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Thirst quencher - Roadside King Coconut Vendor, Hospital Road, Jaffna, Sri Lanka - pic by: Feng Zhong

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# Commonwealth Day Messages

Canada will continue to promote an active role for the Commonwealth Ministerial Action Group in addressing challenges to Democracy and Human Rights in Sri Lanka & Maldives, states Canadian Prime Minister Stephen Harper in his statement on Commonwealth Day.

Prime Minister Stephen Harper made the following remarks in his statement issued to mark Commonwealth Day:

"Commonwealth Day is an opportunity to celebrate the fundamental values that form the foundation linking the 54 members of this historic organization. In an uncertain world, the Commonwealth must continue to stand for the principles of democracy, human rights, and the rule of law while also promoting good governance and development throughout the world.

"In the past year, the Commonwealth celebrated a major milestone by marking the Diamond Jubilee of Her Majesty Queen Elizabeth II, Head of the Commonwealth. We thank Her Majesty for her ongoing devotion and lifetime of dedicated service.

"In the coming year, we look forward to the implementation of the Eminent Persons Group (EPG) recommendations, which were adopted last December. We welcome the new Charter of the Com-

monwealth, which reflects key Canadian priorities including the protection and promotion of religious freedom and the need to oppose discrimination on any grounds. This advancement will enhance the relevance and effectiveness of the organization in the 21st century, and represents an important milestone for the Commonwealth as a whole. Senator Hugh Segal will continue his important work as Canada's Special Envoy for the Commonwealth in the year ahead.

"Canada remains a strong supporter of the Commonwealth. We continue to be committed to the modernization of the organization and look forward to the adoption of a new strategic plan that reflects our values and maximizes the Commonwealth's relevance so it can reach its full potential in advancing human rights, democratic reform and economic development.

Meanwhile Liberal Leader Bob Rae in his statement on Commonwealth Day has also remarked that the Commonwealth is presently engaged in an important renewal process that will strengthen the association's commitment to democracy and respect for human rights. The growing opposition to holding the upcoming Commonwealth Heads of Government Meeting in Colombo, Sri Lanka highlights the



**Canada will continue to address challenges to Democracy & Human Rights in Sri Lanka - Canadian Prime Minister Stephen Harper**

importance of holding all member states to a basic standard of respecting the rule of law and democracy. It will be an impor-



**Opposition to holding the Commonwealth summit in Sri Lanka highlights the importance of respecting the Rule of Law & Democracy - Bob Rae, Liberal Leader**

tant test of the Commonwealth's actual commitment to its beliefs

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# World Health Day: Control your blood pressure, control your life

By: Dr. Shiyam Loganathan

The World Health Organization (WHO) celebrates World Health Day on April 7th to commemorate the founding of the WHO on the same date in 1948. As the WHO turns 55 years of age, the day is used to highlight a prevailing health concern. Notwithstanding any geographic boundaries and penetrating an alarmingly increasing proportion of the population, this year's World Health Day will highlight high blood pressure.

High blood pressure, also known as hypertension, is an abnormally increased force of blood, pushing through against the vessels which it circulates. Over time these vessels develop resistance, harden and thicken, leaving even less area for blood to push through. These blood vessels are everywhere in our body including our heart, brain, eyes and kidneys causing heart attacks, stroke, blindness and kidney failure.

High blood pressure affects all of us. If not us directly, through a

sibling, parent or grandparent is a virtual certainty. Statistics are mind boggling as 1 in 3 adults are estimated to have high blood pressure. From age 50 and above, the rate is higher at 50% and even adults in their 20's and 30's are affected at a rate of 10%. Cardiovascular disease is the number one cause of death globally and complications of high blood pressure are the primary cause of more than half of those deaths.

The reason behind this is lack of diagnosis. Many sufferers lack symptoms and go undiagnosed and develop associated health problems and complications. Many who are diagnosed do not have access to treatment or poorly control their blood pressure. The cost of prevention and early treatment is easily outweighed by the cost of treating the myriad of health problems of a chronic hypertensive. This is without including social costs such as disability, personal and household disruption, loss of income, and a diminished workforce.

That is why prevention is paramount. Diagnosis and early



management is essential. Everyone should see their health care professional and have their blood pressure measurement taken, ask what it is, what it means and how they may improve it. Here are the key methods to lower your blood pressure.

Reduce your salt intake

Maintain a healthy diet

Exercise regularly

Maintain a healthy body weight

Quit smoking tobacco

Avoid excessive alcohol consumption

So as this World Health Day approaches us, Monsoon Journal joins in spreading the word - take care of yourself, family and friends, and pass the message about the risks of high blood pressure. Control your blood pressure, control your life.

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**Happy Tamil & Sinhala New Year**  
**& Vaisakhi**  
**April 14, 2013**



“Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.” ~ Lord Buddha

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## BlackBerry Posts Surprise Profit

BlackBerry reported a surprise quarterly profit on March 28 and said it shipped 1 million of its all-new Z10 smartphones in the period, but the company has yet to convince some investors that its turnaround plan is succeeding.

The Canadian smartphone maker's shares were up nearly 2 percent in early trading, but had jumped of more than 10 percent immediately after the results came out. Some investors focused on a decline in the company's subscriber base, a possible threat to its long-term growth prospects.

Still, the results offered solace to both bulls and bears on BlackBerry, which virtually invented on-your-hip email, but has lost market share to iPhone maker Apple and smartphones using Google Inc's Android software.

"I think the 1 million units is a nice start," said Morningstar analyst Brian Colello.

"I think the encouraging thing is that BlackBerry was still able to sell a good portion of older models and generate solid service revenue during the transition. I think that will be important in terms of cash balance and profitability."

The touchscreen Z10, which uses an all-new operating system, is key to BlackBerry's revival. Its introduction a month before the end of the quarter received a warm reception in Canada and a few other countries, but the initial U.S. launch, just last week, was muted.

Some analysts said revenue missed expectations and that the decline in subscriber numbers to 76 million from 79 million during the fourth quarter ended March 2 clouded BlackBerry's long-term turnaround prospects.

The stock was up 1.9 percent at \$14.83 in early trading on Nasdaq.

BlackBerry said Mike Lazaridis, who co-founded BlackBerry nearly 30 years



ago, would step down as vice chairman and director. Lazaridis was co-chief executive officer until last year.

The company also surprised investors by saying it believes it will approach break-even financial results in its first quarter, based on a lower cost base, more efficient supply chain and improved hardware margins.

Analysts on average had expected a loss of 10 cents a share in the first quarter, according to Thomson Reuters I/B/E/S.

BlackBerry said net income in the fourth quarter was \$98 million, or 19 cents a share, compared with a year-earlier loss of \$125 million, or 24 cents a share.

Excluding one-time items, the company reported a profit of 22 cents a share. Analysts had expected a loss.

Yet the company is not out of the woods. Quarterly revenue fell to \$2.68 billion from \$4.2 billion a year earlier, below analysts' estimates of \$2.84 billion.

"All in all, I'm happy because I think the majority seemed to be expecting the world to cave in on them, and that did not happen," said Eric Jackson, founder and managing partner of Ironfire Capital LLC, which owns BlackBerry shares.

- VOA News/Reuters

## Children of divorced parents more likely to smoke: University of Toronto Study

Children of divorced parents are significantly more likely to start smoking in comparison to their peers from intact families, a new study has claimed. The University of Toronto study found that men who experienced parental divorce before they turned 18 had 48-per-cent higher odds of ever smoking 100 or more cigarettes than men whose parents did not divorce.

Women from divorced families were also at risk, with 39-per-cent higher odds of smoking in comparison to women from intact families. "Finding this link between parental divorce and smoking is very disturbing," said lead author Esme Fuller-Thomson, Sandra Rotman Chair at University of Toronto's Factor-Inwen-

tash Faculty of Social Work.

"We had anticipated that the association between parental divorce and smoking would have been explained by one or more of three plausible factors, such as lower levels of education or adult income among the children of divorce; adult mental health issues, such as depression or anxiety among the children of divorce, or other co-occurring early childhood traumas, such as parental addictions or childhood physical, sexual or emotional abuse," Fuller-Thomson said.

"Each of these characteristics has been shown in other studies to be linked with smoking initiation. However, even when we took all these factors into account, a strong and significant association be-

## Canada Open for Business to Start-Up Entrepreneurs - New Start-Up Visa opens for applications in April

The world's best and brightest entrepreneurs from around the world, with ideas for new business ventures and financial backing from Canadian investors, can apply to the brand-new Start-Up Visa Program as of April 1, Citizenship, Immigration and Multiculturalism Minister Jason Kenney announced recently.

"Canada is open for business to the world's start-up entrepreneurs," said Minister Kenney. "Innovation and entrepreneurship are essential drivers of the Canadian economy. That is why we are actively recruiting foreign entrepreneurs - those who can build companies here in Canada that will create new jobs, spur economic growth and compete on a global scale - with our new start-up visa."

Canada's Start-Up Visa Program is the first of its kind in the world. By providing sought-after entrepreneurs with permanent residency and access to a wide range of business partners, Canada hopes to become a destination of choice for start-up innovators which will help Canada remain competitive in the global economy.

CIC has worked with two umbrella organizations, Canada's Venture Capital and Private Equity Association (CVCA) and the National Angel Capital Organization (NACO), to identify and designate the venture capital funds and angel investor groups that are keen to participate in the program. Immigrant entrepreneurs hoping to launch cutting-edge businesses in Canada and attain permanent resident status need the support of participating Canadian investors. A full list of designated venture capital funds and angel investor groups is now available on the Citizenship and Immigration Canada website.

"The CVCA and our individual members look forward to the launch of the Start-Up Visa Program," said Peter van

der Velden, President of the CVCA. "Our participating funds welcome the opportunity to take part in this first-of-its-kind program, which has the potential to help them attract best-in-class entrepreneurial talent to their Canadian-based investee companies."

"There has been significant interest from both angels and entrepreneurs since the announcement of this program," said Michelle Scarborough, Chair of NACO. "Our angel group members across Canada are eager to participate, and we look forward to supporting the growth of new businesses and helping them to make their mark in Canada, further expanding our economy."

