon it. Newton expanded this insight to theorize that the same force that had pulled down the apple from the apple tree was responsible for keeping the Moon, planets and other heavenly bodies in their orbits. Scientist have acute powers of observation and the keen eye of Newton was able to understand the secrets of the universe by just watching the fall of the apple.

that were both beautiful and an incredible joy to use. Thanks to him, the world is much different, much better place. The Apple was first established by Steve Jobs on April 1, 1976 by Steve Jobs to sell Apple 1 personal computer kit. It has grown it is uses and versatility over four decades and now has a variety of products and the most innovative one of them is the iPhone 4S, which includes an improved camera with 1080 video recordings, a dual core A5 chip capable of 7 times faster graphics than A4, an intelligent software assistant named Siri and cloud-saved data with iCloud. Steve Jobs had the immense capacity on improving products already discovered. He could go into minute technical details and make corrections to improve the efficiency of the product. In 2001, he improved the Digital Music Player and made the iPod. In 2007, he improved on the smart phone and discovered the iPhone. He converted the Tablet PC into ipod which ushered a new era in the use of mobile phones. He stands out as an expert correctionist. He early demise was a loss to the whole of humanity. He made the world a better place to live in with the facility of efficient technical equipments. Hence the third Apple stands out as a meteoric discovery in the field of science and technology.



Adam and Eve being tricked into eating the forbidden fruit by the Satan

The third and the most recent breakthrough is the discovery of the Apple ipod that revolutionized the use of computers and mobile phones. Until he came along, personal computers were wonky devices that users operated by typing in clunky commands, portable music players were large and ungainly and stored too few songs, and smart phones were 'perfectly serviceable but nothing that anyone lined up to buy. Steve Jobs revolutionized them all, replacing them all with iMacs and iPods and phones and ipods'

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# Spirituality



## Shivaratri Celebrated with religious fervor

**Dr Kanayalal Raina**

Shivaratri was celebrated in Canada with devotion and religious fervor with chanting of the mantra, 'Om Namah Shivaya' and singing hymns and verses in praise of Lord Shiva and ringing of temple bells made the atmosphere religious and devotional.

All temples around GTA were full to capacity as thousands of Lord Shiva devotees began their journey with the break of the dawn on the Shivaratri day and continued all through the night on 19th right up to 20th night. Shivaratri Pooja has been given tremendous significance in Hindu mythology. It is said that ritual worship of Lord Shiva on a Shivaratri day pleases Lord Shiva the most. Devotees further believe that by pleasing Lord Shankara on the auspicious Shivaratri day, a person is absolved of past sins and is blessed with Moksha or salvation. Devotees believe that sincere observance of Shivaratri puja and all night worship of Lord Shiva will absolve them of all their sins and liberate them from the cycle of birth and death.

Many devotees observed fast and spent the day in devotion and worship of Lord Shiva. Nightlong vigil on Shivaratri or the Jaagran was celebrated by singing of devotional hymns and songs in worship of Lord Shiva at many temples. Many Hindus emigrated from Afghanistan assembled at GurMandir for a night long prayer and, it was only in the following morning that they finished their fast by consuming prasada offered to the Lord. Many worshippers also participated in the jaagran or the night vigil organized at Ram Mandir Mississauga where the prayer hall was full to capacity as thousands visited this temple during the entire day and night and there was hardly any space to walk around.

According to Shiva Purana, sincere worship of Lord Shiva yields merits including spiritual growth for the devotees. It also provides extensive details on the right way to perform Shivaratri Puja. At Ram Mandir a much bigger and more popular spacious temple, there was a massive rush of devotees to worship Shiva Linga. Long queues were noticed as devotees, men, women and elders, waited for their turn to perform puja. Since, bathing of Shiva Linga with milk is part of the Shivaratri Puja tradition; one could see the overflowing milk and fruit in the Shiva temples on this day. Ritual worship of Shiva Linga is done by temple priests every three hours all through the day and night of Shivaratri. Chanting of the mantra, 'Om Namah Shivaya' and ringing of temple bells

make the atmosphere religious and devotional.

Shiva Purana further says that performing abhisheka of Shiva Linga with five to six different dravyas including milk, yoghurt, honey, ghee, sugar and water while chanting Sri Rudram, Chamakam and Dasa Shanthi pleases Lord Shiva the most. According to the mythology, each of these dravya used in the abhisheka blesses a unique quality:

- Milk is for the blessing of purity and piety.
- Yogurt is for prosperity and progeny.
- Honey is for sweet speech.
- Ghee is for victory.
- Sugar is for happiness.
- Water is for purity.



Besides, worship of Lord Shiva on Shivaratri is also considered to be extremely beneficial for women. While, married women pray to Shiva for the well being of their husbands and sons, unmarried women pray for a husband like Shiva, who is considered to be the ideal husband.

It starts after the ritual bath, devotees pay a visit to the nearest Shiva temple carrying the traditional puja items like milk, water, bel leaves, fruits, incense stick, oil lamp etc as the milk, water is poured on Lingum. Some temples like GurMandir had prepared in advance dozens of thalis with these items to offer to Lord Shiva.

Shiva Linga is considered the holy symbol of Lord Shiva by the devotees of Lord Shiva. The word, 'Lingum' in Sanskrit means, 'symbol'. Shiva Lingum, therefore means symbol of Lord Shiva

and is therefore considered most sacred by Shaivaites. Siva Linga has been worshipped in Hinduism since ages. Worship of Shiva Linga is regarded sacred and superior. This is because the form makes worship simple while maintaining the truth that God does not have any definite form. According to some scholars, worship of Shiva Linga in effect means worship of the reproduction function.

Connecting the origin of Shiva Linga to the early Indus Valley civilization, scholars opine that tribes of the Indus Valley took to the togetherness of Lingam and Yoni in a Shiva Linga as the point of energy, creation and enlightenment. Some scholars of the Hindu scriptures say that Linga is merely an abstract symbol of the God. They point towards several legends in Hinduism where a sundry rock or even a pile of sand has been used by as a Lingam or the

symbol of Shiva. Citing a particular instance they say, Arjuna once fashioned a linga of clay when worshipping Shiva. Scholars of Puranas, thus argue that too much should not be made of the usual shape of the Lingam. Scholars say that the interpretation of Shiva Linga as an abstract form of God is also consonant with philosophies that hold that God may be conceptualized and worshipped in any convenient form. The form itself is irrelevant, as the divine power that it represents is all that matters. Scholars thus say that Sivalinga represent the formless Nirguna Brahman or the formless Supreme Being.

On this auspicious occasion of Mahashivaratri Hindus greet their loved ones by sending blessings and good wishes online and or phone personally to their loved ones.



# Spirituality

## Sivarathri Celebrated at Sathya Sai Baba Centre in Scarborough

Sivarathri was celebrated on Sunday, Feb 19th all night at Sathya Sai Baba Centre in Scarborough with singing of devotional Bajan songs.

Several Devotees attended to observe fast, join the bajan and spend the day and night in devotion and worship of Lord Shiva.

Some of the photos taken can be seen here.



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# Spirituality



## The Guru Chronicles

This is the worthy work of our Hinduism Today editorial team, an 832-page, fully illustrated biography of our guru parampara going back some 2,200 years and including the life of Gurudeva, Sivaya Subramuniyaswami (1927-2001), and his guru, Yogaswami of Jaffna in Sri Lanka. Their stories, their day to day lifestyles, their magic and antics, their surprising conversations are all told here, giving you a glimpse of the life and teachings of that rare human breed, Homo enlightenis. You will feel enriched by the book's lofty perspectives and keen insights on life and the ultimate purpose of it all, who we are, where we're going, and how we'll get there. Hardcover, 832 pages, \$50

### APPRECIATION

#### 1. THE GURU CHRONICLES BOOK WAS VALUED VERY HIGH AT SUTTUR MUTT, MYSORE

After flipped through the pages of the Guru Chronicles Book, with genuine interest, Maha Swamiji of Sutturmutt, handled it carefully in his hands looking at the chapters, the Index, the Glossary: He said that

" I will not be surprised, if two years from now, we see a book called THE SUTTUR CHRONICLES, following its wake"

#### 2. THE VENERABLE SWAMIJIS OF KAUAI AADHEENAM HAVE PERFORMED THE FOREMOST KIND OF GURU PUJA THIS YEAR BY BRINGING OUT SUCH A WONDERFUL, POWERFUL AND NECTARINE BOOK, WHICH I CONSIDER TO BE THE 13TH TIRUMURAI. DR. S.P. SABHARATHNAM SIVACHARIYAR

- SRI SIVARATHIRI DESIKA MAHA SWAMIJI OF SUTTUR MUTT, MYSORE, INDIA, ON THE 24TH JANUARY, 2012

### THE GURU CHRONICLES BOOK OF HIMALAYAN ACADEMY PUBLICATION LAUNCHING CEREMONY IN TORONTO

Satguru Bodhinatha Veylan Swami, the Hindu Spiritual Leader of Kauai's Hindu Monastery, Hawaii will officially launch the Guru Chronicles Book, prepared by the Swamis of Kauai's Hindu Monastery with power point talk and he will Autograph copies of books which will be purchased by all devotees, who will be present at the event.

**VENUE:** SRIVARASIDDHI VINAYAKAR TEMPLE,  
3025- KENNEDY ROAD, UNIT 10, (KENNEDY & FINCH)  
SCARBOROUGH, ON. M1V 1S3

**DATE & TIME:** 30TH MARCH 2012, FRIDAY FROM 07:00 PM TO 09:30 PM

All persons, of all walks of life who are interested in reading all religious books and literatures, are cordially welcome to participate in this grand event, as a great opportunity to listen to Satguru Bodhinatha Veylan Swami's speech, as well as to purchase the valuable book (Price \$50.00 per book) which would be as asset of reading material, for future generation, in order to cultivate the valuable good culture too!

For further details (if any), kindly contact:

**THILLYAMPALAM SIVAYOGAPATHY (Siva), TEL: 416.335.5458**



Satguru Sivaya Subramuniyaswami (1927–2001) sailed for Sri Lanka in 1947 to find his guru. After years of arduous training, he fell at the feet of the Tamil master, Siva Yogaswami. Following his guru's orders, the illumined yogi returned to America to teach the path of enlightenment. Ultimately, he was recognized and befriended by India's spiritual leaders as the first Hindu guru born in the West. Gurudeva, as he was affectionately known, founded the Saiva Siddhanta Yoga Order and established Kauai's Hindu Monastery in Hawaii. Hinduism's many guru lineages are the spiritual rivers that pass the power on through the ages. The lineage that he joined extends to his guru's guru, Chellappaswami, and before him to Kadaitswami, then a nameless rishi and countless others, back to Rishi Tirumular and his guru, Maharishi Nandinatha, some 2,200 years ago in the high Himalayas.

Biography/  
Religious  
**Siddha  
Collection**



India / USA  
**Himalayan  
Academy**

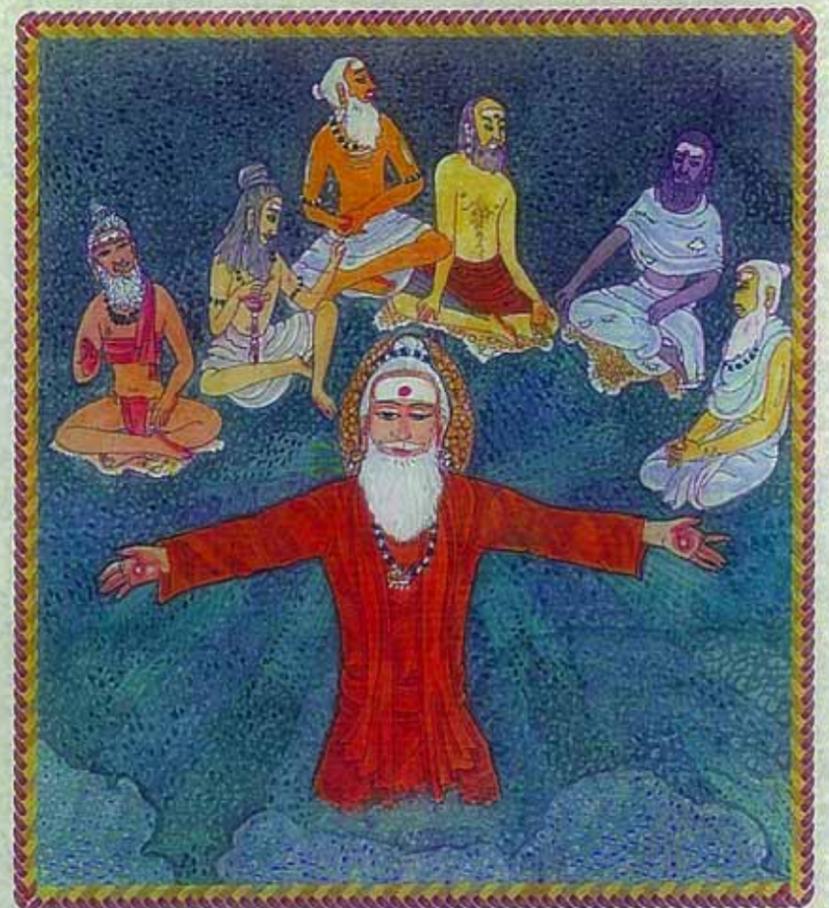


\$59.95

## The Guru Chronicles

THE MAKING OF THE FIRST AMERICAN SATGURU

By the Swamis of Kauai's Hindu Monastery



The illustrated stories of Satguru Sivaya Subramuniyaswami, his guru Siva Yogaswami and five preceding masters, who all held truth in the palm of their hand and inspired slumbering souls to "Know thy Self"



# Spirituality

## Limited Sense of Sense Organs

If you are seeking something beyond survival, then the sense perceptions are not enough.

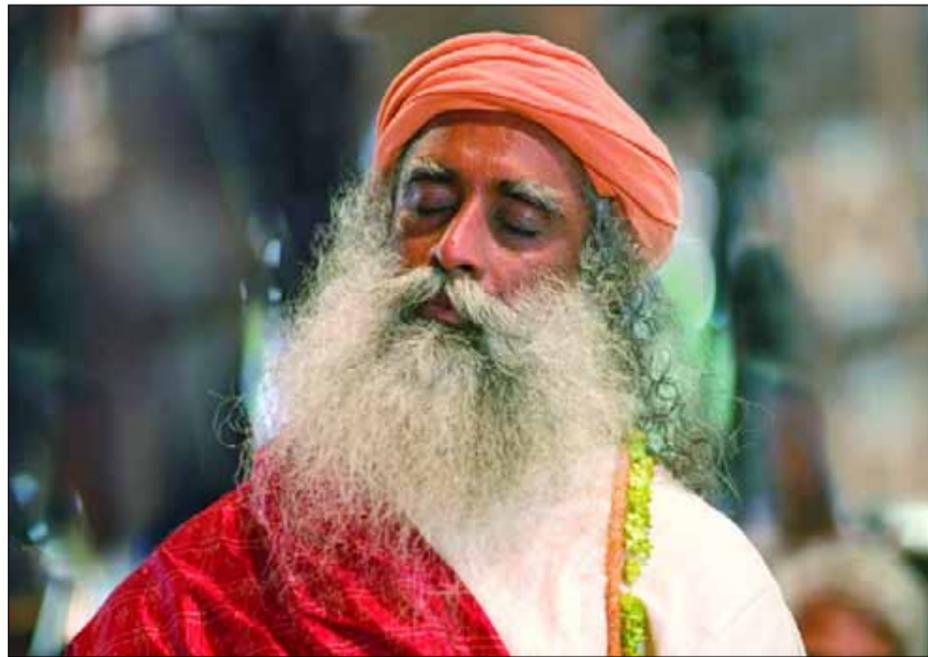
You have never experienced any power beyond yourself, except nature. Now, this wind that is blowing here, you are not blowing it, isn't it? This much is very clear to you. The wind blows with tremendous power; but you did not start this wind. And you did not create yourselves; you just happen to be here. Without that energy or that something which is beyond you, nothing can happen. Something must have created you.

Now that you do not know what created you, the next immediate thing you will say is that God must have done it. Now where has God come from? Since you are a human being, you think that God is a big human being. If you were a buffalo, you would think God is a big buffalo. So, whatever your idea of God is, it is simply coming from the limited experience of who you are right now. It is not coming from any true experience. It is only coming from a limited imagination. You are in human form, so you think God is one big human being. So, whatever you call as God, or power, you are only either thinking or imagining it. It is only in your mind. The only thing that you can really experience is that which is within you. And that which is within you, you have never really looked at in real depth.

Whatever you have known till now, your experience is only limited to your five sense organs. Whatever you have known, either of the world, or yourself, has come to you only by seeing, hearing, smelling, touching and tasting. If these five senses go to sleep, you will neither know the world nor yourself. The sense organs are limited perceptions. They feel everything only in comparison to something else. Now if I touch a steel rod, it feels cool to me simply because my body temperature is in a certain way. Suppose I lower my temperature and touch it, it will feel warm to me. So, this is not a genuine experience. This is an experience that is just sufficient to survive in the physical reality. Whatever experience you have through the five sense perceptions is a sufficient experience only for survival in this existence.

But if you are seeking something beyond survival, then the sense perceptions are not enough. So all yogic practices are fundamentally aimed at giving you an experience beyond the five sense perceptions. Whatever you experience beyond the five sense perceptions is not in terms of physical reality; it is in a different dimension. That dimension, if you want to call it God, call it God, or if you want to just call it power, power. Or if you want to call it my Self, call it my Self. You call it whichever way you like. Whatever name you give, it always gets misunderstood by people. The moment you give it a name, people misunderstand it in some way. Always. It does not matter what you call it. You call it "Shiva", "Allah", "God", or "Divine", but the moment you say it, within ten minutes misunderstandings will happen within people's minds.