To apply for permanent resident status in Canada, the foreign entrepreneur must first secure a significant investment commitment from a designated Canadian angel investor group or venture capital fund. Applicants must also demonstrate language proficiency skills at a Canadian Language Benchmark 5 in listening, speaking, reading and writing, and have at least one year of education at a post-secondary institution.

"With our new start-up visa, we are opening the door to new and exciting opportunities for Canada's economy to grow and prosper," added Minister Kenney. "This is part of our government's transformational changes to Canada's immigration system that will make it fast, flexible, and focused on Canada's economic needs."

The Start-Up Visa Program is a pilot program that will run for five years. It is expected that due to the narrow focus of the program, initially, the number of applications will be limited. However, the focus of the program will be on the quality of the applicants and on establishing a track record of success. - cic.gc.ca

tween parental divorce and smoking remained," Fuller-Thomson said in a statement.

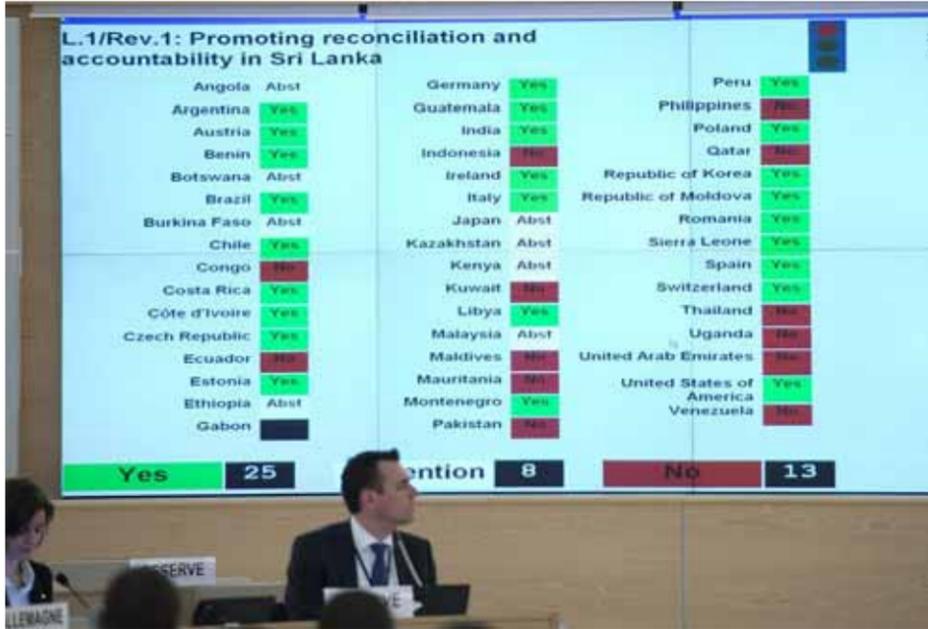
In the study, investigators examined a representative sample of 7,850 men and 11,506 women aged 18 and over, drawn from the Center for Disease Control's 2010 Behavioral Risk Factor Surveillance Survey. A total of 1,551 sons and 2,382 daughters had experienced their parents' divorce before the age of 18. A total of 4,316 men and 5,072 women reported that they had smoked at least 100 cigarettes in their life.

From this study, researchers cannot determine why parental divorce is linked to smoking initiation. However, co-author Joanne Filippelli suggested it is possible that "children upset by their parents' divorce may use smoking as a coping mechanism to regulate emotions and stress". The study was published in the journal Public Health. - PTI





# UN Presses Sri Lanka to Pursue War Crimes Probe



During the voting of resolution L.1/REV.1, Promoting Reconciliation and Accountability in Sri Lanka on the the 22nd Session of the Human Rights Council. 21 March 2013. Photo by Jean-Marc Ferré

GENEVA — The United Nations urged Sri Lanka in a resolution on Thursday, March 21 to carry out credible investigations into killings and disappearances during its nearly 30-year civil war, especially in the brutal final stages in 2009.

It voiced concern at reports of continuing violations including killings, torture, curbs on the right to freedom of expression, and reprisals against activists and journalists.

Resolutions such as that brought by the United States are not binding, but the scrutiny by the U.N. Human Rights Council maintains pressure on the government to prosecute crimes committed in the conflict against Tamil Tiger rebels.

"This resolution, which builds on a similar 2012 resolution, re-affirmed that Sri Lanka must take meaningful action on reconciliation and accountability in order to move forward," U.S. Secretary of State John Kerry said in a statement. "While some important progress has been made, there is much work still to be done."

Tens of thousands of civilians were killed in the final months of a war that began in 1983 as government troops advanced on the last stronghold of the Tamil Tiger rebels fighting for an independent homeland, a U.N. panel has said.

The panel said it had "credible allegations" that troops and the Tamil Tigers both carried out atrocities and war crimes, but singled out the government for most of the responsibility for the deaths. The government rejects the allegation.

U.N. High Commissioner for Human Rights Navi Pillay said in a report last month that Sri Lanka was failing to investigate alleged wartime atrocities committed by government forces and that activists and opposition politicians were

still being killed or abducted.

The U.S. resolution "calls upon the government to conduct an independent and credible investigation into allegations of violations of international human rights law and international humanitarian law."

The 47-member Geneva forum adopted the text with 25 countries in favor, including India; and 13 against, including Pakistan. Eight abstained and one delegation was absent.

"We note with concern the inadequate progress by Sri Lanka in fulfilling its commitment to this council in 2009," India's ambassador Dilip Sinha told the talks.

Rights groups welcomed the continuing spotlight on Sri Lanka but regretted that the council failed to establish an international investigation into wartime crimes.

"It is clear that the Sri Lankan government is unwilling and unable to investigate these events itself, so an international probe is the only way to obtain the truth and justice necessary for genuine reconciliation," Yolanda Foster, Amnesty International's expert on Sri Lanka, said in a statement.

Alex Conte, of the International Commission of Jurists, said: "Sri Lanka has a long history of promising justice but delivering impunity ... With this resolution, the international community shows it wants to see concrete action."

Sri Lankan presidential envoy Mahinda Samarasinghe took the floor at the debate to reject the U.S. resolution as "highly intrusive" and called for states to vote against the text.

"Why this preoccupation with Sri Lanka, why this inordinate and disproportionate level of interest in a country that has successfully ended a 30-year conflict against terrorism and has demonstrated

# PEARL Regrets UNHRC Failure to Establish International Probe in Sri Lanka

March 25, 2013: Washington, DC — People for Equality and Relief in Sri Lanka (PEARL) expresses its deep disappointment at the new United Nations Human Rights Council (UNHRC) resolution that again asks the Sri Lankan government to investigate itself for its own violations of international human rights and humanitarian law. Resolution 22/L.1, the second UNHRC resolution in two years on Sri Lanka, again led by the United States, calls upon the Sri Lankan government to conduct an independent and credible investigation into alleged violations of international human rights and humanitarian law, while simultaneously expressing concern about continuing reports of human rights violations.

"Given Sri Lanka's structural impunity for past and present crimes, it is a mistake to grant Sri Lanka one more year of 'time and space' to investigate itself. This will only exacerbate Sri Lanka's insidious efforts to Sinhalize and militarize Tamil areas, causing irreversible damage to the Tamil community," PEARL spokeswoman Anjali Manivannan said. "This HRC session presented an opportunity for meaningful international action on Sri Lanka, and this resolution wasted that opportunity. Last November's Inter-

national Review on UN Action in Sri Lanka described the UN's 'grave' and 'systemic' failure in inadequately responding to rapidly escalating civilian casualties during early 2009. Unfortunately, what we have seen at the Council now is another grave failure of the United Nations on Sri Lanka."

While PEARL appreciates continued attention by the Council on Sri Lanka, we regret the resolution's failure to establish an international Commission of Inquiry to investigate war crimes, crimes against humanity and genocide in Sri Lanka.

"Though the Human Rights Council asks the Government of Sri Lanka to implement recommendations from the UN High Commissioner for Human Rights, the Council itself fails to implement her recommendation to create an international investigation for Sri Lanka," Manivannan said. "Watchdog human rights groups including PEARL, Human Rights Watch and Amnesty International advocated strongly for the creation of an international Commission of Inquiry during this session. PEARL is deeply disappointed to see such a toothless resolution. Nearly four years after the peak of Sri Lanka's genocide, Tamil victims and survivors deserve more."

## BBC suspends SL broadcasts

The BBC's World Service has suspended all its broadcasts on the Sri Lankan Broadcasting Corporation (SLBC) because of what it calls "continued interruption and interference" to the corporation's Tamil programming.

World Service director Peter Horrocks said: "We regret the disruption in service to our loyal audiences in Sri Lanka, but such targeted interference in our programmes is a serious breach of trust with those audiences, which the BBC cannot allow."

Evidently, there was inference to its FM relay programmes on 16-18 March and further disruption yesterday, 25 March.

Horrocks said: "We spoke to SLBC last week... and warned them they were in breach of their broadcasting agreement. Further disruption... has left the

BBC with no alternative but to suspend the service with immediate effect.

"If the SLBC have specific complaints about any BBC output they should take them up with us, as we have invited them to do and not interfere directly with broadcasts in ways that are unacceptable to the BBC and misleading to our audiences."

The BBC took similar action in 2009 when its services were also disrupted. It is possible for audiences in Sri Lanka to listen to the BBC on shortwave and via the corporation's online services. (guardian.co.uk)



so much progress in a relatively short space of time," Samarasinghe said.

Referring to Sri Lanka's Lessons Learnt and Reconciliation Commission, he said: "We have every confidence in our domestic processes and mechanism."

Former army chief Sarath Fonseka, who led the military to victory in the conflict, said this week he was ready to face questions about allegations of war crimes. [VOA News-Resuters]



## US Tamil Group to continue advocacy towards International Probe on Sri Lanka

WASHINGTON, March 22, 2013 – The United States Tamil Political Action Council (USTPAC) appreciates the efforts made by member states of the UN Human Rights Council to bring about a follow-up resolution on promoting accountability and reconciliation in Sri Lanka.

Resolution 22/L.1, the second within the span of one year on Sri Lanka, again led by the United States, was supported by 40 co-sponsors with 25 of 47 states voting in favor of its adoption. The resolution endorses the recently released report of the Office of the High Commissioner for Human Rights emanating from the previous UNHRC resolution 19/L.2, while failing to implement the High Commissioner's most momentous – and repeated – recommendation: that an independent and credible international investigation be established for alleged violations of international human rights and humanitarian law.

"Strong international action on Sri Lanka is well overdue," said USTPAC spokeswoman Dhamy Rajendra. "In the nearly four years since the brutal end of the armed conflict, in which estimates cite over 146,000 Tamil civilians killed, the Sri Lankan government has failed to initiate a single credible investigation or prosecution. Given Sri Lanka's institutionalized and well-entrenched impunity, it is deeply disappointing that Sri Lanka has been given one more year of 'space and time' to investigate itself."

Although the Human Rights Council itself fails to implement the High Commissioner's recommendation to create an international investigation for Sri Lanka through this resolution, its explicit call on Sri Lanka to implement the High Commissioner's recommendations is a significant and welcome departure from its usual aversion of country-specific interventions.

This stance is exemplified in the resolution's expressed grave concerns regarding flawed domestic processes put forth by the Sri Lankan government's Lessons Learned and Reconciliation Commission and the National Action Plan for its implementation. In addition, it unambiguously calls on Sri Lanka to conduct provincial council elections in the North by September, 2013 and engage with special UNHRC mandate holders.

"USTPAC, as well as watchdog human rights groups including Amnesty International, Human Rights Watch and International Crisis Group advocated strongly for the creation of an international Commission of Inquiry during this session. However, given Sri Lanka's appalling track record of failed commissions of inquiry, this resolution, by calling for implementation of recommendations stipulated in the High Commissioner's report, is an ultimatum to the government of Sri Lanka.

It is clear that continued refusal to comply with this resolution will not be tolerated by member states and will inevitably lead to the next step of setting up an international commission of inquiry," stated Rajendra.

USTPAC expresses Tamil Americans' appreciation to the US government for bringing this resolution. "We also appreciate the widespread support extended by student groups and political parties from Tamil Nadu, and scores of human rights defenders from Sri Lanka.

Though we came short this time, USTPAC resolves to advocate for the creation of an international commission of inquiry on Sri Lanka to conduct independent credible investigations for the war crimes, crimes against humanity and alleged genocide committed against tens of thousands of Tamil civilians," concluded Rajendra.

## India's High Commissioner to Sri Lanka Ashok Kantha appointed as India's new Foreign Secretary



The Indian government has decided to appoint High Commissioner to Sri Lanka Ashok K Kantha as the new secretary in the ministry of external affairs (MEA). He will be in-charge of East Asia.

Kantha has also served as joint secretary heading the East Asia division in the Ministry of External Affairs. Kantha's appointment comes despite several other claimants for the post.

Kantha is the son-in-law of former

external affairs and finance minister and BJP leader Yashwant Sinha. According to Indian Government sources "he was chosen because of his excellent professional skills as a diplomat who has a wide experience in the region"

He is from the 1977 batch of the Indian Foreign Service and has also served as India's envoy to Malaysia. Kantha will replace Sanjay Singh who will retire in April this year.

## Tamil Nadu Assembly Calls for UN Monitored Referendum for Tamil Eelam

Stepping up pressure on the Government of India on the Sri Lankan Tamils issue, Tamil Nadu Assembly on March 27th demanded that India move a resolution in the UN Security Council for a referendum for separate Tamil Eelam and stop calling Colombo a friendly nation.

The Tamil Nadu Assembly unanimously adopted a resolution urging the Centre to slap economic embargo on Colombo till the "suppression" of Tamils was stopped and those responsible for "genocide and war crimes" faced an international probe.

Moving the resolution, Chief Minister J. Jayalalithaa said the ongoing students protest was reflective of her government's initiative on the Sri Lankan issue even as she requested them to withdraw the stir and resume classes.

Launching a tirade against the Centre and DMK, she alleged that both had "failed" to ensure ceasefire in 2009 when hostilities were at the peak in Sri Lanka.

She charged DMK supremo M. Karunanidhi with adopting "duplicity" on the issue and said people were aware of it. Her remarks drew vociferous protests from DMK members.

Speaker P Dhanapal ordered for eviction of agitated DMK members when his plea for restoration of order in the House went unheeded.

Launching a frontal attack on the DMK, Jayalalithaa accused Karunanidhi of not doing anything for the Lankan Tamils when his party was in power at the Centre and in the state and after losing power he revived the TESO.

"Karunanidhi is now trying to show that he has done a big sacrifice by coming out of the Central ministry on the issue of Sri Lankan Tamils", she said.

Jayalalithaa asked why the DMK chief was silent on his party leader T R Baalu continuing as Chairman of a railway committee and his son M K Alagiri meeting Prime Minister, the Congress President and the Union Finance Minister after he had resigned.

Pointing out that senior DMK leader K Anbazhagan had said that DMK would not topple the government at the Centre, she said "by looking at Karunanidhi remaining silent, it looks like that he will not like to snap ties with the Centre".

- PTI

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# Tamil Nadu Chief Minister forces Sri Lankan players to withdraw from Chennai IPL matches

Bowing to intense political pressure, on March 26th top Sri Lankan players were withdrawn from the Chennai matches of the high-profile IPL after Tamil Nadu Chief Minister Jayalithaa refused to host them in view of the prevailing anti-Sinhalese sentiments in the state.

Jayalithaa wrote a letter to the Prime Minister Manmohan Singh making it clear that IPL matches would be permitted in the state only if there were no Sri Lankan players, umpires, officials or support staff in these matches beginning April 3.

A few hours later, the IPL Governing Council met to discuss the issue and decided that Sri Lankan players will not participate in IPL League matches in Chennai.

The Governing Council will advise the nine IPL franchises accordingly, putting an end to the intense speculation regarding the fate of the Sri Lankan players.

Altogether 13 Sri Lankan players, two of whom are captains of their respective teams, are taking part in the sixth edition of the league which will start from April 3.

Chennai, the home for Chennai Super Kings, will stage 10 matches in all, including two eliminators, and will continue to remain a venue.

"The IPL Governing Council met this afternoon to discuss the issue. The security of all involved in the IPL, whether players, spectators or those working in

the stadiums, is of paramount importance to the BCCI.

"The Governing Council decided that Sri Lankan players will not participate in the Pepsi IPL 2013 League matches in Chennai and will advise the nine franchises accordingly", IPL Chairman Rajeev Shukla said in statement.

Shukla said that the Governing Council took the decision after the Tamil Nadu Chief Minister wrote to the Prime Minister stating that she would not permit the Sri Lankan players in Chennai.

"This is with reference to news reports last week that the government of Sri Lanka has issued a travel advisory that its citizens should exercise caution when travelling to Tamil Nadu", the statement said. "Today, the Honourable Chief Minister of Tamil Nadu has written to the Prime Minister of India stating that she will not permit the participation of Sri Lankan players or umpires in matches in Chennai during Pepsi IPL 2013", the statement added.

Shukla said the Governing Council had to take the local sentiments and the safety and security of Sri Lankan players into account before taking a final decision.

"We had to take two things into account. We have to take the local sentiments into account and at same time the safety and security of the Sri Lankan players are paramount," he said.

"If the local administration has given something we have to listen to that as

ultimately we need the help of the state authorities to hold the tournament like security arrangement.

We can't ignore the advice from the local administration," he said.

In the letter to the Prime Minister, Jayalithaa said BCCI may be advised by the Centre to prevail upon the IPL Organizers not to allow Sri Lankan players, officials, umpires and support staff to take part in the tournament in the state.

"In view of the popular antipathy and anger in Tamil Nadu against the actions of the Government of Sri Lanka, the Government of Tamil Nadu is of the view that IPL matches involving Sri Lankan players, umpires and other officials should not be played in Tamil Nadu," she said.

"The Government of Tamil Nadu will permit IPL matches to be held in Tamil Nadu only if the organizers provide an undertaking that no Sri Lankan players, umpires, officials or support staff would participate in these matches," she said.

Sri Lankan Sports Minister Mahindananda Aluthgamage said that the Lankan players will be told not to take part in Chennai matches if the BCCI or the Indian government were not able to provide security to them.

"We have written to the BCCI whether they can provide security to our players. We have also requested the foreign ministry to ask the Indian government whether they would provide security to our players. Only in case our players are provided security we will allow them to



take part in the matches in Chennai," he said.

For the league stages, Mumbai Indians, Delhi Daredevils and Hyderabad Sunrisers will have to bench key players like Lasith Malinga, Mahela Jayawardene and Kumar Sangakkara, respectively for their matches in Chennai.

Barring Kings XI Punjab, all the other franchises have at least one or more Sri Lankan players in their squad.

Sri Lankans in the IPL:

CSK: Akila Dananjaya and N Kulasekara

Delhi Daredevils: Mahela Jayawardene (captain) and Jeevan Mendis.

Knight Riders: Sachithra Senanayake.

Mumbai Indians: Lasith Malinga.

Pune Warriors India: Ajantha Mendis and Angelo Mathews.

Rajasthan Royals: Kusal Janith Perera.

Royal Challengers Bangalore: Muthiah Muralitharan and Tillakaratne Dilshan.

Sunrisers Hyderabad: Kumar Sangakkara and Thisara Perera. **PTI**

# Sri Lanka deploys forces after Muslim store torched by Buddhist monks

A mob, including Buddhist monks, allegedly stoned and set afire a Muslim-owned business in Sri Lanka in the latest attacks directed against the minority, prompting authorities to deploy security forces to bring the situation under control.

On the attack of March 28 Night around 8 PM, a showroom of the Fashion Bug clothing chain in Pepiliyana, a suburb of Sri Lankan capital Colombo, was stoned and the glasses were smashed before the merchandise was set on fire.

Several people were injured and several other vehicles and buildings sustained damages, local media reports said.

Bodu Bala Sena (Buddhist Force), however, on Friday, Mar 29 denied any involvement in the violence and termed it as a systematic attack to discredit them.