So, right now the whole experience of



Sadhguru Vasudev is a realized master, yogi and mystic, who has founded Isha Foundation, an international public service organization that strives for ultimate human well-being.

For world-wide program information, visit [www.ishafoundation.org](http://www.ishafoundation.org)

Toronto local contact 1-866-424-ISHA (4742) or email [Toronto@ishafoundation.org](mailto:Toronto@ishafoundation.org)

transcending your limitations, can it come from within you, or does it happen from outside of you? That is the basic question. Now, if you want to transcend, only if you are truly willing it can happen, otherwise no power on earth or in heaven can move you.

### One Next Step at A Time

The whole process of yoga is to take you from something that you know and take the next step into the unknown.

The word "yoga" literally means "union". When you experience everything as one in your consciousness, then you are in yoga. To attain to that unity within you there are many ways, for example: hatha yoga. Hatha yoga means you start with the body. The body itself has its own attitudes, its own ego, its own nature. Apart from your mind, do you see, your body has its own ego? It has its own attitudes. You have to succumb to it, isn't it? See, you say, "From tomorrow, I want to get up at five in the morning and walk on the beach." You set the alarm. The alarm rings. You want to get up but your body says, "Shut up and sleep." Doesn't it do it? It has its own way. So we start with the body. Hatha yoga is a way of working with the body, disciplining the body, purifying the body, preparing the body for higher levels of energy. All of us are alive; all of us are human beings, sitting here. But all of us do not experience life to the same intensity because our energy levels are not the same. Our pranic energies are not the same. Different people experience life in different levels of intensity.

For example, somebody sees a tree. A tree is just a tree. Most people don't even see it. Somebody sees the tree in more detail. An artist sees every shade of it. Somebody else not only sees the tree but also sees the Divine in it. Everybody sees. But seeing is not the same because the level of intensity with which you experience life is not the same. So we start with the body because that is something that you know. The whole process of yoga is to take you from something that you know and take the

next step into the unknown. If you talk about something that you do not know, either you have to believe it or disbelieve it, isn't it? Suppose I start talking about God. You either have to believe my God or disbelieve my God, which will only take you into flights of imagination, not into growth. So now I talk about the body. This is something that you know. You know you have a body. Now you take the body to its peak. Now I talk about the mind. That is also something that you know. Take it to its peak and then the next step. You can only grow by taking the next step, the next step, and the next step from where you are.

Realizing where you are right now and taking the next step is growth. If you talk about something not known to you, you are only going into imagination. Imagination will run wild. Today all that is left in the name of religion are stories, stories and more stories. Now you don't know which is imagination and which is the reality. Yes? Many stories - story inside a story, and you don't know where the beginning is and where the end is.

So yoga starts like this - with the body, then the breath and then the mind. Now we have made this yogic science almost like a physical science. Suppose you mix two parts of hydrogen and one part of oxygen; you get water. Even when a great scientist puts it together, it is water. Even if an idiot puts it together, it is only water. Similarly, in yoga too, if you do this, this, and this, only this will happen. Whether a great yogi does it or an ignorant person does it, it doesn't matter. If he does the practices and sadhana properly, the result is there to be seen.

So, in yoga, these systems have been identified. To start with, you work with the body, then you move to the breath, then to the mind, then to the inner Self. Like this many steps have been created. They are only different aspects. They are not really branches of yoga. In fact we address all of them at once. It is important that in a very balanced way all of them are addressed at

once, as one unit. Otherwise, if you work just with the body, it is only preparatory in nature. So, there is really no division as such. Yoga is a union of all these.

Sadhguru J. Vasudev is a contemporary mystic rooted as strongly in worldly and pragmatic matters as he is in inner experience and wisdom. Named one of India's 50 most influential people, he has addressed prominent global forums on issues as diverse as socio-economic development, leadership and spirituality. He has served as delegate to the United Nations Millennium Peace Summit and the World Peace Congress and has been a special invitee to the World Economic Forum (2006-2009), the Australian Leadership Retreat (2006) and TED (2009).

His interviews are featured in The New York Times, BBC, Bloomberg, CNN and CNBC. He is the author of several books, the subject of four books and co-author of the Amazon Bestseller "Midnights with the Mystic". His public talks frequently draw crowds of over 300,000 people.

Founded by Sadhguru, Isha Foundation is a non-religious, non-profit organization with over 200 centers worldwide and over one million volunteers. Isha Foundation offers Inner Engineering Online - a practical approach for inner transformation in a fast paced world. The course designed by Sadhguru presents simple, yet powerful tools for an individual to experience life on a deeper level with more awareness, energy, and productivity. This program is an ideal opportunity for those with time and travel constraints to experience the same profound effects of the traditional Inner Engineering program, which has impacted millions of people over the past 25 years.

To learn more, view the free Introductory Talk, or to register visit [www.InnerEngineering.com/toronto](http://www.InnerEngineering.com/toronto).

### Sadhguruvudan Isha Yoga in Tamil

Date: 11 - 13 May 2012

Location: TBA  
Toronto, ON Canada MAP

Session Info:

Friday, May 4th  
5.00 PM - 6.15 PM Check-in  
6.30 PM - 9.30 PM Class

Saturday, May 5th  
8.30 AM - 7.00 PM  
(Wholesome Vegetarian lunch provided)

Sunday, May 6th  
7.30 AM - 7.00 PM (Wholesome Vegetarian  
breakfast and lunch provided)

Details: This program is conducted by  
Sadhguru.

Contact 1:  
Phone: 416-300-3010  
Email: [toronto@ishafoundation.org](mailto:toronto@ishafoundation.org)

Contact 2:  
Phone: 647-857-4742

# Short Story



I received an invitation from Soma for a lunch on a Thursday. I don't know the last name or color, height, weight or any details of her.. Later I found out that she is living about two and a half hours from Toronto. Since I have agreed to attend the lunch, I had no other option but to go.

As usual after missing two or three turns I arrived there late, by thirty minutes. A lady came at the door and introduced herself as Soma and shook hands. She was about five feet tall and the color of an unripe blackberry. Her chest and bottom was of the same size and the tailor may not have had any problem stitching a dress for her.

But there was a bright glow in her face equivalent to ten moons. She received me with a big smile and took me to the garden. It was a big one and was full of varieties of flowering plants. It was so big, I was a bit shocked.

though they were long time friends. I asked the rope man "For how long you both have been friends?". He said "A few minutes ago" he replied. I learnt later that none of the guests knew each other before. Even Soma never had met any of the guests she invited. We were told this when the lunch was about to be over.

The lunch was an ordinary one. But the way it was served was of high standard. It was done beautifully without much fanfare. There were costly plates, silver spoons, shining bowls and glasses with long stems. Soma was busy attending to the guests and serving them two, three times with the description of each dish. You get a belly full feeling when someone is attending to you with such hospitality. The person next to me said "Soma must have walked about ten miles by now." I noticed him only then. I could not notice a person I was wanting to meet all my life. He spoke generally to every-

least have a drop of blood of Alexander.

Alexander was the son of a king of Macedonia (a small country) and the Greek beauty Olympia. His Teacher was Aristotle of Greece. It was told that Alexander used to have Homer's epic Iliad under his pillow always. He had such an affection for Greek literature. He became a king at a very young age and died at the age of thirty three. But during that short period he had about half the world under his control. All these were learnt by me.

But I asked an unknown question to Risto. "What was Alexander's spoken language?". He said "Greek was a world language. Macedonian was an unknown language. He spoke Macedonian with his soldiers only. He conversed in Greek with

to this place", said Risto. 'Dad stop that "she chided him winningly. I told them " today is an unforgettable day in my life'. Both looked at me with a question why. "I met a Macedonian beauty today" I replied. "Both of you exchange your lies. I am leaving" saying so, she left that place..

Risto after watching her daughter go said 'my daughter speaks pure Macedonian. There are only a few who speaks like her."

"What about in your country Macedonia. There will be lots of them."

"Ours is a small country. We became independent only in 1991." he replied.

The official language in Macedonia is Macedonian. About one and half million speak the language. About a million

ORIGINAL IN TAMIL by A. MUTTULINGAM (Canada)

ENGLISH VERSION BY Thuraiyuraan

# HOSPITALITY



Flag and Coat of Arms of The Republic of Macedonia

In Toronto, some people buy annual flowering plants and they die off at the end of summer. Next year you have to buy new ones. In some gardens there will be perennials, which will be dormant during the winter and start growing in the spring. But in her garden there were both varieties of plants. I asked her "You have a beautiful garden. Did you learn gardening?".

She replied "Nothing. It is by experience. I have been doing this for the past twenty years". She vanished from there and was running around looking after the others. She received the newly arriving guests and was busy serving them drinks. Her reception was flawless.

There was a man sitting on the grass, unmindful of his dress getting dirty and was busy tying varieties of knots with a rope. He swerved his hands so swiftly and made a knot and unknotted in a second. He must have been a scout those days. There was another man sitting in front of him and observing his hand movements as though he was learning. They were conversing with each other as

one who was there, not to me in particular. White hair, white beard, white skin, white shirt and his shoes too was white. He turned towards me and said "My name is Risto". I told my name. He asked whether I am an Indian. I said I am a Sirlankan. That is how we started to talk.

The person who is the host do not sit and eat with the guests. That is the correct way of hospitality. According to one of our ancient poets, he or she must eat the left-overs after the guests. Risto was surprised to hear this.

"The same in our country too. If you come to our house for a feast my wife won't sit with us and eat. If she does so then it is considered as a bad reception". This is a very old custom. Really a surprise. "Which is your country?" I asked him. He replied "Macedonia". "Yours is the country where Alexander was born", so saying I got up, touched his hand and placed my hands on my eyes. He said "what are you doing" and pulled his hands with a smile. You are the first Macedonian I have met and you may at

the world". Thus engaged in speaking we had our lunch. We forgot about the twenty five people around us. We were so deeply involved in the conversation.

All the guests who were there for the lunch never knew each other. But all of them have worked for the UN organization, somewhere, in some branch, in some country, sometime back.

The host Soma also had worked for the UN. She had spent time searching through Facebook and Google to find the details of all those attendees and invited them for this get together. That is how we also ended up at the lunch. This was revealed to us towards the end of the function.

There was a girl of about 16 or 17 years. She had shoes like that of the ancient soldiers with interwoven ropes reaching up to her knee. She had very bright eyes, as though they have absorbed the balance sunlight available on that day.

"She is my daughter who brought me here in her car. Since she has stopped listening to my advice, did not miss the way

People who are living outside the country are also speaking it. I said "Yours is a language existing for more than two thousand years. It will survive". His face reddened and said "The Greeks are a hindrance to the progress of our language. They don't like our language growing".

"I know the enmity between your land and Greece is a long standing one. I am sure they will not forget it easily".

Alexander who became king when he was twenty years old, attacked Greece first. 6,000 Greek soldiers were killed in that battle. 30,000 were captured as slaves. This happened 2,300 years back, but the Greeks have not forgotten this yet.

"Some enmities are like this. The passage of time may be reviving the memories" I said..

"Greek is a well developed language. Ours is now only starting to live. The Greeks don't like this. They have started changing the Macedonian names into Greek names. Once it was against the law to speak Macedonian. Is it not possible for two languages to live next to each other?. Is it necessary that one should kill the other to exist?" he said with emotions and his tone changed to that of a defective hair dryer.

That time Soma came with two jugs one with tea and the other with coffee. This is the third time she filled our cups. "In our country too you have to serve three times." he said. Now he returned to his normal mood. We continued with our discussion about languages. Soma left that area carrying the jugs. I was wondering how she had so much of energy to serve her guests with such warm reception. She was working like a clock till the lunch was over.



# Short Story

Continued from February 2012 Issue

The daughter Mary had turned three years old and David was in school; they were bilingual and nothing bad happened so far, proving their mother wrong. All agreed it was too late for Sivam and Rani to learn a new language, but there was no lack of trying on their part; and David adored his grandparents and no longer laughed at their mistakes, but gently corrected them whenever he could. Steve and Sarah ended up buying a more expensive home than they had planned and had gone overboard on furnishing. The repeated attempts by Sarah and the church group to convert the old couple to

"Are you serious?; you are joking, aren't you?; you would have heard about it on Elayabharathy's program on the radio or in the local papers"

"We didn't know that we have Tamil radio here or even Tamil local papers; the only thing we get here is Indian Tamil weekly: Kumutham and Kalki"

"Listen, we are going on a trip to Thousand Islands next month; I'll put you both on the list; twenty five dollars each; what do you say?"

"We don't have that kind of money"

"Listen, I'll pay for it and you can give it to me with the next month's stipend"

"What stipend are you talking

## THE PROMISED LAND

Christianity ended in failure. And Sarah had become vocal about her displeasure over the old couple's brief morning Pujas and talked repeatedly about a premonition of an impending doom. Steve couldn't pay attention to her fantasies anymore as he was overburdened by their finances; in addition to their large household expense, the travels with the church revival groups and the tithe they had promised to deliver yearly were taking a toll on their tight budget. Lately they shunned "Martin Bakery" and the burden fell on the shoulder of Rani; although she never ate everything she cooked, she had become an expert on beef curry. The grandchildren preferred her cooking over the ones provided at the church on Sundays.

"May I speak to Sivam" somebody asked in Tamil; usually Sivam didn't pick up the phone, but because of persistence he couldn't help.

"Yes, Sivam here"

"This is Rajah,---from Thinnevali ,--- chili cultivation,--- I hope you remember me"

"Of course, how can I forget?"

"My son saw you coming to the bank with your son; you know they work together in the same bank and we heard that you had come here recently"

"No, I came three and a half years ago"

"Really, then how come I never saw you in any of the functions for seniors?"

"We are busy with the grandchildren"

"Like us, we are busy too, we have ten between our three children; but we somehow find time to do other things; I hope you attended the chariot festival last week at Richmond Temple"

"Where do we get time for all these?; as a matter of fact, we don't even know that a Hindu Temple exists here"

about?"

"What, the monthly government stipend for seniors"

"We don't get that"

"You came as refugees, didn't you?"

"Yes"

"Then you will be getting eight hundred odd a month for a couple"

"My son deals with all these, I have no idea"

"Then ask him to pay for the trip"

"I'll ask him today"

"Give me your address, we'll come and visit you one of these days"

"Honestly, I don't know the address"

"Don't worry, I'll ask my son"

Two days later Sivam raised the question of he and Rani joining Rajah on a trip. Steve's first question was how Rajah got the phone number; and when Sivam told that Rajah's son worked with him, Steve and Sarah struggled with all the Srilankan names but couldn't pinpoint the culprit. Steve told the parents to be careful about these offers, because he claimed that these usually were scams to fleece the seniors. Sivam wasn't convinced, but decided to let it slide; when he asked about the stipend, Steve said that the government gave just enough to cover their food and the rent.

Rajah called the following day, a little upset, and told that Sivam's daughter-in-law wouldn't let them come in. When Sivam told they could have gone to a wrong address, he was shocked to hear that his daughter-in-law was identified by Rajah's son who was waiting in the car. She had apparently told that the household was Guyanese. Sivam also told Rajah that he wouldn't be able to join on the trip and kept the conversation short. Rajah gave his phone number and told him to call if he ever wanted to shoot the breeze, but realized that there was



something not right about his friend.

There was a loud thud on the door around noon time, Sivam knew the drill by heart after three and a half years: he should never tell anybody under any circumstance that it was a Srilankan household. Steve had told him time and time again that it was not in their interest to identify as Srilankans because of the hassles from the LTTE. He was instructed to use the word Guyanese like a parrot to shoo away the Srilankans. When he opened the door he was embarrassed to meet Rajah. This was the first time he was meeting his countryman in a social setting, let alone a close friend. In a very short time Rajah found out that Sivam was in a bind; he and Rani looked pale, depressed, emaciated and unhealthy; he realized that they had been systematically deprived of any contact from their community; they kept telling like a broken record that they were happy; but the words didn't jibe with the emotions. Rajah felt sorry for them, but before he left, he determined to do something about it.

Another day, another loud thud on the door: Sivam opened the door with trepidation: this time there were two people; one tall white man, introducing as social worker and a Tamil lady, as the interpreter. Sivam was about to use his decoy-- the word Guyanese-- but swallowed it half sentence when he saw a file with his photo. The lady said that they were from the agency for prevention of elder abuse. Sivam felt a pang deep down in the pit of his stomach; he wished he had told about Rajah's visit to Steve. They wanted to interview him and his wife based on the complaint they had received and refused to divulge further details. They asked a few questions to ascertain their mental capacity first and then asked specific questions. Sivam and Rani couldn't give any specific answers to any questions such as how much money they both received monthly from the government and how much they spent on the rent and how they received and withdrew. They kept telling that their son dealt with their finances and when they were asked if they had given a written authorization to their son, they wouldn't say yes or no. They were also asked about how they spent their time at home and who did cooking, child care and what not.

The anxiously awaited letter by Steve finally arrived after two weeks, asking the whole family to attend an inquiry on financial elder abuse. Steve knew that he couldn't defend his money transfers without the written consent from his parents; his only tenuous defense was a verbal consent he presumably obtained on every transfer for three and a half years and he

By: SIVAGAMI

was confident that his parents would attest to it. As the date was nearing, they could see Sivam was becoming paler and more nervous; his appetite became sluggish and his weight plummeted drastically; Rani worried if he would be fit enough for the court hearing.