"We condemn it in strongest terms, we are not involved. This is a systematic attack to discredit us," Venerable Galagdoatte Gnanasara, a leading BBS monk,

told reporters.

The police and the elite Special Task Force (STF) had reportedly brought the situation under control now.

The suspicions were directed at BBS after they recently stirred up an anti-Muslim campaign and forced Muslim clerics to withdraw "halal" certification from food sold in the local market, saying it was offensive to the majority non-Muslim population.

Muslims comprise less than 10 per cent of Sri Lanka's 20 million population where the majority are Sinhalese Buddhists.

"We are only opposed to Muslim extremism and not against Muslim moderates", Gnanasara added. He said he would urge the police to arrest the culprits responsible for the cloth store attack.

"We don't want another communal clash in the country".

The attack and a persistent BBS

campaign against Muslims have caused wide spread Muslim fears. As part of the campaign to prevail on the majority Sinhalese to boycott Muslim businesses, the Buddhist Force in January had attempted to storm a Muslim-owned department store.

The Council of Muslims early this month wrote to President Mahinda Rajapaksa for protection.

Meanwhile, in a letter to President Rajapaksa, Leader of Sri Lanka Muslim Congress and Minister of Justice Rauff Hakeem has asked to convene a cabinet meeting to discuss "the rising religious unrest and civil disturbance in the country".

Hakeem said he was recording his displeasure and condemnation on the attack. He believed it was carried out as a sequel to the ongoing attacks on the religious places and hate campaigns against the Muslims and other religious minority communities in the country.



Hakeem's letter came as the Sinhala Buddhist nationalist Bodu Bala Sena denied any involvement in last night's attack.

The Buddhist Forces have urged police to arrest the culprits. - **PTI**



# India's Aviation Industry Awaits Foreign Investors

By Anjana Pasricha

NEW DELHI — India's financially strapped airlines have been looking for alliances with foreign carriers, after the government liberalized rules for overseas investment in the aviation sector. But they have been slow in coming, although India is expected to be the world's third largest aviation market by 2020.

When India's aviation industry totaled its losses in the last financial year, they amounted to a whopping \$2 billion. That is why several struggling Indian carriers have been hoping to sell a stake to foreign investors after the government allowed overseas carriers to buy up to 49 percent stake in Indian carriers six months ago -- a move that was expected to bring in much needed foreign investment into the aviation sector.

But it has yet to materialize. The most-talked about deal is between Jet Airways and Abu Dhabi-based Etihad Airways, which plans to buy up to a 24 percent stake for about \$300 million. This would be the first foreign investment in the aviation sector, but it has yet to be clinched. Malaysia-based airline, Air Asia, also plans to own a 49 percent stake in a joint venture airline with India's Tata group.

But operating in India presents bigger challenges than in most other markets,

said Sanat Kaul, the chairman of the New Delhi-based International Foundation for Aviation and Aerospace Development. Foreign carriers will have to cope with the core problems which have made it difficult for India's carriers to turn in profits -- high operating costs and fierce competition.

"The problems which Indian domestic carriers have remain the same, which is high cost of air turbine fuel and so many other taxes which is making domestic travel an expensive proposition and the margins are thin, making it a very difficult and unviable proposition," Kaul said.

Still, with only three percent of India's one-point-two billion population currently flying, the aviation market is expected to grow hugely in the years to come. Aviation Minister Ajit Singh said that India could be the world's third largest aviation market by 2020, handling 336 million domestic and 75 million international passengers annually.

Much of the future growth will lie not in the big cities, but smaller towns, say analysts. And that is why Air Asia plans to operate its proposed airline to small towns around the southern city of Chennai, Kaul said.

"They will start in Chennai and do a regional service where the economic GDP [gross domestic product] is higher and



people will accept air travel. The other thing is that the three or four metro cities, which constitute bulk of our domestic traffic, is now getting saturated. Regional, smaller, airports are the next place where the growth will take place," he said.

Foreign investors with deep pockets

are expected to enter into alliances with Indian operators in the coming years, hoping to make profits in the long term. The International Air Transport Association this week called India a great potential market, but says it faces huge hurdles.

- VOA News

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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.



# What does your Chest Pain mean?

By Ahil Siva, Medical Student

It is hard to know what to do when you feel pain or discomfort in the chest. Is it a heart attack or another, less serious problem? Because chest pain can be a sign of a heart attack, it is important to seek help and get treatment as quickly as possible.

## When is my chest pain an Emergency?

You should call for an ambulance if the pain:

- Is new or severe
- Happens along with shortness of breath
- Lasts more than a few minutes
- Gets worse when you walk, climb stairs, or do other types of physical activity
- Scares or worries you

Having chest pain does not necessarily mean you are having a heart attack. Most people who go to the emergency room with chest pain are not having a heart attack. Chest pain generally originates from one of the organs in the chest (heart, lung, or esophagus) or from the components of the chest wall (skin, muscle or bone). Occasionally, organs close to the chest, such as the gall bladder or stomach, may cause chest pain.

## How does a Heart Attack present?

Some of the major symptoms include: Pain, pressure, or discomfort in the

center of the chest

Pain, tingling, or discomfort in other parts of the upper body, including the arms, back, neck, jaw, or stomach

Shortness of breath

Nausea, vomiting, burping, or heartburn

Sweating or having cold, clammy skin

A racing or uneven heart rate

Feeling dizzy or lightheaded or even fainting

If these symptoms are lasting for several minutes or keep coming and going, call 911 right away. It is critical to remember that you should not try to get to the hospital on your own.

Also keep in mind that it is possible to have a heart attack without pain. This is more likely in women, in diabetics, or the elderly.

What else can cause chest pain? There can be a variety of causes for chest pain. A few of the common causes include:

**Sore muscles.** Especially after a physical activity, traumatic injury, chest strain, or surgery. Muscle pain will usually present as a localized chest pain that is tender.

**Digestive issues.** Such as indigestion, stomach ulcers, or gastritis. This pain can typically present after eating and relates to your eating habits.

**Lung condition.** Problems affecting the lungs, such as pneumonia (an infection in the lungs) or chronic bronchitis. Smokers are at a higher risk for chest pain from lung condition.

**Swelling of the rib joints,** called costochondritis. This is often temporary and presents as a sharp local and tender pain at the rib to sternum joints.

**Psychological problems,** such as panic disorder, depression, or hyperventilation.

It may be difficult for you to know what exactly the root cause of your chest pain is. If your pain doesn't fall under the emergency category, it is a good idea to seek your primary care physician for help.

## What happens if I go to the emergency room?

The people treating you in the emergency room will examine you and then run tests to try to find the cause of your pain. The tests that they can order for you are an EKG, which measures the electrical activity of your heart, and a blood test. Also they may perform a stress test, which is a test that monitors your heart activity while you increase your physical activity on a treadmill.

The final test you may have to do is a cardiac catheterization. This is also known as cardiac "cath" or coronary an-

giography. During this test the doctors may insert a tube into your artery and advance it to your heart. Then the doctor can inject a dye into the arteries of your heart and be able to tell with an x-ray if there are any clogged vessels.

## What if I am having a heart attack?

If you feel you are having a heart attack try to remain calm and collected. Every minute counts when it comes to keeping your heart muscle alive! Call 911 and rush to the emergency room. The doctors can give you medication that will relieve your pain and reduce the damage to the heart. They can also do an angioplasty where they can inflate a tiny balloon inside the clogged artery to reopen it and place a stent to keep it open.

## How can I prevent my chest pain?

The treatment and prevention depends on what the cause of your chest pain is. Seek your family physician early and begin to understand and educate yourself on the pain. Remember that diet, exercise and smoking prevention are the most important controllable factors in order to be heart healthy. A healthy life style can reduce cholesterol, blood sugar, and high blood pressure. Help keep your life happy, healthy and chest pain free!



# Amalgam Dental Fillings?

I have decided to present this important topic because of an interesting episode happened in my clinic last week.

A few weeks ago, I used amalgam to restore a molar tooth in a long time patient of mine and last week the patient was at my clinic for an emergency appointment to remove that tooth. I thought the patient may be in severe pain and wanted to get rid of that tooth. He stated "the tooth is very comfortable now, has not caused any problem since the filling was placed" but he was told by someone in the field of Homeopathy or Naturopathy that the amalgam fillings are very dangerous to the overall health and better get rid of the filling or the tooth as soon as possible.

Dental amalgam is made from a combination of metals that include mercury, silver, tin, and copper. Sometimes described as silver fillings, dental amalgam has been used by dentists for more than 100 years because it lasts a long time and is less expensive than other cavity filling materials such as the tooth colored composites or the gold fillings.

Because of their durability, these silver fillings are often the best choice for large cavities or those that occur in the

back teeth where a lot of force is needed to chew. Amalgam hardens quickly so it is useful in areas that are difficult to keep dry during placement, such as below the gum line. Because it takes less time to place than tooth colored fillings, amalgam is also an effective material for children and special needs people who may have a difficult time staying still during treatment.

One disadvantage of amalgam is that these types of fillings are not natural looking, especially when the filling is near the front of the mouth, where it may show when you laugh or speak. Also, to prepare the tooth, the dentist may need to remove more tooth structure to place an amalgam filling than for other types of fillings.

Although dental amalgam is a safe, commonly used dental material, you may wonder about its mercury content. It's important to know that when combined with the other metals, it forms a safe, stable material. Be assured that credible scientific studies affirm the safety of dental amalgam.

Study after study shows amalgam is safe and effective for filling cavities. The

U.S. Centers for Disease Control and Prevention, U. S. Food and Drug Administration, American Dental Association and World Health Organization all agree that based on extensive scientific evidence, dental amalgam is a safe and effective cavity-filling material.

The American Dental Association Council on Scientific Affairs prepared a detail review on amalgam safety that summarizes the state of the evidence for amalgam safety over the last five years (from January 2004 to April 2009). Based on the results of this review, the Council reaffirmed at its July 2009 meeting that the scientific evidence supports the position that amalgam is a valuable, viable and safe choice for dental patients.

In May 2008, a Scientific Committee of the European Commission addressed safety concerns for patients, professionals and the use of alternative restorative materials. The committee concluded that dental amalgams are effective and safe, both for patients and dental personnel.

The Alzheimer's Association, American Academy of Pediatrics, Autism Society of America and National Multiple Sclerosis Society—all the science and evi-

**Dr. Shanmugam Sivanesan,**  
President, Toronto East  
Dental Society (TEDS)

dence based organizations also say that amalgam poses no health risk.

The Mayo clinic recently stated that dental amalgam is a safe and durable choice for dental fillings. They also noted that "there are several kinds of mercury. The mercury [methyl mercury] found in water that can build up in fish and lead to health problems if you ingest too much is not the same type of mercury used in amalgam."

Ultimately, the best dental filling is no dental filling. Prevention is the best medicine. You can dramatically decrease your risk of cavities and other dental diseases simply by:

- brushing your teeth twice a day with fluoride toothpaste
- flossing daily
- eating a balanced diet
- visiting the dentist regularly.



## OPG donation brings Starlight Children's Foundation Fun Center to Ajax and Pickering hospital



OPG recently made a donation to make the purchase of a new Fun Center possible through the Starlight Children's Foundation. The Fun Center includes a Wii with controllers and built in games and a DVD player, hooked up to a TV. The portable unit will be a great benefit to kids who have to wait in hospital for any length of time. It was received in the Emergency Unit March 27 at Rouge Valley Ajax and Pickering hospital (RVAP), with Don Terry of OPG, Susan Remmer of Starlight and RVAP nurses Kelly Pasnick and Charlotte Beaton receiving it.

Ontario Power Generation (OPG) Durham partnered with Starlight Children's Foundation Canada in a unique relationship recently, to help brighten the lives of seriously ill children and their families who rely on care at Rouge Valley Ajax Pickering hospital (RVAP).

The donation is another example of how OPG continues its commitment to improved health care in Durham Region. The Fun Centre for RVAP has found a home in the Emergency Department thanks OPG's generous donation to Starlight Children's Foundation Canada. The Fun Centre is a mobile entertainment unit that features a flat-screen LCD TV, DVD player and Nintendo WiiTM gaming system with many popular games built into the memory for easy access.

"The Starlight Fun Centre encourages sick children to play and allows them to just be kids again. Parents often find comfort simply from seeing the happiness on their child's face," said Christopher Barry, Starlight Canada's President. "Starlight is pleased to facilitate this 'first'. The first Fun Center donated by OPG through Starlight and the first Fun Centre available at RVAP."

"We try very hard to ensure people don't have to experience a long visit to Rouge Valley Ajax and Pickering hospital, but even a short wait can seem like forever to a child," said Arden Eldridge, Manager of Emergency Services at RVAP. "So having a Fun Centre like this will make a huge difference for a lot of kids when they are here, not to mention their parents. We are really grateful to Starlight and OPG for making this pos-

sible."

"We're committed to strengthening our communities through partnerships," said Don Terry, Public Affairs Manager, OPG. "Thank you to Starlight and Rouge Valley for this opportunity to help reduce the stress and burden on families during a difficult time."

### Ontario Power Generation Durham

Ontario Power Generation Inc. is an Ontario-based electricity generation company whose principal business is the generation and sale of electricity in Ontario. Our focus is on the efficient production and sale of electricity from our generation assets, while operating in a safe, open and environmentally responsible manner.

### About Starlight Children's Foundation Canada

Starlight Children's Foundation Canada is a charitable organization that brightens the lives of seriously ill children and their families in communities across Canada. We are the only charity in Canada that helps seriously ill children in and out-of-hospital from diagnosis throughout the course of their care journey.

### About Rouge Valley Health System Foundation

The Rouge Valley Health System Foundation's mission is to partner with the community to invest in superior healthcare at Rouge Valley Health System. The Foundation raises funds to support the purchase of leading-edge medical equipment and support major capital expansion projects.

## Ms. Letna giving back through Healing Hope Brunch

### Cancer survivor holding fundraiser to support Centenary Oncology Program, April 7



When it comes to fighting cancer, having hope is a key element to overcoming the odds. So Letna Allen-Rowe is working hard to bring more hope to the staff, doctors and patients of Rouge Valley Centenary hospital's (RVC) Oncology Unit through a special event next week, The Healing Hope Fundraising Brunch.

"This hospital is my home hospital and they literally saved my life," says Ms. Letna, who is a survivor of breast cancer, diagnosed in 2011. "I'm passionate about cancer care there because they took good care of me when I was a patient. Now I want to give back, because they need the fundraising support to be able to provide the best care for more patients that rely on their home hospital, like I did."

The Healing Hope Fundraising Brunch features a fantastic lineup of entertainment, with amazing gospel singers, fashion by talented Stacy-Ann Buchanan Productions, and even a couple

of special guest speakers from RVC's Oncology team, who will share their knowledge on cancer care. Ms. Letna, a performer and singer herself, is very excited to bring together talented singers like Rayon & Paulette White, Dave 'Comfort' Vassell, Rochelle Robinson, Sharon Dongen and Donett Thompson-Hall for the audience's listening pleasure.

The brunch takes place at the St. Peter and Paul Banquet Hall in Scarborough, Sunday, April 7 from 1 to 5 p.m. Tickets are \$50 and all proceeds support RVC's Oncology Program.

Find out more at [www.MsLetna.com](http://www.MsLetna.com) <<http://www.MsLetna.com>>. Tickets are available to be purchased online at [www.ticketgateway.com](http://www.ticketgateway.com) <<http://www.ticketgateway.com>>, or they can be purchased at the Rouge Valley Health System Foundation's RVC office at 2867 Ellesmere Rd. or by calling 416-281-7342.



# Rouge Valley asks community to Be A Donor Hospital wants to add to Trillium Gift of Life's organ donation registry

## Organ donation saves lives – just ask Brandon Gibson.

The 20-year-old Pickering resident was three months old when he was diagnosed with cystic fibrosis (CF). The build-up of thick mucus in the lungs, caused by CF, resulted in severe damage to Brandon's lungs.

In 2006 at the age of 14, Brandon received a double-lung transplant improving his quality of life significantly. "I lived a normal teenage life. I played hockey and lacrosse in high school. I was pretty much like any other teenager," explains Brandon, whose mom Muriel Gibson works at Rouge Valley Health System (RVHS).

But by June 2011, things began to change. "I noticed that I wasn't doing as well as I was before. Little things, like walking up the stairs, became harder." As Brandon's health declined, his family soon learned that his body was rejecting his new lungs. For the past 14 months, Brandon, who now depends on an oxygen tank to help him breathe, has remained on Trillium Gift of Life Network's organ recipient list. He continues to wait for news that a new set of lungs is ready for him.

Despite his challenges, Brandon makes it a priority to help raise awareness about the impact organ and tissue donation has on Canadians. He frequently speaks to local groups, sharing how organ donation can save lives. "To know that one person can save up to eight lives is amazing," Brandon says.

More than 1,500 people in Ontario

are waiting to receive a life-saving organ donation. Every three days one of them dies because there is no organ available in time for them. RVHS hopes to increase the number of organ and tissue donors by partnering with the Trillium Gift of Life Network in its Gift of 8 campaign. Rouge Valley's goal is to add at least 200 new organ and tissue donors to the Ontario registry.

Trillium Gift of Life Network, a not-for-profit agency of the Government of Ontario, is responsible for managing the process of organ and tissue donation for transplantation in the province. Rouge Valley's Gift of 8 campaign will run throughout the month of April, leading into National Organ and Tissue Donation Awareness Week, April 21 – 28. The Gift of 8 refers to the fact that each organ donation has the potential to save up to eight lives and enhance the lives of as many as 75 others through tissue donation. While 80 per cent of Ontarians say that giving consent for organ and tissue donation in advance is very important to them, fewer than 25 per cent of them have registered.

Starting on Tuesday, April 2, RVHS will fly Trillium's Beadonor.ca flag throughout the month at its two hospital campuses: Rouge Valley Centenary in east Toronto, and Rouge Valley Ajax and Pickering in west Durham Region.

"In Ontario, there are far too many people waiting for organ and tissue do-

nations," says Rik Ganderton, president and chief executive officer, RVHS. "While the decision to become an organ donor is a personal one, each day our staff, physicians and volunteers meet patients whose lives are forever changed by organ and tissue donation. This campaign is just one way Rouge Valley can help to raise awareness."

### Be A Donor

Staff, physicians, volunteers and the public can help RVHS surpass its target of 200 donors. All you have to do is register on one Rouge Valley's two Trillium Gift of Life web pages:

- Rouge Valley Centenary ([www.beadonor.ca/rougevalleycentenary](http://www.beadonor.ca/rougevalleycentenary)); or
- Rouge Valley Ajax and Pickering ([www.beadonor.ca/rougevalleyajaxandpickering](http://www.beadonor.ca/rougevalleyajaxandpickering)).

Many Ontarians mistakenly believe that they are already registered because they have signed their donor cards. But the paper donor card is no longer an effective way to register your consent, Trillium advises. Ontarians need to visit [Beadonor.ca](http://Beadonor.ca) to register or check their

registration status.

"Encouraging more Ontarians to register as organ and tissue donors is critically important because too many Ontarians die before receiving the organ transplant they need," said Ronnie Gavise, president and chief executive officer of Trillium Gift of Life Network. "When we launched [Beadonor.ca](http://Beadonor.ca) last year, we made it easier for Ontarians to register their consent. Now, by bringing this awareness into the workplace, we are making it even easier for organizations like Rouge Valley to engage their employees and to make a difference in the lives of Ontarians."

### Trillium Gift of Life Network

Trillium Gift of Life Network is a not-for-profit agency of the Government of Ontario and is responsible for planning, promoting, coordinating and supporting organ and tissue donation for transplantation across the province and improving the system so that more lives can be saved. For more information on Trillium Gift of Life Network please go to [www.giftoflife.on.ca](http://www.giftoflife.on.ca) or call 1-800-263-2833.