It was a balmy summer night; the sky was clear and the full moon was at the zenith; the room in the basement felt cooler. Sivam pulled a blanket, feeling unusually cold that day; the next day was an important day in his life; his first ever court appearance; his answer would be a simple yes--- yes he had given the authorization every single time. He was coached on this many a time, but still not sure if he would say it right. He mumbled his prayers to Lord Murugan, he had stopped being loud for some time now. He said a few to Jesus Christ too; a new addition to his pantheon, his grand son's favorite God, so naturally his too. He looked at Rani, she was tossing and turning; he tried so hard, but couldn't fall asleep.

The sun rays had found their way in through the small window in the basement very early that day; the bird's warble had woken Rani up; she found Sivam still fast asleep; so she got up and decided to use the bathroom first; when she came back after a bath, Sivam was still sleeping and she thought it was unusual; she tapped him gently, no response; she shook him harder, still no response; then she wailed, that brought everyone to the basement. Sarah called 911; and all stood around the bed in silence. In a few minutes they would hear the sirens of the ambulance and police cars and soon they would see the flashing lights, making a grave statement in their neighborhood; but they all very well knew it was too late.

# Short Story



The winding scenic road took them to the old mansion with well-manicured gardens, nestled among the pine trees up in the hill, in upstate New York. It's been a bed and breakfast inn with a restaurant open to public and the hosts proudly welcomed Dr. Rajaratnam Rajan and his wife Diana. This is where most of the scenes of "Gone With The Wind" were taken, the hosts proclaimed and the maitre d' agreed, and Rajan turned and gazed in to the eyes of his beautiful wife and she in response melted like butter with pride and exuberance. That's how the dinner party started--- with a big fat white lie.

It was the annual event of the family, honoring the matriarch for her unflinching devotion towards her family, because after losing their father very early in their lives, she was the rudder that kept the boat afloat. They could now proudly claim many doctors and lawyers among

ready, and the oldest son helped the mother out of the chair and gently urged her towards the private dining room flanked by daughters and daughters-in-law with small children. Everyone took their seats and more wine was served, and the head chef announced the specials and answered questions. One of the doctor sons seated next to Diana made suggestions on the entree, he boasted that the steak in that place was out of this world and Diana eagerly ordered it and Rajan followed suit mindlessly. When everyone had received their choice food, the oldest son rose from the seat and thanked their mother and wished her many more happy returns of the day. When he said a prayer, everyone rose to their feet and bowed down to the almighty. After the dinner, the birthday cake was brought in, and suddenly a couple of new faces joined the singing for the old lady and one of them stood close to

a sudden they couldn't pronounce their last name the Srilankan way anymore, and very soon Dr. Rajan chucked his Tamil first name altogether, stating that it was a liability for upward mobility. He assumed an air, as if he owned the town, as soon as he joined Dr. James Mathew's practice. He walked and talked like James and kept telling that he was learning the ropes to be fabulously successful. He would call his Tamil friends to his apartment just to demonstrate and imitate what he had learned from this so called man of success. Very soon the couple couldn't say anything without invoking Mathews: Mathews did this and that; Mathews would have done this way or that way; and Diana swore that she would do anything for the Mathews because she claimed they were now more than family. The icing on the cake was the couple's admission to the church of the Mathew family, where occasionally,

ceutical doggy bags; Rajan would always insincerely apologize first and then justify by saying that certain Jaffna traits die hard, namely extreme frugality and the desire of not being perceived as wasteful. He would make this point to Diana, who never set foot in Jaffna, to the amazement of Subramaniam. During these proclamations, the flashbacks of scenes of Jaffna hospitality would zip through the mind of Subramaniam: people borrowing essentials through the porous cadjan fences to make the best meals for the guests at the expense of whole family going hungry the ensuing days. On the other hand, as an unwritten law, people would rarely refuse to help the neighbors in these instances, as it is considered an affront and disgrace, not to provide the best to one's guests. Subramaniam though would not open his mouth at the table, but would keep his utmost silence, munch on anything kept in front and sulk.

"Diana, where are you?"; come quickly here and hear this out; stop cooking; remember we have mutton curry left overs" Rajan yelled at the top of his lungs to make a statement that he now owned a large house.

Mrs. Subramaniam nudged her husband and told Rajan that they already had dinner, knowing her husband, after a few drinks of cheap wine, would be attacking the greasy stuff purposely made for the Mexican workers working on Rajan's property. Rajan usually bypassed the contractors and used the Mexican workers from street corners for food and a little sum of cash. He was lately going in to the poor immigrant neighborhoods in the city to procure the cheap mutton, and during those efforts he would bring Diana to pay surprise visits at the small clinic of Dr. Subramaniam. Dr. Subramaniam always accommodated the intruders and proudly showed around his small clinic in the poor neighborhood, not knowing why Diana was giggling all the time and why Rajan had the smirk on his face. But Mrs. Subramaniam, having studied them well, knew the purpose behind these forays.

"Diana, listen to this; tell her what you told me now" Rajan signaled Subramaniam to repeat what he had told him. Subramaniam by this time got used to Rajan's quirks, he knew that anything that would put Rajan in a favorable light needed to be rehashed, but he was not ready to go down in flames for Rajan's sake that day.

"What I said earlier is, you don't have to change the name, but you can simplify like Subramaniam to Maniam so people won't have difficulty saying it"

"Diana, I couldn't wait for you to hear this out; in Jaffna, like here, the names would tell you so much about the person: the ancestry, the wealth, the educational background and so forth; so when Subs wanted to change to Maniam, it only reminded me of our milkman Maniam in Jaffna--- not that it matters here but I thought it was funny"

"Listen, I never said I was going to change my name; but if at all it needs to

## THE BEST ELVIS IMPERSONATOR



their large family. Dr. Rajan had just joined one of the Mathews in his medical practice and the family members made sure that he and his wife wouldn't feel out of place. Each member of the family whispered in to the ears of Diana, that she and her husband were now part of their family.

Diana and Rajan were living in an apartment complex with Srilankan Tamil doctors, their countrymen, doing residency in New York City. Although they couldn't flaunt much with their resident's salary, the Srilankan doctors never felt poor or restricted when it came to being the host on the evenings or weekends. Occasionally they even dined out in the local restaurants. They were convinced that their life would improve once they completed the residency; and also were under the impression that their friendship would endure regardless of what positions they might assume in future.

The liveried waiters kept bringing h'orderves and Rajan nudged Diana and winked when the waiter pointed out the caviar; expensive wine and champagne were flowing like there was no tomorrow. The maitre d' announced the dinner was

Rajan. When the singing was over, he strained his neck to introduce himself and asked for the spelling of Rajan's full name and asked if Diana was a doctor too. Rajan again saw the two at the exit, strangely thanking the doctors for the attendance, and quickly slipped a business card when Rajan reached the exit, and said that they would be seeing him in the near future. In the parking lot, when Diana inquired about those two people, Rajan finally took a close look at the card and realized that the evening was sponsored by the pharmaceutical company Merck. That's how the dinner party ended--- the benefactor thanking the beneficiaries.

While they were driving back to their apartment, Rajan noticed a newfangled determination in the eyes of Diana; she peered deep in to his eyes and asked him with such conviction that he had never witnessed in her before, whether he wanted to move up the social ladder or be with his Srilankan Tamil doctors. Rajan knew the answer was a no-brainer.

This pharmaceutical sponsored free-bee had stirred something that laid dormant in the couple, and sparked something outrageous in their behavior: all of

By: SIVAGAMI

Diana and especially Rajan--who was brought up a staunch Hindu-- get to sit at the reserved pews for the family.

The Srilankan doctors, as they had envisioned, got jobs in faraway places and slowly moved out from the apartment complex. But before they moved out, they were all put through, unwittingly, a second hazing, if you will, by Rajan. This hazing differed from the first, that most would have had at the time of joining the medical school, for it was solely psychological and involved the spouses too. Having finished the grueling three year residency and successfully landed a job, the doctors would naturally be having a sense of pride and achievement, but Rajan knew how to deflate their incipient egos; he would compare their deals with his grandiose ideas that he had formulated in his brain and discard theirs in one word--- "worthless". His fantasies revolved around a notion of unencumbered full partnership with Dr. Mathew. But nobody understood what this full partnership entailed, the more labyrinthine he made it sound the more luster it had begotten. He would dramatize his dealings with Dr. Mathew, ignoring the guests' wounded pride, and incessantly self-aggrandize for the benefit of Diana-- anything he thought or did always boiled down to impressing Diana or kowtowing to her ludicrous fantasies. Such a disgustingly uxorious creature he had become.

Dr. Subramaniam was, by nature, a mild mannered unambitious man; he had started a small practice in the city and conveniently had become the sounding board and the butt of a joke for the couple. When ever Rajan felt that he needed a boost to his ego or to his presumed sagging sentiment from Diana, he would invite Dr and Mrs. Subramaniam for an impromptu dinner. These dinners mostly utilized the leftovers from the pharma-



# Short Story

be done, that's how I will do it--- as a matter of fact I'm in a better company retaining my name; there are at least two prominent people with my name in the USA: one a Nobel Prize winner and another an inventor of balloon pump to stabilize heart patients" Subramanium retorted.

"You are not making this up as you usually do" Diana interjected.

Subramanium couldn't conceal his irritation, but kept his silence and thought to himself who among them made up things anyway.

"Ryan, is it true?" Diana asked Rajan.

"Could be, but I would definitely check it out; you can't trust everything our Subs ---sorry our Manium says" Rajan chuckled.

"If you have doubts come with me to the library, I will show it to you"

"Machan, I want to tell you something; if you had spent 10% of the time you spent in that library with people like James, you will be having a rollicking practice by now"

The next couple of years had many poolside parties for Mathews at Rajan's residence, the wealthy neighbors were welcomed in to their clique too, but Diana made sure that Subramaniums were excluded due to their less than stellar social status; but they remained a permanent fixture during the periods of winding down from these elaborate parties to reminisce what pearls of wisdom the couple had learned from the Mathew clan. These sessions were referred to, by Mrs. Subramanium, as "Bread and Dhal Epilogues" in which a recounting of "Mathew Sighting" would be done over a simple bread and dhal meal.

One day Rajan showed up unceremoniously at the door step of Dr. Subramanium's residence with a package in hand.

"Machan, I have finished writing about my success story, from my humble beginnings in Jaffna to what I'm now; I want someone to proofread so I can leave my legacy for the posterity"

Subramanium couldn't believe his eyes what he was reading; it was a childish writing of a megalomaniac: the autobiography starts with Rajan landing in New York city with nothing and suddenly takes off like a rocket with no help from anybody, and cruising higher and higher indefinitely; and all credit for this meteoric rise goes to Diana's extraordinary perspicacity in identifying talented people on its trajectory. Subramanium was dumbfounded.

"Don't worry, you are not ready for proofreading, that's for your father-in-law; I have some work for you too; I've been thinking about you lately and talked to James the other day; this is the deal--- by the way a lot of doctors are vying for this---again this is the deal, we'll pay you a salary regardless of how much revenue you bring in the first few years and depending on the productivity we can later talk about bonuses"

"What am I going to do with my practice in the city?" Subramanium was incredulous.

"Subs, we are talking here about mega millions, not chum change"

"I need to think about it"

"This is a very hot thing in town; people will kill for this kind of opportunity; anyway don't tell me ever that I never tried to help you"

One day Rajan received a surprise at the office: James brought his nephew and introduced him to the staff as his new partner. Dr. Ralph Mathew had just completed residency and joining James's



practice as an equal partner from day one was a foregone conclusion. From the matriarch to the janitor, everyone seemed to have known about this except Dr. Rajan. When James asked Rajan whether he had any problem with that; Rajan immediately sensed what that statement entailed: his salary would be cut to at least a third if not less and he would be at the mercy of the family on future dealings. Rajan's vehement protests did not sit well with James's sensibilities. He had a family meeting and in that everybody unanimously agreed that Rajan should go with some compensation. But Rajan refused to accept their terms and that resulted in an outburst of indignation and, as if it was already planned, he was removed by the police from their premises on charges of assault and battery. He was later released on bail and had to hire an attorney to defend. The protracted court proceedings made him move to a new location to start again and he was hoping that some settlement would take place eventually to compensate for the lost revenues. He also hoped that they would drop the charges against him; but the court proceedings dragged on and Rajan learned the hard way how vindictive the Mathew family could be.

During this difficult period Dr. Subramanium was supportive, extra-careful not to ruffle Rajan's ego. Rajan on the other hand was gung ho on hiring a high powered lawyer to teach Mathew family a lesson. Months went by and the dust finally settled and Rajan also got settled at his new location. He had quickly gone back to his old self, praising Diana if she had simply fluttered her eyelashes and the pilgrimage to the city on the pretext of surprising Dr.

Subramanium resumed and lately it involved not only Diana but her overseas relatives as well. And Subramanium continued to play dumb, showing them around and lately he would volunteer to make fun of his own office, so everyone would have a hearty laugh.

That Saturday, Mrs. Subramanium got up very early, decided to do something elaborate because Dr. Rajan's sister was visiting from Australia and they all had been invited for dinner. She

none other than Dr. James Mathew. Then a good looking middle aged man appeared on stage and started gyrating his hips to the song "Jail House Rock" and performed fabulously several songs for the audience. When the event was over Dr. & Mrs. Subramanium had to push themselves out against the crowd as people were flocking towards the stage to get autographs and pictures with Dr. James Mathew. Then something stopped them in their tracks: they saw Dr. Rajan holding Diana's hand with two different cameras, slung around his neck, pushing his way up towards the stage. They watched him feverishly clearing his way, advancing and reaching the stage and lifting Diana up on to the stage. Diana ran toward Dr. James Mathew, as if he was the real Elvis and stood next to him proudly while Rajan went on clicking away several pictures in different angles. People started shouting at Diana to move so others could take their pictures with James but Diana wouldn't budge; she stood her ground for more pictures and Rajan was more than happy to comply. By this time Subramanium had reached Rajan and was waiting for Rajan to finish; when people pushed Diana away from James, Rajan stopped his video camera. Subramanium finally tapped his friend on his shoulder and Rajan turned and looked at Subramanium.

decided to cook fish for Rajan because he wouldn't eat chicken and chicken for others along with string hoppers, puttu, sambol, egg curry and sothi. It was a tall order but she was determined to finish by 4o clock so she could clean the place and burn some incense to clear the curry odor. Unlike Rajan, she knew that Dr. Subramanium was useless when it came to domestic chores. As she was about to start her cleaning around 4o clock, she received a phone call from Rajan saying that they wouldn't be able to attend the dinner because Diana had some last minute engagement. Mrs. Subramanium was very angry but wouldn't show it in her voice and said it was okay. Dr. Subramanium received the news, felt sorry for his wife, quietly listened to all the venting and took the blame for being such an obsequious friend. Then both had an early dinner and realized that the county fair was on that night. They never attended one despite living there for many years; so they decided to go and see.

The music was blaring from the loud speakers; people were milling around in festive mood; children were chasing each other with ice-cream in hand; stalls flanked on both sides of the stage and people were gathering around the stage for the final act before fireworks. It took a while for the summer sun to go down and people unfolded their chairs to sit on the lawn to assure a good view of the stage. Suddenly an announcer appeared on stage to whip up a frenzy among the audience before the appearance of the entertainer. The final act was announced as a musical act, impersonating Elvis Presley and Dr. Subramanium nearly fell off the chair, when he learned the name of the entertainer; the entertainer was

"Hey, Subs, we didn't even know about the event tonight; thank God, Diana found out at the last minute; she would never miss this for the world; she knows all the songs by heart and the sequence in which James does---she is something isn't she?; she never fails to amaze me--- I want to show you a polaroid picture I took of Diana with James before the show---here it is--- what do you think?"

"I can't believe he really looks like Elvis Presley, and very talented too"

"I know; I want you to take a closer look at Diana in the picture; if you are a fan of Elvis you would know Priscilla Presley; doesn't Diana look like the young Priscilla in some ways?; James always tells her that---and I bought that dress for the occasion---it's a dress somewhat similar to a one Priscilla had worn during the time Elvis proposed---you know Priscilla was very young when Elvis proposed---it's funny, thinking back Diana was very young too"

"I don't know much about Elvis's private life or about Priscilla, but James may be right"

"Come on, he is the best Elvis impersonator ever, and I bet he is always right"

The first firecracker had gone off in the dark sky and burst and scattered in all directions in different colors. After a short pause more crackers went vertically up like slithering serpents and burst in to different forms, illuminating the sky with spectacular colors. Everyone's focus was on the sky, curious to see what form or color would appear next and with each eardrum bursting explosion came the brightness and each fleeting moment of brightness gave Rajan an opportunity to admire the beauty of Diana.

# Holy Land Tour



S. Raymond Rajabalan

## One Land – Three Religions An experience of a life time

CONTINUED FROM DEC 2011, JAN 2012 & FEB 2012

### Where exactly is Holy land?

The Holy land referred to as Kingdom of Israel in Judaism is located at the extreme end of the Mediterranean. The term “Holy Land” is also used by Muslims and Christians to refer to the whole area in between the Jordan River and Mediterranean Sea. It is bounded on the north by Lebanon, on the East by Syria and Jordan on the south by Sinai desert.

### Our Tour to the Holy Land

This article attempts to provide detailed information about the significance of the various places the author and his wife recently visited the Holy Land.

### Garden Tomb & Golgotha - Jerusalem



Entrance to the Garden Tomb

The Garden Tomb located in Jerusalem outside the city walls and close to the Damascus Gate, is a rock-cut tomb considered to be the site of the burial and resurrection of Jesus and to be adjacent to Golgotha.