## New before & after services for surgery patients

### Surgical services enable faster recoveries, more convenient follow-up care

Rouge Valley Health System's new prehabilitation program and Skype follow-up visits are featured in the latest issue of Echo, the hospital's quarterly magazine.

The prehabilitation program based at Rouge Valley Ajax and Pickering hospital campus provides education and self-conditioning classes to hip and knee replacement patients so that they can reach their optimal physical and functional level before having surgery. Prehabilitation patients leave the hospital sooner and in better condition after their operation. When recovering, all surgical patients are now also able to do some of their follow-up care from the comfort of their homes thanks to Rouge Valley's new Skype service, which utilizes the popular web-based video conferencing tool to do virtual appointments.

More details about these services and a look at some of the patients who have benefited from them can be found in the new Winter-Spring 2013 issue. It also features stories on:

- The pain clinic at Rouge Valley Ajax and Pickering;
- How RVHS is improving wound care and reducing the incidence of pressure ulcers;
- An introduction to oncologist Dr. Theepa Sundaralingam; and
- How Rouge Valley is reducing wastes and creating high-performing departments and units through the use of a Lean management tool called 6S.

Copies of the Echo are available throughout the hospital's two campuses, and can be found online on the RVHS Community News page: [www.rougevalley.ca/community-news](http://www.rougevalley.ca/community-news).



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

Rouge Valley Health System is an excellent acute care community hospital with many programs, including 24/7/365 emergency, obstetrics, paediatrics, surgery, mental health and regional cardiac care. 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, Pickering, Ajax and Whitby.



## Ontario Taking Action to Protect People with Dementia Alzheimer's safety campaign a step in the right direction

The new Ontario Government, in partnership with the Alzheimer Society of Ontario, is launching a groundbreaking multicultural safety awareness program for people with dementia who may go missing. Finding Your Way, a new wandering prevention program funded by the Ontario Government, will help prevent people with dementia from "wandering" and going missing, and also help caregivers and other family members prepare for such incidents, if they occur.

Nearly 200,000 Ontarians have dementia, an increase of 16 percent over the past four years. By 2020, nearly 250,000 seniors in this province will be living with some form of dementia. Statistics show that three out of five people with dementia go missing at some point, often without warning. There is greater risk of injury, even death, for those missing for more than 24 hours. Having a plan in place and knowing how to protect the individual is a must for caregivers.

The Finding Your Way safety kit contains information to help families create personalized safety plans. The kit includes:

*An identification kit with space for a recent photo and physical description that can be shared with police in an emergency*

*At-home safety steps to help prevent missing incidents from occurring*

*Steps to safeguard a person with dementia, such as using the Alzheimer Society of Canada's MedicAlert® Safely Home® program*

*Tips on what to do when a person with dementia goes missing and when reuniting after a wandering incident*

*The latest information on locating devices*

Ontario is also providing funding for the Ontario Police College to develop and deliver police training that incorporates wandering prevention into the current police curriculum.

"We see the number of people with dementia and the risks associated with missing incidents rising," says Gale Carey, CEO of the Alzheimer Society of Ontario. "We commend the Ontario government for recognizing the need for Finding Your Way. And because we know dementia doesn't discriminate, we're launching this public service campaign not only in English and in French, but also in Mandarin, Cantonese and Punjabi. Our multilingual public service announcements on television, radio, in print and on-line offer valuable tips to keep people with dementia safe."

"Finding Your Way is part of Ontario's Action Plan for Seniors, we are working to enable Ontario seniors to be healthier, providing them with friendly, supportive communities, and keeping them protected and safe, while



### Finding Your Way Program Launch

Rajesh Wadehra quit his full-time job to stay at home to take care of his 81-year-old father, Yogesh who was diagnosed with Alzheimer's in 2011. One day, Yogesh had walked 20 kilometres away from home and did not return.

Police was informed and luckily he was found safely. Mr. Wadehra's story is shared as an educational video for the Finding Your Way program, a multilingual safety awareness program for people with dementia. The new wandering prevention program is launched by the Ontario government in partnership with the Alzheimer Society of Ontario. Videos and safety kits can be viewed and downloaded in Punjabi, English, French, and Chinese from [www.findingyourwayontario.ca](http://www.findingyourwayontario.ca).

recognizing that supporting seniors means supporting their families and caregivers," Mario Sergio, Minister Responsible for Seniors.

"Our goal is to ensure the safety of all the people of Ontario. By providing the training that helps police officers respond to cases of seniors who have wandered, we are working to protect our vulnerable seniors and keep them safe," Madeleine Meilleur, Minister of Community Safety and Correctional Services.

"When people with dementia go missing, the police view it as an emergency. Time is a factor, and the identification information contained within the Finding Your Way kits is exactly the kind of information that police need to speed up the search process. The Finding Your Way kits are a great tool families can have on hand to assist police when searching with a loved one with dementia," Brent Thomlison, Deputy Chief, Operations, Waterloo Regional Police Services, representing the Ontario Association of Chiefs of Police (OACP).

Keith Harvey of Mississauga knows the value of a program like Finding Your Way. "Four years ago my wife Mary, who had dementia, left our cottage in Gravenhurst in the middle of the night. I had been waking myself up every 30 minutes to check on her, but she slipped out anyway. I eventually found her walking along the dark road in her pyjamas. The Finding Your Way safety kit would have helped me understand how to safely plan and prevent her from wandering. I would advise any caregiver to connect with their local Alzheimer Society to obtain a safety kit."

To learn more about Finding Your Way, visit [www.findingyourwayontario.ca](http://www.findingyourwayontario.ca) or contact your local Alzheimer Society at [www.alzheimerontario.ca](http://www.alzheimerontario.ca).

### FACT SHEET

Anyone who has dementia and is able to walk is at risk of going missing.

Statistics show that three out of five people with dementia will go missing at some point

50 per cent of those who go missing for 24 hours risk serious injury or death from exposure, hypothermia and drowning

94 per cent of people who go missing are found within 2.5 kilometers from where they disappeared.

Finding Your Way is a new program being introduced by the Alzheimer Society of Ontario. It will raise awareness of the risks of people with dementia going missing and help to prevent such incidents from occurring. The program is specifically adapted to reach Ontario's diverse population.

Finding Your Way is a multicultural project, the first of its kind in Canada.

Public service announcements and information will be offered in English and French, as well as in Cantonese, Mandarin and Punjabi. In 2014, materials will also be offered in Italian, Spanish and Portuguese.

The Alzheimer Society of Ontario is delivering the program in collaboration with its 38 local Societies and with support from the Government of Ontario.

Finding Your Way works in tandem with the MedicAlert® Safely Home® program, a partnership between the Alzheimer Society of Canada and Medic Alert that helps identify people with dementia who are lost and return them home safely.

The Finding Your Way safety kit contains tools to help caregivers create a plan that helps to ensure the safety of the individual without depriving him of his independence or dignity. The kit includes:

a personal ID page with a recent photo and description that can be shared with police in an emergency;

instructions on what to do when a person with dementia goes missing;

the latest information on locating devices; instructions on how to safety-proof your home and immediate environment to prevent the person with dementia from going missing; and a list of important tips on what to do when reuniting after a missing incident.

The public can call Ontario 2-1-1 to obtain contact information for any of the 38 Alzheimer Societies across Ontario. The Societies can provide assistance and a safety kit, which can also be downloaded from the website at: [www.findingyourwayontario.ca](http://www.findingyourwayontario.ca).

The risks of people going missing are greater when the community, caregivers or people with dementia themselves are unaware of the potentially severe consequences.

Preparation and planning are crucial to prevent people with dementia from going

### About Ontario Seniors' Secretariat

The Ontario Senior's Secretariat works to improve the quality of life for Ontario's seniors by:

Developing policies and programs that meet the needs of seniors and help them lead Active, healthy and dignified lives.

Advising on the development of policies and programs across government on behalf of seniors.

Providing seniors with the information they need about vital programs and services, health lifestyles and aging.

Promoting the important contributions seniors make to families, communities and the province of Ontario.

Maintaining close working relationships with seniors' organizations across the province.

For more information about Secretariat of Seniors Ontario visit [www.ontario.ca/seniors](http://www.ontario.ca/seniors)

### About the Alzheimer Society of Ontario

The Alzheimer Society of Ontario is the province's leading health charity committed to helping people with Alzheimer's disease and other dementias. With a network of 38 Societies across Ontario, we offer Help for Today through our programs and services for people living with dementia and Hope for Tomorrow... by funding research to find the cause and the cure.

missing, and to ensure they are found safely and quickly. Currently, there is very low awareness of missing incidents in our communities and many people do not know where to seek help.

The Alzheimer Society of Ontario will work closely with police to provide support for training on effective ways to handle missing incidents of people with dementia.

The Ontario Police College (OPC) is leading the development of a special awareness-raising video for police services across the province.

Dementia affects behaviour in different ways at different ages and often without warning. People with dementia may lose the ability to recognize familiar places, communicate or remember their own name or address.

Behaviour sometimes has an underlying medical reason; the person may be in pain or be experiencing adverse side effects of medication.

Behaviour has a purpose. For example, people with dementia often have difficulty expressing a need or want, so they may go to the park because of the need to keep active.

Behaviour can be triggered. It might be a reaction to something someone says or does, or it could be a change in the person's daily routine or physical environment.

200,000 Ontario seniors – or one in 10 – have dementia

By 2020, nearly 250,000 seniors in Ontario will be living with dementia.

Age remains the biggest risk factor, with the chance of dementia doubling every five years after 65.

Dementia can also occur in people as young as 40.

Changes in the brain resulting in dementia begin decades before symptoms appear.

Dementia remains incurable and there are no treatments to slow, stop or reverse symptoms.

Dementia results in more years lived with disability than stroke, heart disease and all forms of cancer.

Over 70 per cent of people living in Ontario's long-term care homes have Alzheimer's disease or other dementias.

In Ontario today, families and friends spend 87,100 unpaid hours caring for people with dementia. By 2020, they will spend 144,000 hours, an increase of 65 per cent.

Primary caregivers are most often spouses (31 per cent) or adult children and in-laws (54 per cent).