### Golgotha Rock

This is Rocky escarpments that some claim to resemble the face of a skull and is located near the Garden Tomb. Jesus is believed to have been crucified at this location.



Besides the skull-like appearance, there are a few other details put forward in favour of the identification as Golgotha. The location of the site would have made executions carried out there a highly visible sight to the people using the main road leading north from the city and the presence of the skull-feature in the background would have added to the deterrent effect. In fact this place is still a hive of activity with hundreds of tourists, numerous vehicles and vendors operating in the vicinity.

Cut into solid bedrock, the Garden Tomb conforms to the biblical description of “a sepulcher that was hewn in stone, wherein never man before was laid” (Luke 23:53).

One enters the tomb via the weeping chamber on the left, whence it is possible to descend slightly into the burial chamber. Here are found three burial niches, only one of which was completed by the workmen, thus indicating that it would have been a “new” tomb when Jesus was buried there, as the Bible states. This evidence of a “borrowed tomb” fits the character of that

### Interior of the Garden Tomb

of Joseph of Arimathea, in which Jesus was buried.

When one examines the burial niche closely, it becomes apparent that it was enlarged in the area of the head to the east,

by further chiseling into the bedrock. This is probably because the person buried there was taller than the one for whom it was constructed. In front of the tomb, there is a trough which could have served to guide a rolling stone in front of the door. (Mark 16:3-4; Matt. 28:2.) Such rolling stones for tomb entrances are known from other Jewish tombs of the time of Jesus in the Jerusalem area.

The simplicity and beauty of the site and peaceful atmosphere of the garden tomb make it a favourable spot for prayer and meditation.

### Qumran Caves – West Bank



Qumran Caves

Qumran is an archaeological site in the West Bank. It is located on a dry plateau about a mile inland from the northwestern shore of the *Dead Sea*, near the Israeli settlement of Kaila. It is best known as the settlement nearest to the caves in which the Dead Sea Scrolls were hidden.

The caves of Qumran became famous since the discovery of the Qumran Scrolls, the oldest manuscript of the Hebrew Bible in 1920. Tens of thousands of scroll fragments written in three different languages: Hebrew, Aramaic, and Greek were found here stored in cylindrical pottery jars with a lid of a type unknown elsewhere. The texts are of great religious and historical significance, as they include the oldest known surviving copies of Biblical and extra-biblical documents and preserve evidence of great diversity in late Second Temple Judaism. These manuscripts generally date between 150 BC and 70 AD.



Cylindrical pottery jars containing scrolls

The Dead Sea Scrolls are traditionally divided into three groups

- **“Biblical” manuscripts** (copies of texts from the Hebrew Bible) which comprise roughly 40% of the identified scrolls

- **“Apocryphal” manuscripts** (known documents from the Second Temple Period like Enoch, Jubilees, Tobit, Sirach, non-canonical psalms etc., that were not ultimately canonized in the Hebrew Bible) which comprise roughly 30% of the identified scrolls

- **“Sectarian” manuscripts** (previously unknown documents that speak of the rules and beliefs of a particular group)

or groups within greater Judaism ( such as the Community Rule, War Scroll, Peshar on Habakkuk and the Rule of the Blessing ).These comprise roughly 30% of the identified scrolls

More than 2000 years ago, during the Second Temple Period, members of the **Essenes**, a separatist Jewish sect lived in this area. They formed an ascetic monastic community. This landscape was a desert like today but a nearby spring made Qumran a flourishing oasis. They had many well educated members and produced copies of biblical scrolls, which they stored in nearby caves. To protect the valuable books, they used small caves in the wall of the nearby valley to hide them.

In the year 68 AD those people had to leave their home due an earthquake. They closed the caves with walls of raw stone, which made them nearly invisible. As the Essenians never returned, the knowledge about the caves was lost, and the books remained hidden until the 20th century. The first book was discovered by accident in 1920 and other books were discovered in the later years.

### Dead Sea

The Dead Sea, also called the Salt Sea, is a salt lake bordering Jordan to the East and Israel and the West Bank to the west. Its surface and shores are 423 meters below sea level, the lowest elevation on the Earth’s surface. The Dead Sea is 377 Metres deep,

# Holy Land Tour



Dead Sea

the deepest hyper saline lake in the world. With 33.7% salinity, it is also one of the world's saltiest bodies of water.

This salinity makes for a harsh environment in which animals cannot flourish, hence its name. The Dead Sea is 67 kilometers long and 18 kilometers wide at its widest point. It lies in the Jordan Rift Valley, and its main tributary is the Jordan River.

*On our way to nearby Masada Fortress, it was a pleasing sight to see acres of date palm trees heavily laden with bunches of golden yellow fruits glistening in the bright sunlight in the midst of a great desert expanse. We marveled at the unique method of the land being irrigated by modern sprinkler system, using minimal quantity of water. It brought back to my memory the meaning of 'Economy of material without loss of efficiency', a phrase used frequently by a professor of Botany at University of Peradeniya in Sri Lanka.*

*My life partner with her extensive knowledge in Geography and Topography enlightened me with additional information about this unique method of cultivation which helped me to grasp the intricacies of this method of agriculture.*

*We were astonished to watch the efficient method of harvesting dates with the aid of modern equipment fitted with mechanical ladders.*



Date harvesting by mechanical ladder in Israel

## Masada Fortress

Masada is the name for a site of ancient palaces and fortifications in the South District of Israel, on top of an isolated rock plateau, on the eastern edge of the Judean Desert, overlooking the Dead Sea. Masada is best known for the violence that occurred there in the first century AD. In the final accords of the First Jewish-Roman War, a Siege of Masada by troops of the Roman Empire led to the mass suicide of the Sicarii rebels. These rebels, a splinter group of the Jewish zealots unsuccessfully attempted to expel Romans from Judaea.

## Siege of Masada



Herod the Great fortified Masada between 37 and 31 BC as a refuge for himself in the event of a revolt. In 66 AD, at the beginning of the First Jewish-Roman War against the Roman Empire, a group of Jewish extremists, called the Sicarii, overcame the Roman garrison of Masada. After the destruction of the Second Temple in 70 AD, additional members of the Sicarii and numerous Jewish families fled Jerusalem and settled on the mountaintop, using it as a base for harassing the Romans.

In 72, the Roman governor of Judaea Lucius Flavius Silva headed the Roman legion X Fretensis and laid siege to Masada. The Roman legion surrounded Masada and built a circumvallation wall and then a siege embankment against the western face of the plateau, moving thousands of tons of stones and beaten earth to do so. When Roman troops entered the fortress, they discovered that its 960 inhabitants had set all the buildings but the food storerooms ablaze and committed a mass suicide and to this day there are evidences of this tragic incident.

## Masada today

The site of Masada was identified in 1842 and extensively excavated between 1963 and 1965 by an expedition led by Israeli archeologist Miguel Yadin. While a hike up the Snake Path on the eastern side of the mountain is considered part of the "Masada experience," a cable car operates at the site for those who wish to avoid the physical exertion.

It was a spine chilling experience for us to recount the ultimate sacrifice of the brave freedom fighters, who when faced with defeat chose to end their lives rather than losing their dignity in the hands of their enemies. No one in their right sense will promote violence but when suppressed and deprived of even their basic rights, any



Cable car ride to the top of Masada Rock

community will resort to whatever means to gain their rights, even knowing that their efforts may be futile.

**Masada is in fact a symbol of courage and heroism and choice of death over slavery.**



Snake Path to the top of Masada

The Roman ramp still stands on the western side and can be climbed on foot.

Many of the ancient buildings have been restored from their remains as have the wall-paintings of Herod's two main palaces and the Roman-style bathhouses that he built. One can still see ruins of store houses, barracks, arsenals, large cisterns used to fill with water and all kinds of royal accommodation.

**Masada was in fact a masterpiece of engineering. It has become a shrine for the Jews, as it is one of the most dramatic episode in their history.**

Camel riders in Jericho

Jericho is a city that lies in the Jordan



Jericho

valley and looks like a green carpet in the centre of the brown, sun-baked desert of this area. Since very remote times Jericho has been known for the richness of its well

watered soil, its oranges, bananas, dates and a wide variety of other fruits. Situated well below sea level on an east-west route 16 kilometres north of the Dead Sea, Jericho is the lowest permanently inhabited site on earth. It is also believed to be the oldest continuously inhabited city in the world.

Jericho is an oasis and also a symbol of pride and new life for the Palestinian people since it is the first part of their land returned to them by Israel. Jericho is considered to be the site of the oldest continuously inhabited city on the earth. In and around Jericho are the following sites such as the Mount of Temptation, Church of the Good Shepherd and Mount Nebo on the eastern shore of the Dead Sea.

The Christian Gospels state that Jesus passed through Jericho where he healed one or two blind beggars and inspired a local chief tax-collector named Zacchaeus to repent of his dishonest practices. The road between Jerusalem and Jericho is the setting for the Parable of the Good Samaritan (Luke 10:25-37).



A Sycamore Tree in Jericho

According to the Gospel of Saint Luke, when Jesus entered Jericho and was passing through it. A man named Zacchaeus was there; he was a chief tax collector and was rich. He was trying to get a look at Jesus, but being a short man he could not see over the crowd. So he ran on ahead and climbed up into a sycamore tree to see him, because Jesus was going to pass that way" (Luke 19:1-4).

The writer who has extensively contributed a number of articles to Monsoon Journal feels that his recent travel to Israel on a Holy Pilgrimage was a great experience of a life time.

*Monsoon Journal is pleased to publish a series of articles describing the various places visited by the writer – Managing Editor.*

*To be continued.....*

# Recent Event



## CTC 5th Annual Thai Pongal Dinner – Celebration of Thai Pongal and Two Exemplary Canadians

The Canadian Tamil Congress (CTC) celebrated Thai Pongal with 1,000 guests during its Fifth Annual Thai Pongal Dinner on January 21st, 2012 at the Grand Baccus Banquet and Conference Centre. The evening celebrated Tamil Canadian arts, culture, and the lives of two exemplary Canadians – Gus Dalton and Jack Layton. It was attended by community leaders, business owners, artists, professionals, and politicians across the political spectrum at all three levels of government, including the Guest of Honour Ontario Premier Hon. Dalton McGuinty.

### Greetings from the Government of Canada, Province of Ontario, and City of Toronto

Chris Alexander, MP Ajax-Pickering and Parliamentary Secretary to the Minister of National Defence, brought greetings from Rt. Hon. Stephen Harper and reaffirmed the Canada's commitment Human Rights and promoting peace and equality across the globe, including Sri Lanka. Hon. Charles Sousa, the Minister of Citizenship and Immigration, announced that steps have been taken by Province of Ontario in consultation with Canadian Tamil Congress to recognize January as Tamil Heritage Month. Councillor Michael Thompson brought greetings from Mayor Rob Ford and announced the proclamation of January as Tamil Heritage Month.

### CTC announces plans to develop Tamil Cultural Centre and launch a Leadership Academy

"CTC is also taking initial steps to develop a Tamil Cultural Centre," said, Mr. Suntharamoorthy Umasuthan, the President of Canadian Tamil Congress in his address. "We have very ambitious goals for this community and it is with your ongoing support that we can keep pushing at the rate that we are."

CTC's board of director Mr. Kumar Ratnam announced the launch of a Leadership Centre of Excellence in 2012.

### Chief Guest Mr. M.A. Sumanthiran MP of Tamil National Alliance

The chief guest of the evening, Mr. M.A. Sumanthiran MP of Tamil National Alliance thanked the government of Canada for its leadership in pushing for accountability, peace and reconciliation in Sri Lanka.

"...so much political maneuvering in the world and no decision is made on principal and Canada is such a great exception to that rule and I want to thank Canada for that," said Sumintharan. "As there are various leaders present today, I want to say how much we value your support."

He shed light on the stark reality in Sri Lanka, including the process of militarization and colonization in the North and East, the hollow approach to reconciliation, and the lack of willingness to work towards a meaningful devolution of power by the government of Sri Lanka. While expressing his frustrations at the negotiating table with the Government of Sri Lanka, he emphasized the need to articulate the grievances of Sri Lankan Tamils to the Sinhala masses. He reaffirmed TNA's mandate to its electorate and explained why it is critical not to leave the negotiating table in Sri Lanka. He thanked the diaspora for its contribution, appealed for understanding, and stressed the need to work in unison knowing that the goal is one.

### Service Excellence Award Recipient – Hon. Jack Layton

As part of our ongoing commitment to volunteerism and promoting community involvement, CTC honoured the contribution of the Late Hon. Jack Layton, Former Leader of the Federal New Democratic Party. To Tamil Canadians, Jack was more than a parliamentarian; he was a dear friend who supported us during difficult times and often engaged with community members. Jack has time and time again stood up for freedom, peace, and equality for all and has proved to be an inspiration to all Canadians, both young and old. His son, Councillor Mike Layton accepted the award on his behalf and addressed the crowd.

### Leaders for Change Award Recipient – Captain Gus Dalton

This year's recipient of this award was Captain Gus Dalton; the Captain of the Atlantic Reaper who led the rescue of 155 Tamil men, women, and children off the coast of St. Shotts, Newfoundland, on August 11th, 1986. The kindness exhibited by Gus, his crew members and the citizens of

Newfoundland & Labrador on August 11th, 1986 is a testament to the spirit of Canadian values and will forever be engrained in the hearts and minds of Tamil Canadians. As the announcer of the award stated "A country does not gain an international reputation as a leader – it earns it when leaders like Gus, from communities small and large – demonstrate this quality unassumingly, and with humility."

### CTC raised \$50,000 for Amnesty International

Every year CTC's Tamil Canadian Walk-a-thon raises funds for an organization that has worked tirelessly for the betterment of Canadians. This year, CTC presented a \$50,000 cheque to Amnesty International, a worldwide movement of people dedicated to the protection and promotion of human rights.

### Entertainment

A sincere thank you to Dr. Varagunan Mahadevan, Guru Nirothini Pararajasingham and her students, Ms. Elizabeth Malini, and Ms. Vaitheki Tharamaratnam for providing entertainment at the dinner.



Display at Entrance of the Pongal event.

**Thank You**

The Canadian Tamil Congress would like to thank its volunteers, members, sponsors, advertisers and friends for your generous support. Your contributions have strengthened the voice of Tamil Canadians both in Canada and beyond our borders. Thank you for making the Fifth Annual Thai Pongal Dinner an enormous success. We look forward to your continued support.



Greetings from Conservative members to CTC President Umasuthan.



Amnesty International Official with CTC members.



Mike Layton receiving award on behalf of Late Hon. Jack Layton from CTC director Dr. Santhakumar



Captain Gus Dalton receiving award from CTC member Arul Aruliah.



Greetings from Liberal members to CTC President Umasuthan.



CTC and Liberal Caucus.



Sri Lankan TNA MP Sumanthiran.

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# Tribute



A Tribute to Kingsley Ariaratnam - A Pioneer Tamil Business Entrepreneur

## Kingsley Ariaratnam, Passes Away

**Founder Member & Charter President of  
the Canadian Tamils' Chamber of Commerce**

by Siva Sivapragasam

"Monsoon Journal" regretfully announces the passing away of Mr. Kingsley Ariaratnam, Founder Member & President of the Canadian Tamils' Chamber of Commerce.

Mr. Ariaratnam passed away peacefully at his home on Thursday morning after a brave and courageous battle with a terminal illness.

Mr. Ariaratnam was one of the few visionaries in the community who along with certain others realized the importance of a Business Chamber for the embryonic Canadian Tamil Business community which was gradually developing in Canada. His tireless efforts were realized when the CTCC was formed in 1991. Over the years the CTCC has become a vibrant body representing the Tamil Business community and showcasing the entrepreneurship talents of the Canadian Tamils. Thanks to the efforts of Mr. Ariaratnam and other visionaries of the community, CTCC is today regarded with recognition and repute by the main stream including leading Banks and Corporate clients. Mr. Ariaratnam founded, nurtured and nourished the Chamber through his efforts. He was the proud recipient of CTCC's Lifetime Achievement Award for the year 2011.

In his personal capacity Mr. Ariaratnam was a successful businessman with a Midas touch in his business pursuits and community service. Be it Education, Community service, Movie Producing or Distribution, Hotel Industry or Church related activities, Mr. Ariaratnam has had a touch towards perfection. While in Sri Lanka before migrating to Canada he also managed a high occupancy tourist hotel known as Brighton Hotel along with his Tutoring school - Brighton Institute. Famous South Indian Film stars of the time including leading actors like Sivaji Ganesan, leading comedian Nagesh were guests of honour at his Hotel whenever they came over to Sri Lanka for film shooting.

Mr. Ariaratnam was a knowledgeable and charming conversationalist who kept a crowd going with his wit and humour. No Speech or toast from him at CTCC meetings or events was complete without a joke added to spice up his speech. He was a friend of all and an enemy to none. His maturity and experience were displayed many a time during an occasional crisis time for the CTCC. No doubt the Chamber will feel the void created by his absence in the future and more so the Canadian Tamil community.

Mr. Ariaratnam leaves behind his wife Shirani, son David and daughter Celine.





# Tribute

## In Memorium



**Mr. Arumugam  
Vallipuranathar**

2 June 1916 – 7 March 2011

From Family Members  
of Vallipuranathar  
London: 44 742 404 8435  
Germany: 49 172 326 2152  
Canada: 1 416 450 5011

## In Memorium

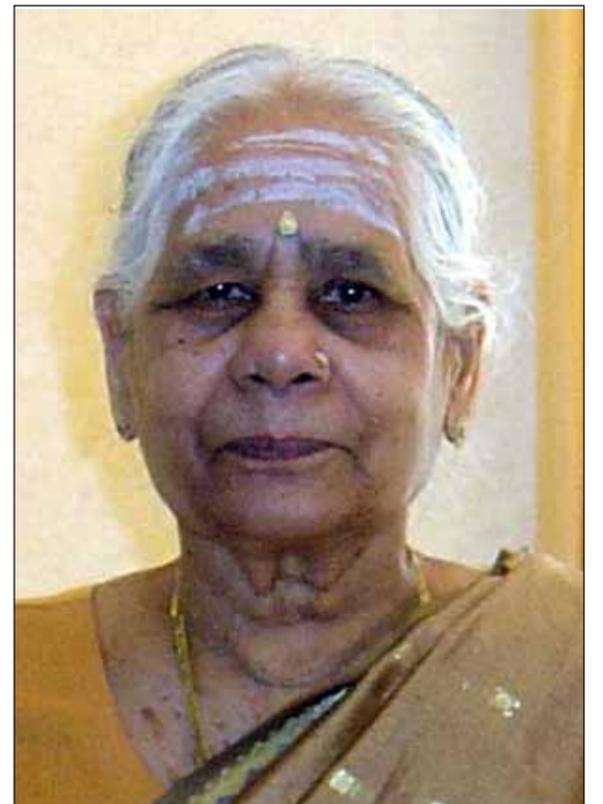


**Mrs. Vallinayaki  
Velumailum**

Born: 10 October 1927  
Demise: 29 January 2011

From Family Members  
of Velumailum

## In Memorium



**Mrs. Annapackiyam  
Santhirasegaram**

Born: 14 June 1934  
Demise: 19 February 2011

From Family Members  
of Santhirasegaram

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# Tribute



By D.B.S. Jeyaraj

It was with a deep sense of sadness that I read about the death of Marie Catherine Colvin the respected war correspondent of Britain's "Sunday Times" along with a French photojournalist Remi Ochlik in Syria on February 22nd.

Both were at Baba Amr, a suburb of the besieged city of Homs, when the house in which they had been staying came under artillery shelling "As they tried to escape the building, Colvin and Ochlik were hit by a rocket and killed," a statement issued by the "Sunday Times" said. A Syrian photo journalist was also killed in the attack.

situations. One of her final reports was a first person account of seeing a baby die.

## DISTRESSING

At a personal level her death is distressing to me because I was acquainted with her, communicating intermittently on the telephone and exchanging a few e-mails over a period of eleven years. I have never met her in person something I regret very much.

She was an ebullient, refreshingly candid person with a lively sense of humour. Marie had an insatiable curiosity about many things. I admired her greatly for her courage, passion and devotion to reporting. Above all I recognized a kindred spirit in her empathy for



# Marie Colvin: The uncrowned Queen of Intrepid Journalists

"Any man's death diminishes me, because I am involved in Mankind" sang John Donne the great metaphysical poet. The death of Marie Colvin diminishes the world of intrepid journalism. A world where she was undoubtedly the uncrowned queen.

Marie Colvin made her mark as a journalist in Britain but was by birth an American. She was a frontline warrior for truth in journalism. Infused with a sense of daring and a zest for adventure Marie ventured into the troubled hotspots of the globe. She defied authoritarian regimes by circumventing controls and barriers and infiltrating war zones.

Some compare Marie Colvin with the legendary Martha Gellhorn the legendary woman war correspondent who covered many wars and battles for several decades always keeping the plight of the affected civilians as her focus. Martha incidentally was married for a few years to Ernest Hemingway. Martha and Marie were friends.

It is said of war correspondents that they have to "Get in, Get it and Get out". Marie did just that in many conflict zones from Chechnya to Bosnia, From Sri Lanka to Syria. In Sri Lanka she lost an eye but in Syria she lost her life. She got in, got it but couldn't get out.

To her credit it must be said that she had the option of leaving like many other scribes but opted to stay on and report the travails of ordinary civilians in war

the perceived underdog.

I don't know whether it is in my blood or in my stars but I have been fascinated by writers, poets and journalists since childhood. One of my earliest heroes or heroines was Dickey Chapelle born as Georgette Louise Meyer. I first became aware of her when I read the condensed version of her book "What's a woman doing here?" in the Readers Digest. Later on I read the whole book

Dickey covered the battles of Iwo Jima and Okinawa during world war 2. Later she was jailed in Budapest when she covered the Hungarian uprising of 1956. She gained fame by covering the Cuban revolution led by Fidel Castro which overthrew Batista. She died in 1965 in Vietnam while trekking with a military patrol when shrapnel from an exploding booby trap struck her neck inflicting fatal injury.

I think Dickey Chapelle and Marie Colvin were of the same ilk and met their deaths while engaged in the pursuit of news. They died with their boots on.

Unlike Dickey Chapelle, Marie Colvin played a role in Sri Lankan affairs.

## SRI LANKA

In April 2001 she was in Sri Lanka and had an appointment on April 4th with then foreign minister Lakshman Kadirgamar for an interview. In the meantime she tried to get official permission to go to the Wannai for an interview with Suppiah Paramu Thamilselvan the

political commissar of the Liberation Tigers of Tamil Eela (LTTE) at that time.

As was the norm then she was denied permission as the LTTE controlled Wannai was a "no go zone" for foreign correspondents. But Marie managed to get around that hitch by clandestinely infiltrating the Wannai through a jungle route north of Vavuniya with the help of the tigers. She failed to turn up for the scheduled interview with Kadirgamar.

She filed reports for her paper while in the Wannai. This included the Thamilselvan interview. The Colombo establishment realised that Marie Colvin had defied their restrictions and gone into forbidden territory

At that time the Government declared a five day ceasefire to coincide with the Sinhala-Tamil new year in mid-April. Marie Colvin utilised the ceasefire to re-enter Govt controlled areas. When she accompanied a group of people entering through the checkpoint at Parayanaalankulam on the Vavuniya-Mannar road there was an unexpected skirmish in which a grenade was flung at her. She was injured and lost blood. Her eyesight was impaired.

The British High Commission intervened and got her medically attended to at Vavuniya military hospital. After surgery she was flown out to Colombo and then out from the country. Her commitment to get the story out was such that Marie Colvin filed a despatch of 3000

words to London from her hospital bed.

Marie Colvin is pictured covering the uprising in Tahrir square, Cairo, Egypt, on 4 February 2011

"One-Eyed Jill"

It was the Sri Lankan incident that resulted in her losing an eye. She wore a black eye patch after that. It became her defining image and friends referred to her in lighter vein as "one-eyed Jill" as opposed to "one-eyed Jack" played by Marlon Brando

Marie interacted with Sri Lanka again during the last days of the war in May 2009. She interviewed LTTE political wing head Nadesan on the phone and wrote an article about the pathetic predicament of entrapped civilians in the Mullivaikkal area.

She also played an "extra-journalistic role" in trying to help arrange the safe surrender of some senior LTTE personalities and around 2000 civilians. She woke up the UN chief of Staff Vijay Nambiar at midnight and obtained an assurance from him on the matter. That characteristic humane effort by her proved unsuccessful in the end.

The life and work of Marie Colvin is multi-faceted and a manifestation of exemplary bravery and commitment. It was by her on the spot reporting of events that contradicted the official version that she spoke truth to power.

Her life was a remarkable saga worth recounting. Let me present therefore some excerpts from an obituary that appeared in the London Telegraph. Here are the relevant excerpts –

"Marie Colvin did not put her life on the line to win acclaim. Instead it was by being in the line of fire, by sharing the risks of those she was writing about, that she was able to produce her immensely powerful coverage of conflict's human toll.

## CIVILIANS

She was doing precisely this when she was killed, telling the world of indiscriminate government shelling of "a city of cold, starving civilians". Her eyewitness accounts were broadcast on CNN or the BBC because, though a staff reporter of more than 20 years' standing for The



# Tribute

Sunday Times, she was – as usual – the last journalist not to have fled.

Such dedication and proximity infused her coverage with emotion. In Syria, she said government forces were committing “murder” and she described how she had witnessed a baby die from shrapnel wounds. She was never mawkish, but nor was she minded to stand idly by and witness massacres.

In East Timor in 1999, for example, as Indonesian troops closed in on a United Nations compound in Dili where 1,500 people had taken shelter, the UN wanted to pull out and leave the refugees to their fate. Marie Colvin and two other female journalists remained in place, defying the UN, and the world, to do nothing.

Eventually, shamed by the courage of the reporters, Indonesian forces allowed the refugees to leave and the international community stepped in. Marie Colvin’s presence had undoubtedly helped save many hundreds of lives.

## OYSTER BAY

Marie Catherine Colvin was born on January 12 1956 in Oyster Bay, New York, to William and Rosemarie Colvin, both schoolteachers. Her father was a former US marine who had served in Korea, and he eventually gave up teaching to become a political activist for the Kennedy Democrats.

Marie, who attended Oyster Bay High School and had an idyllic childhood on the Long Island seaside, soon demonstrated a campaigning nature too. To the disgruntlement of many conservative locals, she organised an anti-Vietnam demonstration in the streets of Oyster Bay, then created minor mayhem by designating her family home’s front yard an ecological recycling zone.

She studied American Literature at Yale, where she got her first taste of journalism by working for a university newspaper. After graduating she began her career in unorthodox fashion by taking a job on the in-house magazine of the Teamsters union. Named “acting editor”, she eventually asked when the permanent incumbent would be coming back. Taken aside, she was gently informed that he would be away for five years, less with good behaviour.

Moving to the press agency UPI, she was appointed to its bureau in Trenton, New Jersey. Finding it desperately drab, she based herself in the West Village of Manhattan and commuted to work, demonstrating a commitment to enjoying herself that endured as long as her compulsion to report.

Her urge above all, however, was to become a foreign correspondent. She swiftly convinced UPI to promote her to the Paris bureau, where her dash, good looks and dark curls soon won her a host of admirers.

Her break came in 1986, when she

was in the Libyan capital, Tripoli, as America launched its biggest aerial attack since Vietnam. Filing copy while scrambling to avoid the explosions, she set a pattern that would last the rest of her career.

## GADDAFI

It was while there she was summoned to meet the Libyan dictator, Muammar Gaddafi, and over the next quarter of a century she frequently met him, as well as many other political leaders and despots. But a peculiar effect of her beguiling character and her journalistic talent was that tyrants were charmed by her, and sought her out, even as she eviscerated them in print. Last year she published an account of her encounters with the late Libyan leader over 25 years. It was entitled “Mad Dog and Me”.

While in Libya in 1986 she began freelancing for The Sunday Times, which soon lured her over full time to become its Middle East correspondent. Her exploits quickly attracted the attention and envy of less bold colleagues – a broad



category.

During the Iran-Iraq war, for instance, she smuggled herself in disguise into Basra, a city then completely closed off. In 1987 she reported from Bourj el Barajneh, the Palestinian refugee camp in Lebanon, which was under fire from the Syrian-backed Amal militia.

There she met Pauline Cutting, a British surgeon who was a lone medical hero amid the carnage. The story was typical of Marie Colvin – illustrating a fearsomely complex conflict by finding the most dramatic, personal, story at its heart.

At the same time she met and married The Daily Telegraph’s Middle East correspondent, Patrick Bishop, and they lived together in Jerusalem from the early 1990s. It was not a union based on typical domesticated bliss. While Marie Colvin might be reporting from Baghdad on the aftermath of the first Gulf War,

Bishop might be covering the wars that erupted in the Balkans (where he was himself wounded).

## BRAVERY

Marie Colvin herself reported from Kosovo, and freely admitted that she constantly weighed “bravery against bravado”. Around the turn of the century that balancing act took her closer to the edge than ever. First, in 1999, she scored her dramatic triumph in East Timor. Then, while the world was celebrating the new millennium, she appeared to have pushed things too far in Chechnya.

Based with Chechen rebels as Russian troops cut off all escape, she found that the only route out was a 12,000ft mountain pass to Georgia. During an eight-day midwinter journey she waded through chest-high snow and braved altitude sickness, hunger and exposure. Bishop set off from Paris to the Georgian capital, Tbilisi, where, together with her Sunday Times colleague Jon Swain, he helped organise a helicopter from the US embassy to pluck her off the



derring-do, but by filing her stories up to and far beyond deadline. Her copy was well worth waiting for, but the price to pay could be high.

On one occasion in Iraq, her satellite phone link was not properly shut down and remained open overnight. It was never quite clear who was to blame, but to the amusement of other journalists, if not her paper, the bill ran to more than \$20,000.

Like many journalists who covered the Middle East, Marie Colvin welcomed the optimism of the Arab Spring. Though she knew that it would not effect an overnight transformation, she was compelled to see

it through; where cynicism had blunted the determination of so many of her contemporaries, she remained unwearied. Agonisingly for those who knew and loved her, however, that meant the nature of her death had a certain inevitability about it.

Marie Colvin, of course, did not see it that way. She loved life, and brought an American exuberance to the countless parties she graced over many years. From the Gandamak Lodge in Kabul to Harry’s Bar in Paris, she could be found at the heart of the conversation, cigarette and brimming vodka martini in hand. Sitting under the date palm in the garden of the American Colony in East Jerusalem, she would preside over the chatter and laughter as the balmy nights stretched on.

## SAILING

Apart from reporting, she loved sailing. As a young woman she had worked at the local yacht club to save enough to buy her first boat and in recent years had revived her passion for the sport, buying a new craft and gaining a skipper’s licence between assignments. Those assignments no doubt contributed to her eventual separation from Bishop, and from Juan Carlos Gumucio, her second husband, who predeceased her. But all who knew her remained devoted to her.

She is survived by Patrick Bishop and by her partner of recent years, Richard Flaye, whom she met while sailing”.

The “Telegraph” obituary sums up the essence of Marie Colvin’s life and times but I want to conclude by posing **Contd. on page 54**

mountainside to safety. As Marie Colvin wrote: “I was never happier to have an American passport.”

She did not often require such assistance. And her time in Chechnya did not make her change her ways. Instead she was soon in Sri Lanka, as ever heading into rebel – this time Tamil Tiger – territory. As she tried to cross the front line back into government-held ground, she was hit by shrapnel in four places. Despite specialist surgery, she lost the use of her left eye and afterwards wore a patch.

She promised that she would take things easier. But that was always unlikely. And as the US-led invasion of Iraq triggered the most dramatic events in the Middle East for decades, remaining on the sidelines became impossible.

## BAGHDAD

Soon she was back in the thick of things in Baghdad. There, as ever, she frayed editors’ nerves not only with her

# Tribute



the question

– “Why do journalists risk danger and even lives by doing what they do”. “Why do war correspondents undergo such hazards to get the “story” or picture”?

I want to let Marie Colvin herself answer it by reproducing an address by her in November 2010. It was at St. Brides Church in London at a special service of Thanksgiving and remembrance for all Journalists and staff who passed away in the line of duty in war zones.

The gathering consisted of many leading notables in the journalistic profession and also her Royal Highness the Duchess of Cornwall.

## ADDRESS

Marie Colvin’s address on that day is in a sense the best tribute to herself. Her words, given below, explain the motivation of the war correspondent and the importance of the job they do.

In another sense it also applies to dedicated and courageous journalists in all spheres who report the truth and by doing so “speak truth to power”. Why do some journalists dare to offend powerful entities and personalities thereby risking and facing danger, death, assault, intimidation, imprisonment, disappearance, vilification, character assassination, threats etc . Why do they “do what they do” in the line of duty?

Marie Colvin’s explanation in her address about war correspondents answers to some extent the wider questions regarding those members of the fourth estate who regard their profession as a sacred vocation and willingly risk danger in pursuance of it. Here is her address-

Your Royal Highness, ladies and gentlemen,

I am honoured and humbled to be speaking to you at this service tonight to remember the journalists and their support staff who gave their lives to report from the war zones of the 21st Century. I have been a war correspondent for most of my professional life. It has always been a hard calling. But the need for front line, objective reporting has never been more compelling.

## PROPAGANDA

Covering a war means going to places torn by chaos, destruction, and death, and trying to bear witness. It means trying to find the truth in a sandstorm of propaganda when armies, tribes or terrorists clash. And yes, it means taking risks, not just for yourself but often for the people who work closely with you.

Despite all the videos you see from the Ministry of Defence or the Pentagon, and all the sanitised language describing smart bombs and pinpoint strikes, the scene on the ground has remained remarkably the same for hundreds of years. Craters. Burned houses. Mutilated bodies. Women weeping for children and husbands. Men for their wives, mothers



children.

Our mission is to report these horrors of war with accuracy and without prejudice. We always have to ask ourselves whether the level of risk is worth the story. What is bravery, and what is bravado?

Journalists covering combat shoulder great responsibilities and face difficult choices. Sometimes they pay the ultimate price. Tonight we honour the 49 journalists and support staff who were killed bringing the news to our shores.

We also remember journalists around the world who have been wounded, maimed or kidnapped and held hostage for months. It has never been more dangerous to be a war correspondent, because the journalist in the combat zone has become a prime target.

I lost my eye in an ambush in the Sri Lankan civil war. I had gone to the northern Tamil area from which journalists were banned and found an unreported humanitarian disaster. As I was smuggled back across the internal border, a soldier launched a grenade at me and the shrapnel sliced into my face and chest. He knew what he was doing.

## AFGHANISTAN

Just last week, I had a coffee in Afghanistan with a photographer friend, Joao Silva. We talked about the terror one feels and must contain when patrolling on an embed with the armed forces through fields and villages in Afghanistan ... putting one foot in front of the other, steeling yourself each step for the blast. The expectation of that blast is the stuff of nightmares. Two days after our meeting Joao stepped on a mine and lost both legs at the knee.