The impact of Alzheimer's disease and other dementias affects entire families and far more than the people living with the disease

36 per cent of Canadians know someone with Alzheimer's disease.

17 per cent of Canadians have someone with Alzheimer's disease in their immediate family.

Alzheimer's disease is the second most feared disease for Canadians as they age.

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# TSH nurses keep hospital at the top of its game



For the second year in a row, the nurses at The Scarborough Hospital have helped the organization achieve

one of the best rates of nurse sensitive adverse events for medical patients through their outstanding provision of care.

According to 2011/2012 data reported by the Canadian Institute for Health Information (CIHI), TSH has the lowest rate of nurse-sensitive negative outcomes for medical patients among large community hospitals in the GTA.

A nurse sensitive indicator identifies outcomes that are improved when a nurse (RPN/RN) is actively involved in the provision of care, even though the entire interprofessional healthcare team contributes to overall quality of care. The indicators measured for this report included the following four hospital-acquired conditions:

- Falls prevention
- Pressure ulcers
- Pain management and assessment
- Intervention with patient fatigue

With rates of 19.8, which has decreased from 2010/2011, the hospital is also well below the Canadian and provincial

averages of 29.9 and 29.1 respectively when it comes to nurse-sensitive outcomes. Rates were calculated per 100 medical patients discharged.

“For the second year in a row our nurses have succeeded in keeping us at the top of our game,” says Rhonda Seidman-Carlson, Vice-President, Interprofessional Practice and Chief Nursing Executive. “The nurse-sensitive adverse event indicators are tracked in all medicine and surgical programs in Ontario, and our Medicine Program has led the province in this area for a second time. Our rapid improvement events around pressure ulcers and falls have supported these results, as have our daily huddles and quality improvement activities. A call out to our wonderful TSH nurses.”

Rhonda adds that the hospital has identified nurse-sensitive outcomes as a strategic priority to ensure its nurses are supported in their practice and patients are receiving an

outstanding care experience that meets their unique needs.

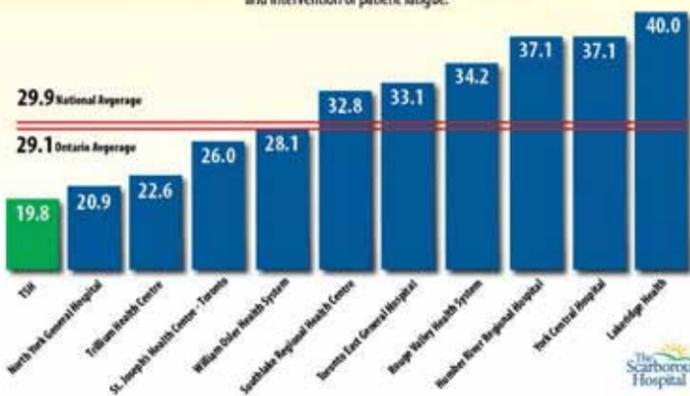
The Scarborough Hospital’s target rates for nurse-sensitive positive outcomes are quite high in order to build on current successes and maintain its standard of excellence.

Hospital initiatives that helped improve rates included specialized wound and pressure ulcer prevention and falls risk training during clinical orientation, wound champions on each of the floors, use of RNAO best practices and support for nurse leaders to attend standards of best practice seminars to better understand, use and share best practice guidelines.

“We have implemented standard work for ulcer and fall prevention in all clinical areas and this year, and, with the introduction of electronic documentation, the best practice assessment and intervention around wounds and falls prevention has been embedded,” says Rhonda.

## NURSING SENSITIVE ADVERSE EVENTS FOR MEDICAL PATIENTS (RATE PER 100) 2011/2012

The Scarborough Hospital has the lowest rates in the GTA for nursing sensitive adverse events. This means our nurses provide top quality care in areas such as falls prevention, pressure ulcer prevention, pain management and assessment and intervention of patient fatigue.



Data reported by the Canadian Institute for Health Information shows TSH has the lowest rate of nurse-sensitive negative outcomes for medical patients among large community hospitals in the GTA.

## Patient lauds new Centre for Complex Diabetes Care

Following two strokes caused by diabetes and high blood pressure, Guillermo Rodas learned about the new Centre for Complex Diabetes Care (CCDC) at The Scarborough hospital.

Though skeptical at first, the severity of his illness compelled Guillermo to insist on a referral. Since his first appointment, he has been delighted with the interprofessional care provided by the team.

“When you have a chronic disease, having support to deal with emotional, social and economic issues is vital to minimize the tension and uncertainty that exists,” explained Guillermo. “For the first time, I felt I was being heard by a team of experts in the field of diabetes, and I believe they spent the necessary time with me for a proper medical examination to get an accurate diagnosis for future treatment.”

Guillermo was so impressed with the CCDC that he recommended the program to his wife. After her first interview, Mrs. Rodas was pleasantly surprised to see how well the team approach worked.

The Rodas’s were especially pleased that care was provided by a social worker.

“The support and guidance we received from the social worker was a key factor in minimizing the emotional burden that we were carrying,” said Guillermo.

“I’m really so happy,” said Guillermo. “It’s the best unit I’ve found for people with a chronic disease.”

He added he believes the CCDC will succeed as long as the team continues to show enthusiasm, sincerity, honesty and concern for its patients.

Guillermo Rodas and his wife have been very impressed with the care they have received at the Centre for Complex Diabetes Care



## The Scarborough Hospital performs well in national study

Once again The Scarborough Hospital has shown excellence in quality of care according to data released by the Canadian Institute for Health Information (CIHI).

CIHI's Canadian Hospital Reporting Project (CHRP) measures the performance of 600 acute care hospitals across Canada in 30 clinical and financial areas. TSH performed well overall among large community hospitals in Ontario and exceeded the national average on many clinical indicators.

### The best VBAC rate in the GTA

The hospital has demonstrated continued excellence in this indicator and our rates for vaginal birth after caesarian section remain the best in the GTA.

As with any surgical procedure, there are risks associated with caesarean sections. The Obstetrics



Department makes it a point to offer mothers the option of a vaginal birth if they have previously had a c-section.

"The Scarborough Hospital delivers more than 5,000 babies per year, and continues to be a regional leader in Women's Health services," says Dr. Nathan Roth, Obstetrician at TSH. "Our ongoing commitment is to provide the best and safest care. Our success reflects our effective collaborative care model combining patient choice with the expertise of our clinical professionals, and placing a high value on an interprofessional team approach."

The Scarborough Hospital is committed to evidenced-

based, collaborative and quality care, which is reflected our partnerships with our community family physicians, our patients and our teaching program that supports the next generation of healthcare providers including medical, midwifery and nursing students.

### Low re-admission rates following knee surgery

CIHI reported that The Scarborough Hospital's 90-day readmission rates following knee surgery are among the lowest in the province.

"The surgical program at TSH continues to improve quality care without sacrificing patient safety," says Dr.



Michael Chapman, Corporate Chief of Surgery at The Scarborough Hospital. "We continue to provide the best for our patients and continue to make their experience the best possible."

### High quality care for our young patients

The exceptional work of our paediatric physicians and staff ensure that our young patients receive high quality care in an effort to keep our 30-day readmission rates one of the lowest in the province.

"We have an experienced and dedicated paediatric care team composed of paediatric nurses and child life specialists who spend a lot of time educating our families so they will be able to care for their child once they are discharged home," says Dr. Peter Azzopardi, Chief of Paediatrics at The Scarborough Hospital. "They discuss medical treatments, but more importantly review signs and symptoms that would signal a need for rapid re-evaluation. They also review the basics like diet, fever control and what to expect on your first days home. Secondly, many of our discharged children return to the hospital for re-evaluation within one or two days."

Dr. Azzopardi adds that many patients return for follow-up one or two days after discharge to the hospital's Paediatric Day Clinics that run every day of the year at both sites. The clinics are located right on the inpatient floors and the families often reconnect with a caregiver they met during hospitalization.



This level of continuity of care was pioneered at The Scarborough Hospital, and demonstrates its commitment to ensure that children leaving the hospital will continue to remain 'under our care' with a shared responsibility to ensure that their transition home is as smooth and as safe as possible.

"As a busy paediatric department, we are dedicated to keep children at home if at all possible," says Dr. Azzopardi. "When they must be admitted, we want to keep the separation from home short and set plans in place to ensure that they will remain home after discharge."

## Facilities upgrades allow The Scarborough to be more efficient

### TSH working at being more environmentally friendly

A new partnership is allowing The Scarborough Hospital to upgrade its cooling systems to become more efficient and reduce its carbon footprint.

TSH's General campus has some infrastructure challenges because of the age of the building, including an old and inefficient cooling system. But, this has changed thanks to a partnership with Ameresco that saw the replacement of the cooling towers and chiller at the General campus earlier this month.

The energy reduction project will help the hospital reduce its electricity costs related to cooling by as much as 20 per cent. This is a significant amount given the General campus consumes nearly \$2 million worth of electricity each year.

The cooling towers had needed to be replaced for a few years, but due to financial constraints, the hospital wasn't able to make the investment until now. Through the partnership with Ameresco, the energy management company pays the upfront costs, and then the utility savings for the first seven to eight years are used to repay the project. With an expected lifespan of

25 years, the savings after the project is repaid can be invested into other areas of the hospital.

"This was really necessary when it comes to infrastructure renewal," says Tyler Crocker, Director of Environment and Facilities. "Being greener is part of the benefit that comes from that renewal."

The cooler replacement is just one area of energy efficiency Facilities is currently examining. A lighting audit is underway in an effort to gauge where and when lighting is needed. Whether it is through the replacement of bulbs, installing sensors or having staff be more conscious of turning off lights when they're not needed, lighting is an area where there is room for improvement.



A new chiller installed last month at the General campus of TSH will help reduce cooling costs by up to 20 per cent.

"The hospital has many older bulbs that are inefficient when it comes to energy use," says Tyler. "Lighting is one area where there is the potential to find cost savings going forward."

About 15 per cent of TSH's bulbs fall into the most efficient category, while another 20 per cent fall into the most inefficient. The hospital is looking at grants and incentives to help with the planned lighting retrofit.