Many of you here must have asked yourselves, or be asking yourselves now, is it worth the cost in lives, heartbreak, loss? Can we really make a difference?

I faced that question when I was injured. In fact one paper ran a headline saying, has Marie Colvin gone too far this time? My answer then, and now, was that it is worth it.

Today in this church are friends, colleagues and families who know exactly what I am talking about, and bear the cost of those experiences, as do their fam-

ilies and loved ones.

Today we must also remember how important it is that news organisations continue to invest in sending us out at great cost, both financial and emotional, to cover stories.

## TRUTH TO POWER

We go to remote war zones to report what is happening. The public have a right to know what our government, and our armed forces, are doing in our name. Our mission is to speak the truth to power. We send home that first rough draft of history. We can and do make a difference in exposing the horrors of war and especially the atrocities that befall civilians.

The history of our profession is one to be proud of. The first war correspondent in the modern era was William Howard Russell of The Times, who was sent to cover the Crimean conflict when a British-led coalition fought an invading Russian army.

Billy Russell, as the troops called him, created a firestorm of public indignation back home by revealing inadequate equipment, scandalous treatment of the wounded, especially when they were repatriated – does this sound familiar? – and an incompetent high command that led to the folly of the Charge of the Light Brigade.

It was a breakthrough in war reporting. Until then, wars were reported by junior officers who sent back dispatches to newspapers. Billy Russell went to war with an open mind, a telescope, a notebook and a bottle of brandy. I first went

to war with a typewriter, and learned to tap out a telex tape. It could take days to get from the front to a telephone or telex machine.

## WAR REPORTING

War reporting has changed greatly in just the last few years. Now we go to war with a satellite phone, laptop, video camera and a flak jacket. I point my satellite phone to South Southwest in Afghanistan, press a button and I have filed.

In an age of 24/7 rolling news, blogs and twitters, we are on constant call wherever we are. But war reporting is still essentially the same – someone has to go there and see what is happening. You can’t get that information without going to places where people are being shot at, and others are shooting at you.

The real difficulty is having enough faith in humanity to believe that enough people be they government, military or the man on the street, will care when your file reaches the printed page, the website or the TV screen.

We do have that faith because we believe we do make a difference.

And we could not make that difference – or begin to do our job – without the fixers, drivers, and translators, who face the same risks and die in appalling numbers. Today we honour them as much as the front line journalists who have died in pursuit of the truth. They have kept the faith as we who remain must continue to do.”

[dbsjeyaraj.com ~ DBS Jeyaraj can be reached at djeyaraj2005@yahoo.com]



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## A TRIBUTE TO LATE MR. S.M. SUBRAMANIAM

### - THE LUMINARY AT NADESWARA COLLEGE

By: C. Kamalaharan

I was profoundly shaken by the headlines of the obituary of my dear friend and former colleague at Nadeswara College, Kankesanturai, S.M. Subramaniam. As I continued to read through my moist eyes, golden memories of my association with him, for the past 39 years, gradually surfaced in my mind.

While going down memory lane, the first thing that surfaces in one's mind, when one thinks of Nadeswara College is Maniam Master, whose name is synonymous with the college, for which he had rendered commendable service, continuously for 34 years, since his first appointment as a teacher there in 1959, till he retired there as vice-principal in 1993, a rare feat that deserves recognition. It is due to this landmark achievement that the principal, staff, students and parents hold him in high esteem and "Maniam Master" has become a household name in Kankesanturai and the neighbouring areas.

Maniam was a teacher par excellence, who devoted his service unstintingly towards the development of the college, one of the Premier Educational Institutions in the North. Being an assiduous teacher of physics in the A/L classes, he properly groomed the students, who later became eminent professionals, holding lucrative positions, the world over.

Besides teaching, he was in charge of discipline in the college. His towering personality and his strict disposition were most suitable for that position. Just a mere sight of him would create a shudder among the students, particularly the truants and the mischievous lot, who would scramble and behave themselves properly. Yet, he was a very amiable person, who always maintained a good rapport with the students.

Maniam's ability to rope in students, to get things done, was quite evident from the way as Patron of the A/L Students' Union he successfully conducted all the activities, especially the annual dinner function.

Another incident about Maniam's integrity and ability to handle any work entrusted to him successfully, was the replacing of the pipelines, that supplied drinking water from the overhead tank to



the taps. The metal pipes that were earlier in use were corroded. Maniam got plumbers to replace the old pipelines with new ones, within a short period, bearing in mind not to starve the students of drinking water. He got a flawless job done and settled the accounts perfectly, without leaving room for allegations of misappropriation of funds.

The educational tour successfully conducted by Maniam needs special mention. The tour to the Deaf and Blind School at Kaithady, The Paranthan Chemical Factory and the Iranaimadu Tank for the 10th standard students was well planned and while settling the accounts there remained some cash. To make proper use of it Maniam organized an essay competition on the tour for the students and prizes were awarded to the first three winners in the college assembly, thereby closing the accounts with a clean chit.

It was during our period that Nadeswara College had the best set of talented teachers and among them Maniam was outstanding. To felicitate his Silver Jubilee as teacher at Nadeswara College, a special function was organized by the staff and many of his contemporaries highlighted

his services, through eloquent speeches and through a poem, composed and recited by a teacher.

During my 14 years stint at Nadeswara College I never saw Maniam engage in altercation or squabble with anyone, instead he was a benign kind of gentleman, who always maintained a balanced composure. His affable personality, his impeccable behaviour won the admiration of all.

Always attired spick and span, Maniam became the cynosure of all eyes, as he triumphantly cruised on his Triumph motor bike, dashed through the main entrance of the college and came to a screeching halt, just on time before the commencement of the college.

After retirement, Maniam withdrew from the limelight and led a simple and a peaceful life at Uduvil. He spent his twilight years at home, being visited by his erstwhile students and colleagues. It was on the 27th of September 2010, when I visited him last, Maniam invited me to lunch the following day, that marked the 23rd death anniversary of his beloved wife. I was taken aback when I saw his frail body, little realizing that it was the last occasion I was visiting him.

Maniam's demise was all of a sudden. He was never bedridden to be a burden on others. It was on the 24th of January that he suddenly faltered, sank to the ground and breathed his last-the most peaceful way for one's exit, an indication that by God's grace Maniam has completed his karmic cycle and is now in the kingdom of God as an enlightened soul.

His sudden demise sent shock waves all over. Condolence messages poured from all corners, floral tributes arrived from teachers, past students and friends, funeral orations by his students touched every soul that thronged there. The turnout at the funeral and the crowd that accompanied the cortege during his 'last journey' bore testimony to the love and the sense of gratitude they have for this noble Gentleman.

Farewell Maniam! Farewell!

Though you are away from us eternally, you'll be always edged in the memory of all Nadeswarans.

# News from Waterloo



## Is it not time we invited observers to monitor the honesty of elections in Canada?

For the past decade, the federal government has been underwriting the cost of sending election observers from Canada to more than 40 troubled countries around the world to help them make sure that their elections are as free as possible from fraud, intimidation, ballot-stuffing, voter impersonation, misrepresentation and other abuses.

Canadian observers have joined international efforts to keep elections clean in such places as Ukraine, Congo, Egypt, Russia, Nicaragua, Haiti, Belarus, Sudan, Kyrgyzstan, Lebanon, Mozambique and Georgia (the one in Europe, not the U.S.), among others.

A humble suggestion. Is it not time we invited observers to monitor the honesty of elections in, um, Canada?

I'm not being facetious. This is serious. There are people out there who are intent on stealing elections. They use negative television commercials and internet websites to libel their opponents (as happened to Michael Ignatieff last year) and to mislead voters about issues. They use accounting tricks to violate election spending limits (as in the Conservatives' "in-and-out" TV ad scam in the 2008 election). The latest sleazy trick is "vote suppression."

Imported from the dark side of American politics, vote suppression is a technique used by some U.S. campaigns, principally Republican, to discourage individuals, generally blacks and low-income voters, from exercising their franchise. They use automated dialling and message systems – known as "robo-calling" – to (mis)inform voters that their polling station has moved (when it hasn't), or the voting hours have been changed (when they haven't), or the candidate they support has dropped out (when he or she hasn't).

That's what happened to Irwin Cotler, the Liberal MP for the prized Montreal riding of Mount Royal (it used to be Pierre Trudeau's seat). The Conservatives hired a polling company to spread the false word that Cotler intended to resign from Parliament – a tactic that Commons speaker Andrew Scheer later called "reprehensible."

Lying to voters is not new. But robo-calling introduces a new level of sophistication to misrepresentation – especially when the calls are presented as coming from no less an authority than Elections Canada. That's illegal as well as immoral. This form of vote suppression now appears to have begun in Guelph riding in the 2011 federal campaign and spread to Cambridge, Kitchener-Conestoga, Kitchener-Waterloo and about 23 other ridings as far west as Winnipeg. New Canadians and seniors



may be targeted.

When Parliament returns from its 10-day Family Day break (please don't ask why MPs need 10 days, because I don't know), Liberal leader Bob Rae will call for an emergency debate. "We are entering into a kind of Nixonian moment in our political culture, where all kinds of dirty tricks seem to be possible," Rae said on the weekend.

He's right about that, but while an emergency debate might give opposition MPs the satisfaction of lashing the Tories, it won't change anything. Nothing will change until the man at the top wants it to change.

Stephen Harper, however, takes the

position that if anything bad happened, it must have been the doing of a single rogue individual somewhere in the Conservative organization, acting on his own. He can point to the resignation last week of Michael Sona, a 23-year-old aide to a Tory backbencher, who was implicated in dubious tactics in the Guelph campaign in the last election.

It strains credulity to be asked to believe that a 23-year-old political neophyte could have masterminded a vote-suppression exercise that, according to a Liberal tally, extended to 27 constituencies and, as Rae says, perhaps millions of phone calls – without the knowledge of any senior people in the Conservative

organization.

Harper maintains he is ignorant and innocent of any involvement in dirty tricks. I'm sure he is truthful. He only knows as much as he wants to know, or as much as his handlers feel it is safe to let him know. Deniability is precious thing in politics. But it is no substitute for moral leadership. And that is sadly lacking in Ottawa these days.

Cambridge resident Geoffrey Stevens, an author and former Ottawa columnist and managing editor of the *Globe and Mail*, teaches political science at Wilfrid Laurier University and the University of Guelph. He welcomes comments at [geoffstevens@sympatico.ca](mailto:geoffstevens@sympatico.ca)

## RIM founder donates \$21 million to University of Waterloo

RIM founder Mike Lazaridis and his wife Ophelia continued to show support for world-class innovation with a recent \$21 million donation to the University of Waterloo's faculties of science and mathematics.

"With their unparalleled generosity, the Lazaridis family enriches our capacity to attract exceptional individuals to join Waterloo as researchers and students," said University of Waterloo president Feridun Hamdullahpur. "The problems of the world will keep getting more complex and interconnected, and we want to be the first port of call for people looking to solve intractable problems."

"History has shown us that a relatively small investment in fundamental

research in physics and in science today can lead to huge innovation tomorrow," Lazaridis said. "Given the current challenges in the world, the need for such innovation is greater now than ever."

"I believe that the University of Waterloo, this province and this country can play a leadership role in this regard, and we are pleased to support it."

Of the pledge, \$10-million will contribute to funding two senior research chairs in science in the areas of condensed matter and astrophysics.

Waterloo will conduct a global search for internationally recognized researchers in these areas.

The remaining \$10 million will help fund the construction of an expansion of the new science building.



**Mike Lazaridis**

The final \$1 million of the donation goes towards the faculty of mathematics.



## Managing Your Money

# Life insurance for your home

David Joseph, M.A. (Economics)

Home is not only where the heart is, it's also the largest single debt for most Canadians. But that's okay, because your home is the centre of your family's life. That's why you should look long and hard at mortgage insurance. Mortgage financing is probably one of the largest financial commitments you will make in your life. Safeguarding that commitment from the curves life may put in your path, means having the right kind of risk protection. All too often people assume this critical protection has to come from their lending institution. Before you say yes to lender provided mortgage insurance, consider the options. Protecting your mortgage with a personal insurance plan can offer you and your loved ones better guarantees, greater choice and more flexibility—and in most cases at a lower cost.

Traditional mortgage insurance can be conveniently obtained from your lender as part of your overall mortgage 'package'. The premium is added to your monthly mortgage payment.

The policy has no cash value and the benefits are paid directly to the lender.

Your lender owns the policy. If you decide to change your lending institution to get a better mortgage rate or move to a new home, you have to re-qualify medically for new protection, potentially at higher premiums.

Your coverage ends when the mortgage is paid off.

Although it is unlikely, the fact remains that the insurance company that underwrites the policy could change the rate structure or cancel coverage as a whole. Personal life insurance is all yours. You own the policy and it insures you not the mortgage.

You decide on the type of policy that's best for you – either term or permanent insurance – and you choose the beneficiaries who can use the funds any way they wish – to pay off the mortgage, provide an income, or cover immediate expenses.

Your coverage isn't reduced by a declining mortgage balance – so your beneficiaries stay protected. Any benefit payout in excess of the amount owing on the mortgage is available for use by your beneficiary.



If you choose term insurance, you can convert it to permanent insurance at a time suitable to you.

Your coverage goes everywhere with you – from home to home, mortgage to mortgage – and you can reduce the amount of coverage any time you want.

It's your plan -- with the options, features and premiums that fit your needs and budget. And you can add disability and critical illness insurance that can include the benefit of waiving your premiums should you become disabled, providing the money to continue making mortgage payments, or paying your medical expenses.

Your home is your family's protective nest – it makes sense to protect it (and your family) with mortgage insurance. Your professional advisor can help you get the right protection that blends with your overall financial life.

**Disclaimer:**

*This report specifically written and published as a general source of information only, and is not intended as a solicitation to buy or sell specific investments, nor is it intended to provide investment advice.*



Canadian Tamils' Chamber of Commerce

### Job Posting - Administrative Assistant

**JOB SUMMARY**

The CTCC is seeking a dynamic person to assist the organization with its day to day operations. The ideal individual shall have a sound knowledge of the association and be flexible with their schedules. Most of the work will be performed in the evenings and weekends with some duties in the day time. Hours are set at 8 to 15 per week.

**TASKS**

- Schedule meetings, draft and distribute agendas, record minutes and follow up on action items.
- Support the editing and composition of correspondence, reports, and minutes of meetings.
- Develop and maintain distribution lists and tracking mechanisms to ensure that meetings, reports, presentations and other project deadlines are met.
- Provide administrative assistance with mailing, emailing and contacting the Stake holders of the Chamber

**QUALIFICATIONS.**

- The incumbent must be highly detail oriented and have a strong sense of customer service.
- Due to the fast-paced, deadline-driven environment, the position demands proven secretarial/administrative experience and time management, organizational, and interpersonal skills.
- An intermediate proficiency with Microsoft Office Suite (Word, Excel, and PowerPoint), Database Applications, Internet, Social Media and e-mail is required for this position.
- Excellent written and oral communication.
- Proficient in English and working knowledge of Tamil is essential.

Please email your resume to [info@ctcc.ca](mailto:info@ctcc.ca) in confidence to the Attention of the Hiring Committee. Applications must be received by March 09th, 2012. Thanks to all applicants, only those selected for an interview will be contacted.

**David Joseph,** M.A. (Economics)

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# Business



**Arun Senathirajah**

ACIB, MBA (Banking Mgmt)

International Monetary Fund (IMF) was setup under Bretton Woods Agreement of July 1944, to oversee the exchange rate mechanism, the international payments system, to act as the main source of liquidity to facilitate trade, and to monitor national economic policies with a view to avoiding policies in one country which would unduly prejudice the others. Countries which contribute high resources are in a demanding position so that their directions are having influence in the IMF programmes, and this situation brought the 'conditionality' in disbursing fund resources. The United States commands 20% of the votes. Conditionality is associ-

indebted countries with a view to maintaining the stability of the international financial system and encouraging additional lending from other sources to troubled (Less Developed Countries) LDC economies. In this period IMF had started to use the conditionality as its own, rather the following directions, and promoted by the small number of creditor countries holding the majority of IMF votes.

## **Favouring Liberal Economies and Developed Markets**

IMF failed from its Bretton Woods promise, its officials have none the less functioned as catalyst to international monetary and policy cooperation, and have helped galvanize cooperative management of monetary crises over the

alleviation cannot be addressed in the current policy paradigm. IMF annual meetings have thus become magnets for protest against the policies the IMF and its most powerful government members promote.

## **Asian Financial Crisis (1997-98)**

Recently, particularly since the Asian financial crisis (1997-98) and ongoing volatility the IMF has begun to respond to criticism, taking up proposals for more orderly sovereign debt workouts with greater responsibilities for private investors and creditors. Policy objectives and assumptions and policy instruments on how to obtain them are under question, given the poor record of outcome. This questioning of the appropriateness and outcomes of policy had already been going on for several years, but the doubts and criticisms grew much more intense

NGO network Global Campaign for Education was particularly worried about the impact on education spending in low-income countries (LICs). LICs will benefit little from the hundreds of billions of dollars announced at the G20. They may have access to some new money, but if present trends continue, that money will come with conditions attached that actively undermine investment in education. A June paper from NGO Results assessed the impact of IMF policies on health spending in Kenya, Tanzania and Zambia, finding that "IMF programmes in these countries have been unnecessarily restrictive." US Congressperson Maxine Waters expressed concern in a Congressional hearing on the sale of IMF gold, some of which is being proposed to finance increased IMF lending to low-income

# Conditionality Divergence of the IMF between Developed and Developing Countries

ated with aid money or borrowing. The donor entity requires that the country receiving the funds adhere certain rules directing the use of funds.

## **Conditionality became Intervention in Domestic Economic Policies**

Over a period IMF established a number of conventions. Mostly under pressure from the US the working of the system changed. If borrowing began to exceed a country's original quota, increasingly onerous conditions would be imposed on any further borrowing and would be enforced by Fund officials backed by the richest members. These conditions concerned the domestic economic policies the debtor country was to follow, theoretically leading to a process of domestic structural adjustment to overcome the underlying causes of the payments deficit and thereby maintaining the fixed exchange rate system, world payments equilibrium, and the cooperative nature of international economic relations on issues such as trade.

## **Debt Crisis of the Less Developed Country (LDC)**

In the 1980s the IMF more involved in coordinating lending to facilitate continued debt repayment, often imposing painful restructuring programmes on

years. With the collapse of the Soviet bloc and the economically troubled transition of these countries to liberal market economic structures, the Fund has once again enhanced its role as a coordinator of international lending activity and associated liberal market reforms. It remains an important symbol of international cooperation, albeit heavily weighted in favour of the interests of the developed market economies. IMF policy is shrouded in controversy. The tremendous growth of global capital flows, associated with the emergence of floating exchange rates and liberalization of financial markets and capital accounts, has been punctuated by frequent and severe financial crisis to which transition and developing economies have been particularly vulnerable. The success of structural adjustment policies in the weaker economies is seldom obvious in the longer run, though short-term stabilization measures have worked rather well if painfully. Countries taking the medicine of conditionality and liberal reform have frequently faced further rounds of crisis and adjustment. A range of scholars claim that global liberalization has been accompanied by growing inequality and that problem of poverty



IMF Building, Washington, D.C.

as a result of the IMF handling of the Asian crisis. Aftermath of the Asian financial crisis the size of the IMF package for Thailand, Indonesia, and South Korea in 1997-1998 is judged to have been too small. The IMF conditionality for the post-Asian crisis countries, Russia, Brazil, Turkey, and Argentina, are softer compared to the Asian crisis countries. The IMF has agreed to maintain a fixed exchange rate - by this the IMF is judged to have been lenient in its approach to the post-Asian crisis countries.

## **Favourism or Mixed IMF Messages**

While some countries are facing hard conditions, others are receiving advice to match the IMF's rhetoric on counter-cyclical fiscal policy. In May, Colombia became the third country to be approved for use of the Flexible Credit Line, a facility which provides high levels of access to conditionality-free resources, but only for countries that are deemed to already have 'strong policies'. Interestingly, Tanzania and Mozambique were advised to implement a fiscal stimulus; maybe the first time the Fund has recommended low-income countries to spend more.

countries. "The IMF may condition assistance to developing countries on austerity measures, as it has done in the past. Such measures would undoubtedly exacerbate the crisis instead of stimulating the local and global economies. I am also concerned that most, if not all, of the assistance for low-income countries will come in the form of loans, rather than grants."

## **Resources build up to Support Euro Crisis**

Eswar Prasad, a former Fund staffer said "temporary augmentation of the IMF's resources through bonds rather than a direct and permanent [New Agreements to Borrow] expansion would at least keep symbolic pressure on Europe to support substantive governance reforms." A significant portion of the money pledged to meet the G20 commitments will come from developing countries buying the IMF's first ever issue of bonds. The IMF announced in early July that it would issue \$150 billion worth of SDR-denominated bonds, which will be sold only to IMF member governments. China has promised to buy \$50 billion, with India, Brazil, Russia and South Korea each promising to buy \$10



# Business

billion. Developing countries had demanded that their contributions to the IMF not be provided through existing bilateral mechanisms such as the New Agreements to Borrow, an IMF mechanism for accessing additional resources from donor countries, both because of fiscal and budgeting rules at home and because they wanted to maintain pressure on the Fund for further governance reform.

### Opposite Policies for Developed Countries

Most IMF policies imposed on countries that face financial problems and economic slowdown are opposite to the policies adopted by and encouraged for developed countries, such as the US, which normally reduce interest rates to as low a level as needed and which boost government expenditures, so as to increase effective demand, counter recessionary pressures and spark a recovery. An important policy option, i.e. the use of capital and exchange rate controls (even if done selectively, in a limited way, and over a limited time period), is not considered a legitimate instrument in the IMF range of policies and is in fact prohibited in some letters of intent. This has been the position until now although recent statements have been made by the IMF

secretariat that indicates it is more willing to look at capital controls as a possible option. By using capital and exchange rate controls, the country is better able to de-link interest rates from exchange rates and capital outflows, and is thus in a better position to reduce the interest rate without the unintended effects of capital outflow and a weakening currency. It would thus be in a much better situation to take recovery-oriented monetary and fiscal policies, including of the type that the US adopts when facing recessionary conditions.

### Malaysian Experience without IMF Assistance

The Malaysian experience is instructive in this regard. During the Asian crisis, Malaysia did not seek IMF crisis loan assistance. However it initially undertook IMF-style policies for about a year, raising interest rates, introducing restrictive monetary policies and sharply reduced government expenditure, whilst also maintaining an open capital account and a floating exchange rate system. The economy spun into deep recession, local corporations were faced serious difficulties servicing their loans due to the jump in interest rates, the banks' non-performing loans rose correspondingly, there was a credit squeeze, and the currency and

stock market plummeted. In September 1998, a new policy package was introduced. The domestic pro-recovery policies regarding interest rates, monetary and fiscal policies could be carried out without the potential negative effect on the exchange rate and on capital flight because of the prior introduction of the selective capital controls and the fixed exchange rate mechanism. The policy package seems to have worked well for Malaysia, as the economy recovered and the financial position of banks and many local corporations improved in 1999 and 2000.

### Disregard of Social Impact

The IMF has also been heavily criticised, especially by civil society, for the inappropriate design of their policies from the viewpoint of social impact, including reducing access of the public to basic services, and increasing the incidence of poverty. The adverse social impacts are caused by several policies and mechanisms. The contractionary monetary and fiscal policies induce recessionary pressures, corporate closures, lower or negative growth rates, retrenchments and higher unemployment. Cutbacks in government expenditure lead to reduced spending on education, health and other services. The switch in financing and provision of services from a grant basis to user-pay basis impacts negatively on the poorer sections of society. The removal or reduction of government subsidies jacks up the cost of living including the cost of transport, food, and fuel. These and other policies have contributed to higher poverty, unemployment, income loss and reduced access to essential goods and services. It is not a coincidence that countries undergoing IMF conditionality have been affected by demonstrations and riots (popularly called "IMF Riots"). The social impact of IMF policies is another major cause of the crisis of credibility in IMF conditionality. Even now in Eurozone sovereign debt crisis situation IMF disregarded the social impact on Italy, Greece and other affected countries.

### Increase of Influence of Developing Nations

The concerns are that a softer IMF could encourage reckless behavior by nations. But cutting funding to the institution may also be self-defeating: shrinking U.S. contributions could mean diminishing influence in the fund. There are real benefits to a bigger, kinder fund. The IMF's reputation fostered a determination among developing nations to self-insure against crisis by building up vast foreign exchange reserves. Though good in moderation, this has been taken to extreme. Global foreign exchange reserves are now 60 times higher than in 1990, according to a University of Virginia study, against an 18-fold rise in IMF lending power. Such massive reserve accumulation has exacerbated

global imbalances – ironically the very problem the IMF was originally created to correct.

### Impact of IMF's New Conditionality on Eastern Europe

Heavy conditionality placed recently on Romania and Iceland faced bitter criticism. Romania's austerity package faced severe criticism for its impact on social justice. Iceland, which was the first country to go to the IMF in the wake of the financial crisis, has been unable to come to an agreement with the IMF to release the next tranche of money from the loan. Another area of disagreement has been the interest rate. Immediately hiked to 18 per cent as part of the IMF package in November 2008, the central bank lowered rates back down to 12 per cent in early June. Furthermore, it is rumoured that the IMF lending package has been a negotiating chip in the dispute between Iceland, and the UK and Netherlands over compensation to British and Dutch depositors in a failed Icelandic bank. Latvia's first review was also delayed as the government scrambled to meet the IMF's austerity package demands, including a 10 per cent budget cut. When it was finalised, health minister Ivars Eglitis, a former leader of the largest party in parliament, resigned saying he could not accept the cuts.

The new conditionality policies promised increased flexibility, minimal structural conditions and mainstreaming inflation targeting as the new economics of crisis. Eastern Europe's impressive growth performance pre-crisis relied on a consumption-driven model enabled by short-term capital inflows and appreciating exchange rates. As in high-income countries, the prevailing model of banking sharpened vulnerabilities. The design of monetary conditionality conformed to traditional IMF programming, giving the impression that fiscal misbehaviour rather than private banking practices had forced countries to seek the IMF's help; fiscal targets dominated conditionality. IMF focus on fiscal conditions conflicts with promises to address the theoretical shortcomings of financial programming. The new economics of crisis imposes 'antisocial' measures (wage cuts, public sector layoffs, taxes on consumption) in order to protect financial sector returns. Some argue that the use of conditions on aid money is controversial. Conditions imply that the donor country knows what the best use of funds is, or that the recipient country is unable to make the economic or political adjustments required to be a functioning entity. In some cases, conditionality can help push the receiving country toward improvement, while in others it might lead to political conflict in the receiving nation. Over time 'conditionality' has become more severely defined, especially as developed countries, as creditors, real-

Contd. in page 60...

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# Special Feature



## Confidentiality divergence ...

Contd. from page 59

ized that they were unlikely ever to have to submit to it.

### Modernizing IMF and Its Conditionality 2009

In response to the deepening global economic difficulties, the IMF implements series of reforms that will strengthen its lending framework. These measures reflect consultations with Fund members and stakeholders, and will enable the Fund to respond more effectively to the evolving challenges of crisis-affected countries. Emerging market and developing countries are facing increasing strains from the global economic downturn. As the crisis is becoming more prolonged, many of these countries are finding that their room for policy maneuver is becoming more constrained. In these circumstances, timely IMF financing—if provided in an appropriate amount and form—can cushion the economic and social costs of external shocks. In some cases Fund assistance could help prevent crises altogether.

Against this background, the IMF Board has approved a major overhaul to the Fund's lending framework by: modernizing IMF conditionality, introducing a new flexible credit line, enhancing the flexibility of the Fund's regular stand-by lending arrangement doubling access limits, adapting and simplifying cost and maturity structures for its lending, and eliminating facilities that were seldom used.

### Euro Zone Sovereign Debt Crisis

Europe's travails are an opportunity for the International Monetary Fund. With a kitty approaching \$1 trillion, the fund will need to get even heftier in 2012 if the euro zone crisis takes a turn for the worse. And the long-inflexible "conditionality" attached to its loans may have to soften if big countries like Italy or Spain are forced to borrow. Some U.S. republican senators are balking at this bigger, easier IMF. But it looks preferable to the recent trend that saw nations build up their currency reserves. As the world's leading financial firefighter, the fund tripled in size following the 2008 meltdown. And 2012 should be another banner year. Euro zone members have already pledged an extra \$190 billion to the fund. More money could flow in from developing nations. Aside from this expansion, the debt crisis will likely reshape the IMF in other ways too. It was already moving away from its traditional tough line under Dominique Strauss-Kahn, the fund's director during the 2008 financial crisis. But the global nature of the crisis, the major risk of a new recession, will make it more sensitive to the risks of prolonged austerity Emerging Markets

### Resources without Conditionality

From head of the International Monetary Fund Christine Lagarde invited emerging markets, other developing and poor countries also to provide resources to resolve the Eurozone debt crisis. Emerging markets have also agreed to provide funds on IMF terms. Bhumika Muchhala of international NGO Third World Network called it irresponsible that the G20 gave more money to the IMF without demanding changes in policy advice and lending conditionality. The G20's decision to channel funds predominantly through the IMF, rather than a more diverse allocation of funds, is a narrow mechanism through which the developing countries may be imposed with the same type of pro-cyclical and contractionary policies that contributed to creating the crisis. Martin Khor, the director of the South Centre, an intergovernmental body of developing countries, also lamented the G20 strengthening the IMF: "Unfortunately the G20 did not insist on any IMF policy reform, but boosted its resources. This may be the most serious error of the summit."

### Criticism on Heavy Conditionality

IMF conditionality policies have come under severe criticism for adopting structural adjustment policies not needed for managing the crisis, inappropriate policies in the core economic and financial areas led to contractionary and did not generate growth and insensitive to social impacts and the burden of adjustment fell heavily on the poor and at the expense of social and public services. The implications for conditionality are significant. Evidence is emerging that wrongly sequenced and improperly implemented trade liberalisation is adding to developing countries' trade deficits. On average the trade deficit of developing countries (excluding China) worsened by an average of 3 percentage points of GNP between the 1970s to the 1990s. The criticism is now widespread that even in the areas of the IMF's core competence - macroeconomic, financial, monetary and fiscal policies; there are major problems of appropriateness of policy and conditionality.

The original mission of the IMF at its creation and in the era of the Bretton Woods system was to ensure global financial stability. This arose from the recognition that left to itself the financial institutions, markets and its players can become a too-powerful force with the potential of destabilising the financial system itself as well as undermining the real economy. The IMF policies tend to be biased towards restrictive monetary policies including high interest rates and fiscal contraction, both of which tend to induce or increase recessionary pres-

ures in the overall economy. The contraction in money supply and high interest rates decrease the inducement for investment as well as consumption (thus reducing effective demand). The high interest rates also increase the debt-servicing burden of local enterprises and cause deterioration in the banking system in relation to non-performing loans. The Fund has also maintained the strong condition for financial liberalisation and openness in the capital account. Thus, the country is subjected to free inflows and outflows of funds, involving foreigners and locals. The country's exchange rate is in most cases open to the influence of these capital flows, to the level of interest rate, and to speculative activity. Often, there are large fluctuations in the exchange rate. Given the fixed assumption that the capital account must remain open, there is thus the need to maintain the confidence of the short-term foreign investor and potential speculators. A policy of high interest rate and lower government expenditure is advised (imposed) in an effort to maintain foreign investor confidence. But since this policy causes financial difficulties to local firms and banks, and increase recessionary pressures, the level of confidence in the currency may also not be maintained. The narrow perspective on which the restrictive policies are based neglects the need to build the domestic basis and conditions for recovery and for future development, including the survival and recovery of local firms and financial institutions, the encouragement of sufficient aggregate effective demand, the retention of the confidence of local savers, consumers and investors.

The Third World Network Director, Martin Khor highlighted at International Policy Dialogue on Ownership and Conditionality, in Berlin In June 2001. The IMF management would like recipient countries to "own" the policy conditionalities much more than they have done. But genuine ownership can only be derived if the countries themselves participate in the making of the policies; and this is generally not the case as the policies are usually imposed by the IMF, often against the wishes of the governments or people. Still, the policies would be more acceptable if they work. But generally they have not worked. Instead of recovery, growth and getting out of debt, many recipient countries have experienced stagnation or worse, and many are still trapped in debt. Ownership can or should be increased only if there is genuine participation by the government and people of recipient countries; and only if the content of conditionality are appropriate and bring about good outcomes. Thus, the key issues are the democratic process of IMF policy-making, and the appropriateness of the IMF policies. Unless these issues are resolved, no amount of persuasion or arm-twisting will bring about genuine ownership. Many developing countries are neither growing nor developing. The situation is bleak for many. Business as usual cannot be the response, as it has generally failed. The issue of conditionality and ownership should be viewed in a broad perspective, and this includes looking critically not only at the roads taken by the IMF but also at the roads not taken.

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All the Community Service Worker

students are provided with 3 months co-op placement to get the real life work experience.

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# Durham Tamil Association

## Pickering's Heritage Day



Members of Durham Tamil Association with Pickering Mayor Dave Ryan, Councillors David Pickles and Peter Rodriguez.



36 kids with ages ranging from 5 to 14 participated in Team DTA's Unity Dance choreographed by Uma Suresh and Banuja Ganeshalingam



MP Chris Alexander was on hand to participate in the festivities and to cheer on the performers at Pickering Heritage Day Celebrations. He also took time to congratulate Team DTA children.



Mayor Ryan personally congratulated Team DTA performers and thanked them for their contribution to City's Diversity and cultural development

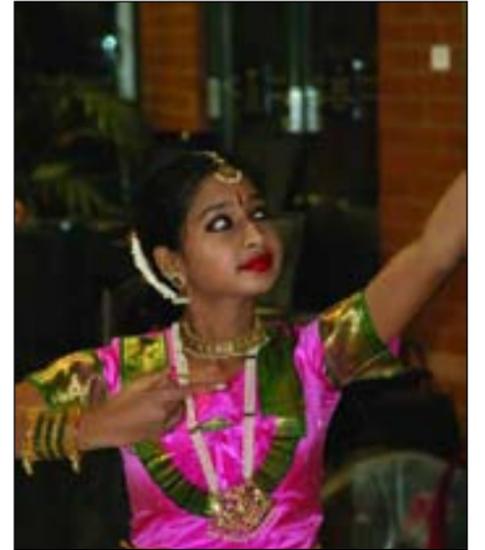
## Launch of Pickering Cultural Directory

Durham Tamil Association was a proud participant during the Official Launch of Pickering Cultural Directory.

Some of the pictures taken at the event can be seen here.



President of DTA Josh Suresh



Classical Dance Performance



Mayor Dave Ryan with DTA

## Youth Movie Night

DTA Youth Organized a Movie Night for the kids on February 12, 2012 at the Ontario Power Generation Centre in Pickering. The Children watched the inspirational Blockbuster Movie The Blind Side. The Movie was not only inspirational but also was great entertainment. The Children enjoyed the movie, popcorn and snacks. It was fun evening for everyone



Kids enjoying Blind Side at DTA's Movie Night

# Children's Corner



# The Field of Boliauns

(An Irish Folktale Retold)

By Chandrani Warnasuriya

Irish communities round the world celebrate March 17th with great fun and rejoicing, for it is the Feast Day of St. Patrick one of the great patron saints of Ireland. It is also a day to celebrate Irish culture.

Often associated with the celebrations is the Leprechaun a little old man with a beard and a hat, appearing in Irish Folklore. A kind of magical fairy who guards a buried treasure, usually a pot of guineas. Vulnerable to direct attention by humans, if anybody sights a Leprechaun, he better keep his eyes fixed on him, lest he escape. Here's an Irish story about a Leprechaun.

One fine day at harvest time called Lady Day in Ireland farmers took the day off as a holiday. Tom Fitzpatrick was walking along a hedge. All of a sudden he heard a clacking sort of noise. He thought it to be some birds singing in the hedge. But how could 'Stonecutters' be singing so late in the afternoon? Tom thought to himself. He then tiptoed towards it to see what was making the noise. The noise stopped, but as Tom peeped through the bushes, what did he see? In a nook of the hedge was a brown pitcher that might hold about a gallon and a half of liquor; and beside it was a teeny tiny old man, with a little cocket hat stuck upon the top of his head. A deeshy dashy leather apron hung over his waist. He pulled out a little wooden stool and stood upon it. He then dipped a little (piggin) into the pitcher and took a full cup of it and put it beside the stool and then sat down under the pitcher and started mending his shoe.

"Well for all I know," said Tom to himself, "I've heard them talk of Leprechauns but I never believed them to be real – but here's one of them in real earnest. But if you see one they say, you should never take your eyes off them, for they will escape."

Tom went on a little further, keeping his eyes fixed on the little old man as a cat does with a mouse. Getting quite closer to the man he said, "God bless your work neighbor."

The little man raised his head and said, "Thank You."

"I wonder why you work on a holiday?" said Tom.

"That is none of your business," said the man

"May be you'd be a little more civil and tell me what you've got in that pitcher there." Said Tom

"That I will with pleasure," said the

man. "Its good beer."

"Beer! Heaven's sake! Where did you get it?" asked Tom with great surprise

"Why? I made it and what do you think I made it of"

"Only the devil, I suppose, May be out of Malt. What else?"

"What nonsense. I made it of heath. (a kind of bush)

"Of heath?" Tom burst out laughing. "Don't take me to be such a fool, as to believe it." Said Tom

"Do as you pleased said the old man quite undisturbed. "Did you ever hear of the Danes? Asked the man questioningly."

"Well what about them?" Asked Tom

"What is all about them is that, when they were here they taught us to make beer out of heath, and my family has carried the secret ever since."

"Can I have a taste of it?" asked Tom.

The little man quit unwilling to give away the secret said, "Go take care of your father's farm the cows have broken into the oats and knocking away the corn."

At this Tom was taken up by quite a surprise and was about to turn and get home, but did not wish to let go off the Leprechaun. So he sprang and grabbed the man; but in a hurry knocked on the pitcher and spilt the beer that he could not get a taste of it. He then frightened the man into killing him if he did not show where all his money was.

Tom looked so fierce that the man was quite frightened. So he said, "Come along with me a couple of fields away and I will show you a crock of gold. So they went and Tom held the Leprechaun fast in his hand and did not take his eyes off him. They crossed over hedges and ditches and some bog and at last came to a great field of boliauns ( a kind of plant). The Leprechaun pointed to a big boliauns and said, "Dig under this."

Tom had never thought of bringing a spade with him and thought to run home to get one. In order to make note of the place, he took one of his red garters and tied it around the boliauns. Then he told the Leprechaun "Swear you will not take the garter away from the boliauns," and the man swore not to touch it.

"So you have no further need of me I suppose said the Leprechaun," very politely.

"No, you may go away now and may good luck go with you, wherever you go."

"Well, good-bye to you, said Tom, "and much good go with you when you get it."

"Tom ran for dear life till he got home



and got a spade and ran back as fast as he could to the field of Boliauns. But when he got to the field, Lo and behold! All of the boliauns in the field had a red garter, the model of his own tied to them. As to the digging of the whole field, it was

sheer nonsense, for there were more than forty acres in it.

So Tom went back much cooler and went mad at the Leprechaun and cursed the little old man every time he thought of the neat turn he had served him.

\* Ajax \*

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# Arts and Forms



## The Changing Face of Beauty: Minu Jose, Miss India Worldwide Canada 2011

{\*There are 2 Miss India pageants in Canada – Miss India Canada and Miss India Worldwide Canada. Miss India Worldwide Canada is affiliated to Miss India Worldwide which is run by Dharmatma Saran of the Indian Festival Committee (IFC) in New York, USA.}

Miss India Worldwide Canada was not the first pageant for Jose; previously, she had been a first runner-up at the first-ever Miss Kerala Canada 2010 organized by the Brampton Malayalee Samajam as well as a finalist at the Scotiabank Miss India Canada 2009 competition organized by Canada-India Beauty Quest.

Born the eldest daughter to two professors, Josekutty Joseph and Ditty Jose, who are also recent immigrants to Canada from Brunei Darussalam, Minu says that her upbringing was hardly anything that you would expect of a beauty queen. "Though I was born in India, I was raised from a very young age with the ultimate priority being given to academics like typical South Asian kids. Now that I look back on it, I don't think there was any time in my day even when I was 9 to sit around playing dress-up! But thanks to them, especially my mother who is my biggest support system whose teaching and guidance has imbibed in me all the morals, values and ethics I currently possess, I was able to stand up there on stage, the confident and well-spoken young woman that I am today. I would never be the same without them! My mother is my hero." Jose exclaims passionately.

Indeed, Minu credits her classical training in Bharathanatyam and Kuchipudi to her mother under whose initiative she started training in the classical art form at the age of 9. Today, Jose is one of the principal choreographers and lead dancers in the newly formed NIRVANA Performing Arts (NIRPA) along with her sister and friend, Divya Kakuzhyil, specializing in contemporary and classical fusions.

The months after winning the Miss India Worldwide Canada 2011 competition was a period of intense preparation, shopping and practice for the international leg of the competition. In summer 2011, Jose went on to represent Canada internationally at the Miss India Worldwide 2011 competition held in Dubai and Abu Dhabi over the course of a week. There, Jose shone as the most

well-spoken contestant among 28 other countries who were participating. She finished among the Top 12 and shone as one of the best again in the talent segment. Miss India Worldwide is the largest ethnic pageant in the world.

Following the international competition, Jose flew to India where she was able to experience a bit of behind-the-scenes of the South Indian film world. There, she had the opportunity to meet with directors, talent agencies as well as audition for a number of roles and advertisements. "I was fortunate enough that winning this title was able to provide a stepping stone for me into the media and modelling industry. However, I personally feel that the title alone does not open any doors for you. Roles are not offered to you just because you are a Miss India – there is a lot of extremely dedicated hard work and determination involved, not to mention a lot of waiting and sometimes, that means

Minu Jose of Toronto, ON, made history as the first Indo-Canadian of South Indian descent and the very first Malayalee girl (from the state of Kerala, India) to ever win the national Miss India Worldwide Canada title. The 5th annual event, presented by ROGERS and produced by Divya Kumar and Tricia Bhim of D-T International Inc., was a night of intense entertainment, Bollywood dances and fashion. The official Master of Ceremonies for the event, Jake Dheer, Station Manager for ROGERS TV, provided an element of humour to the event as well.

At the end of the evening, Minu Jose, a 23 year old biochemical engineer and entrepreneur from the University of Toronto was crowned as Miss India Worldwide Canada 2011.

Apart from the main title, Jose also walked away with the title of "Best Talent" and a Blackberry Bold 9700 presented by the main sponsor, ROGERS, for her scintillating fusion dance of Kuchipudi (a classical dance where the dancer performs on a brass plate) and Kathak. Among other prizes, the winner's prize package also included a round-trip ticket to the international competition and India provided courtesy of Etihad Airways, a laptop computer, a 1-year photography and make-up package sponsored by GLOW Studios of Mississauga, ON, cosmetics, fragrances and jewellery from Jewelize U.



Miss India Worldwide Canada 2011 with Miss India Kenya, Miss India USA & Miss India Spain at TALENT NIGHT in DUBAI!

The esteemed panel of judges included Jarrett Pleyley, Talent Scout for Ford Models Canada; Ember Johnstone, Ontario Marketing Group Manager, Rogers Communications Inc.; Sudhir Anand, Publisher & CEO, Voice Media Group; Suzy Soares, Senior Supervising Producer, OMNI TV; Ram Khullar of Ram. Chander Entertainment; Zuraidah Alman, Reporter/Anchor, CTV News Toronto, and Vikram Dua, CGA of Dua & Associates.

Above all the prizes what Jose gained by winning the national title was the ultimate honour of representing Indo-Canadians at the international leg of the competition, Miss India Worldwide 2011 held in the UAE.

"Winning a national event, especially one as prestigious as Miss India Worldwide Canada was far beyond anything that I could ever imagine happening to me, in my life! It must seem like a dream for a lot of girls but for me, having grown up as not quite a girly girl, it was never a dream to win it; I entered this with a personal challenge, an aim – I was determined to make my mark as a South Indian girl in this field and I wanted to prove that it is indeed possible for a girl who is academically inclined to excel equally in the artistic and creative side as well!" says Minu.

Indeed, Jose has managed to prove true to her beliefs of making her mark in the pageant world. Some believe that she might also have broken the "colour barrier" that exists in the pageant/fashion world of today. "Call it a coincidence but all of the previous winners of Miss India Worldwide Canada and Miss India Canada\* were all either Gujarati, Punjabi or Sindhi – I've never seen a South Indian girl ever win such a title – and I was determined to be the first to do that. In guess you could say that I've broken the "glass ceiling" for colour in pageants for Indo-Canadian women" beams Jose.



Minu Jose with her family after winning the title of Miss India Worldwide Canada 2011.

months and years of auditioning and networking before something clicks!" elaborates Jose.

Jose spent around four months in India and over that period of time was able to generate a considerable amount of press from the local and national media "My hometown is in the rural part of Kerala called "Kuttanad" or better known as the "Backwaters of Kerala" and it is very rare that a girl from this region gets into the beauty industry, even rarer a girl who lives abroad in North American and still speaks and interacts like a resident of Kerala – the media loved it! I was fortunate enough to appear in interviews with several local and national channels as well as gain interviews with several national publications including the Malayala Manorama newspaper, Mathrubhumi, The Deccan Chronicle, Vanitha Women's Magazine, NANA Film Magazine, etc." she says.

Now back in Toronto, Jose is in the process of pursuing graduate studies in engineering and the media, as well as working as a Professor at George Brown College in Toronto. "I teach Mathematics, Mechanics and Statics to Architecture and Mechanical Engineering students. It's a very rewarding professor – and I guess

teaching must run in my blood too since both my parents are professors!" says Jose.

Now with the auditions for the next Miss India Worldwide Canada in progress, Minu Jose sincerely extends her gratitude to all those who believed in her, especially to her sponsors for the international competition without whom she would have been unable to set out in her undertaking Miss India Worldwide 2011 including Ashwin and Neetu Gill of Sutton Group, Josie Karakkattu, Manoj Karatha of REMAX Realty, Gurminder Gill of Century 21 Realty, the Toronto Malayalee Samajam and many other individual sponsors.

"The beauty of Miss India Worldwide Canada is its dedication to upholding the values and ideals of Indian society. I feel extremely privileged to be a part of such a strong and worthy movement as this has provided me with an opportunity to be an ambassador for my community and above all, a role model to other young women by imparting my desire to make a positive contribution to humanity through knowledge, dedication and tolerance."

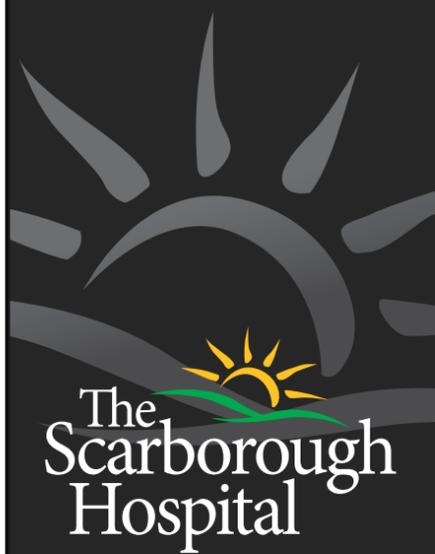
For professional appearances, performances or inquiries, contact Minu Jose at MIWC2011@gmail.com or Divya Kumar at divyakumarg@gmail.com or visit "Minu Jose – Miss India Worldwide Canada" fanpage on Facebook.



Miss India Worldwide Canada 2011

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# The Scarborough Hospital

## Call for Annual Members 2012–2013

*Are you concerned about issues that impact your community? Are you interested in helping The Scarborough Hospital become a stronger organization to meet the healthcare needs of residents now and into the future?*

If so, you may be interested in becoming an Annual Member of The Scarborough Hospital Corporation. Annual Members play an important oversight role in the governance structure of The Scarborough Hospital.

Annual Members of the Corporation are admitted by resolution of the Board and consist of individuals who meet the eligibility requirements contained in the bylaws and who pay an annual membership fee of \$20. Membership is for one year, and those individuals whose completed application is received before March 27, 2012 will be eligible to vote at the next Annual Meeting to be held on June 26, 2012, at 7 p.m. at The Scarborough Hospital, General campus, 3050 Lawrence Ave. E.

All Annual Members who wish to vote at the AGM on June 26 must must apply before March 27.

### APPLICATIONS:

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#### IN PERSON

- The President's Office, The Scarborough Hospital, General campus, 3050 Lawrence Avenue East
- The Administrative Offices, The Scarborough Hospital, Birchmount campus, 3030 Birchmount Road

#### FAX, MAIL OR E-MAIL

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Corporate Executive Assistant, Board of Directors  
The Scarborough Hospital  
3030 Birchmount Road, Scarborough, Ontario M1W 3W3  
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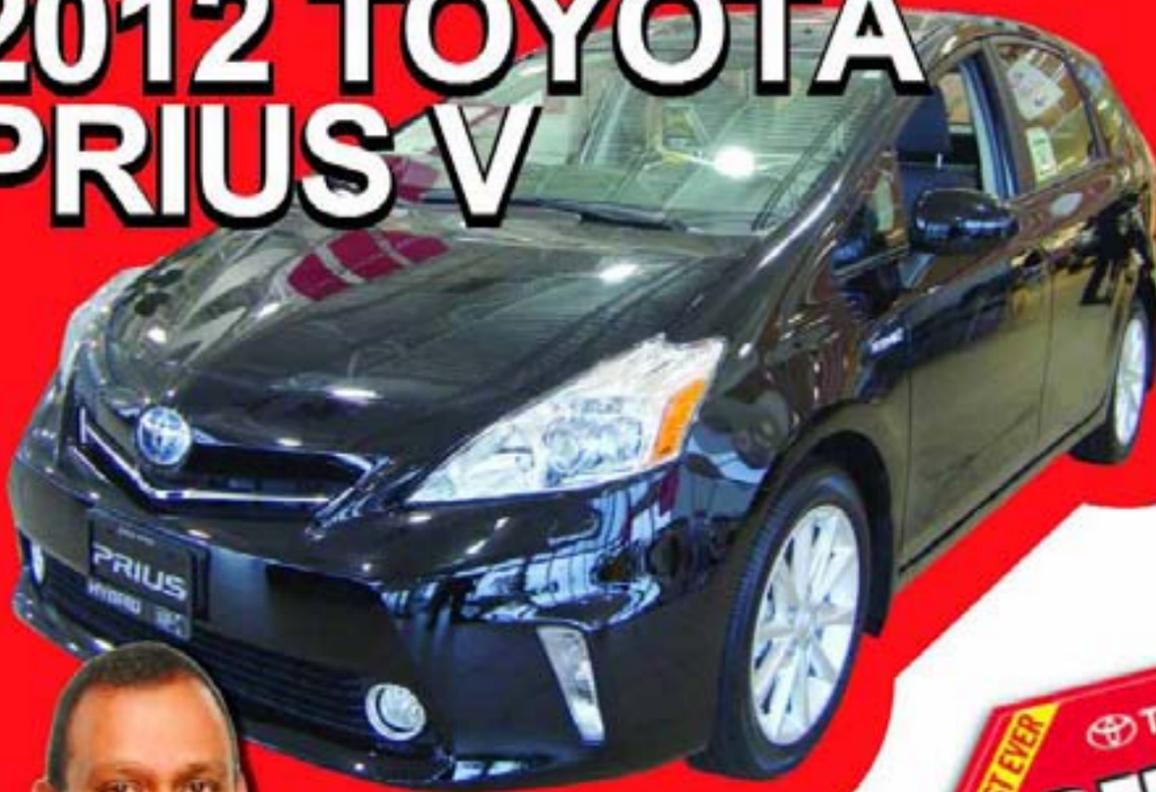
*Please note that completed applications, with the registration fee, must be received by March 27, 2012. As a thank you for your support and participation, all Annual Members will receive two free parking passes and an invitation to a Members' Breakfast.*

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