# SARS remembered at TSH

The Scarborough Hospital commemorated the 10th Anniversary of SARS at a memorial service at the Birchmount campus March 22. It was a moving tribute to the commitment, sacrifices and dedication of hospital staff, physicians and volunteers who went above and beyond the call of duty in caring for sick patients.

“Some of you had to undergo quarantine – an extremely emotional, painful and isolating time for you. Some of you actually fell ill and yes, we lost patients,” said Dr. John Wright, TSH President and CEO, speaking at the memorial. “You faced an unknown disease, risked alienation from family, friends and neighbours, and still, you cared for your patients – some of them, your colleagues – with courage and determination.”

SARS started when a 44-year old man was admitted on March 7, 2003 at the Birchmount campus (then known as the Grace) of The Scarborough Hospital, exhibiting signs of a serious respiratory illness.

By July of 2003, global health officials had declared the epidemic was over, but not before SARS (severe acute respiratory syndrome) claimed 44 lives in Canada, and 850 worldwide. Hundreds of thousands would become ill around the world, including healthcare workers who risked their lives to treat patients and colleagues affected by the quickly spreading virus.

Louise Leblanc, former Patient Care Director of the Emergency Departments at TSH, was in the thick of it 10 years ago.

“Our initial patient was admitted on March 7 and by March 15, we were seeing many incidents of respiratory difficulties,” Louise recalls. “The staff were anxious as we appeared to be dealing with the unknown, and some of those who had to care for these patients were themselves becoming ill, putting a tremendous amount of stress on the staff.”

An isolation unit for TSH staff who showed signs of infection was created at West Park Healthcare Centre.

“It was heartbreaking for me to see some of our staff leave work and being sent to West Park, but it was also outstanding to see their colleagues go to West Park to help with their care and to visit. What great teamwork; what fantastic support!”

For nurse educator Nazira Habib, the one defining moment forever etched in her memory was the look on the faces of the staff who were admitted to West Park.

“Two of us had been called in to care for six staff who were admitted overnight, and as we assessed them, they each had this look of fear, uncertainty and anxiety on their faces,” Nazira says. “At the time, we did not know who was there; just that they were staff.

As I entered the first room, I recognized one of them and I was speechless. I was wearing a mask, so our initial communication was with our eyes. We nodded to each other, and I remember at that moment thinking, this could be me in that bed. I became afraid for me and for her. But I realized I was there to take care of her; she was part of my family and she needed me to be strong.

“From then on, things just started to make sense and those who came afterwards to assist at West Park just knew we needed to be there regardless of the unknown.”

Critical Care RN Susan Brickell was quarantined four times at home and at work for the better part of six months. She shares one of the most poignant moments of her experience during the SARS outbreak, which had dominated the news for weeks, creating widespread panic in the Toronto area.

“I was watching the news with my daughter, who was nine years old at the time, and she turned to me and



Two volunteers who were present during SARS light candles at the 10th Anniversary Memorial Service on March 22.

said, ‘Mommy, are you going to die?’” Susan says. “She knew I worked at the SARS hospital, she knew I was a RN, she knew I would go in to take care of the patients and colleagues. I had gone to her school to inform the staff of the situation so they could watch for symptoms.

“This was the moment I realized I needed to turn off the TV and all other communication coming into the house and spend time with my family without the outside interference. It still sends shivers down my spine when I realize how difficult that was on my family; what effect this all had on a nine-year old so that she would actually ask her mother if she was going to die.”

Cardiologist Dr. Sherryn Roth was Chief of Medicine at the General campus at the time, and recalls how frightening SARS was to staff and physicians.

“We did not have a sufficient number of infection control consultants or sufficient infection control procedures in place, which was typical of most

hospitals at the time,” Dr. Roth says. “Ten years later, we have infection control nurses, resources available at our fingertips, procedures to follow. Someone comes in with a fever or cough today is immediately isolated until they are cleared. We are more wary now, and better prepared to deal with a virus like SARS.”

Dr. Roth also remembers that while SARS strengthened TSH, with everyone working towards a goal and helping each other, it was also a very isolating time.

“We had to wear heavy masks, gowns, gloves all the time. It was very hard on us physically, emotionally. We were isolated from each other; we couldn’t sit down and have lunch together and share experiences,” she says. “People also felt isolated from their families and friends. The only form of communication was by telephone. It was a very frightening time.

“Because of SARS, I think we’re a lot smarter. We work harder to minimize the risk of it happening again.”

## INTERPROFESSIONAL SUPPORT IMPORTANT IN CHRONIC DISEASE MANAGEMENT

When Craig Lindsay was diagnosed with chronic kidney disease, he was determined to take initiative in self-managing his illness, and credits the Nephrology team at The Scarborough Hospital for their support.

Craig was one of several speakers at an event held at the hospital on March 14 in recognition of World Kidney Day.

“I knew that if I wanted to be successful in managing my illness, I had to be informed,” said Craig. “The team was very informative and made sure supports were in place to help me at every stage.”

Scarborough has a high prevalence of residents with diabetes and high blood pressure – two of the main causes of kidney disease. Helping patients to become partners in their healthcare is an important factor in, not only managing, but preventing the progression of illness to the point where they never need dialysis.

“In the past we tried to help patients receive dialysis for treatment, and today we work to prevent them from needing it,” said Dr. Paul Tam, Medical Director of the hospital’s Regional Nephrology Program. “We also now realize that this kind of illness can be a life changing experience, which is why we use a team approach including doctors, nurses, pharmacists, social workers and dietitians.”

He added that it’s the interprofessional care that really drives the success of the Nephrology program, which is one of the

largest in North America serving more than 6,000 patients.

For those patients who do require dialysis, a major achievement is the patient choice of home dialysis as an option for therapy, which empowers patients to take charge of their care and allows for greater independence in their every day lives.

“In Ontario, we are seeing home peritoneal dialysis decrease, but in our program it is being maintained,” said Ethel Doyle, Patient Care Director of the hospital’s Regional Nephrology Program. “This means that we are starting new patients at an equal rate as patients are coming off. Most programs have a higher rate of patients coming off of peritoneal dialysis than those newly starting. This is true collaboration between care providers and patients, and highlights the importance of how we are educating and empowering our patients.”

Another example of success within an interprofessional team approach is the new Centre for Complex Diabetes Care (CCDC) program provided in partnership with the CE LHIN’s Community Care Access Centre (CCAC), The Scarborough Hospital, Lakeridge Health and Peterborough Regional Health Centre.

The CCDC program sites are staffed by a specialized team of case managers, nurses, nurse practitioners, doctors, social workers, pharmacists and registered dietitians to help patients manage their complex diabetes care

needs through individualized support.

The program provides individuals living with complex diabetes a single point of access to specialized interprofessional teams. It serves as a model that provides holistic care to those individuals experience diabetes.

Garth Clarke has been receiving care for his diabetes at TSH since 2010. He was referred to the CCDC in September, and he has gone from managing his disease on “autopilot” to taking charge of his health.

“It’s great because they fashion everything to your unique needs,” he says. “I’m feeling much better and things are looking better.”

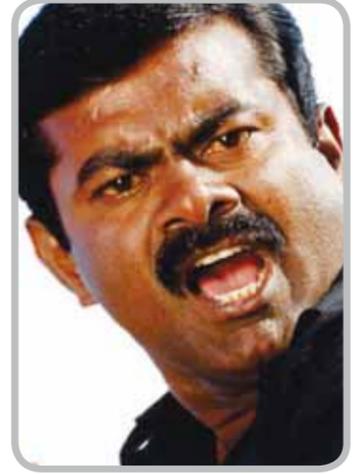
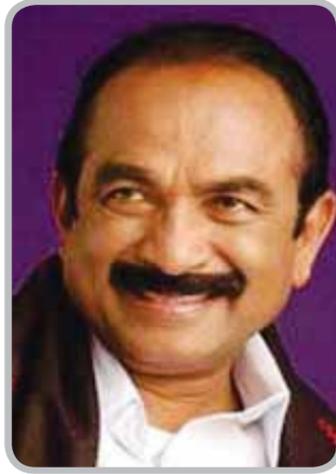
And Garth isn’t the only patient feeling better as a result of the support and interprofessional care provided by TSH’s Chronic Disease Management program.

At the World Kidney Event, Craig shared how his quality of life has improved.

“My health is better, my mood is better,” he said. “It’s a better life for me and my family.”

Craig Lindsay and his son attended a World Kidney Day event at The Scarborough Hospital where Craig spoke to the importance of patients partnering with their healthcare team to optimize disease management.





- 1988 Broomall, PA **July 01 - 03**
- 1989 Washington, DC **June 30 - July 02**
- 1990 Staten Island, NY **July 06 - 08**
- 1991 Hoffman Estates, IL **July 05 - 07**
- 1992 College Park, MD **July 03 - 05**
- 1993 Kenosha, WI **July 02 - 04**
- 1994 Somerset, NJ **July 01 - 03**
- 1995 Toledo, OH **June 30 - July 02**
- 1996 Stamford, CT **July 05 - 07**
- 1997 Pittsburgh, PA **July 04 - 06**
- 1998 Edwardsville, IL **July 03 - 05**
- 1999 Atlantic City, NJ **July 02 - 04**
- 2000 Tampa, FL **June 30 - July 02**
- 2001 Southfield, MI **July 06 - 08**
- 2002 University Park, IL **July 05 - 07**
- 2003 Trenton, NJ **July 04 - 06**
- 2004 Baltimore, MD **July 02 - 04**
- 2005 Dallas, TX **July 01 - 03**
- 2006 New York, NY **Jun 30 - July 02**
- 2007 Raleigh, NC **July 06 - 08**
- 2008 Orlando, FL **July 04 - 06**
- 2009 Atlanta, GA **July 03 - 05**
- 2010 Waterbury, CT **July 02 - 04**
- 2011 Charleston, SC **July 01 - 03**
- 2012 Baltimore, MD **July 06 - 08**



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# Sadhguru speaks about ojas - a nonphysical energy which “lubricates” our passage through existence, so that “life happens effortlessly.”



Sadhguru: The three main processes which must happen to keep the physical body going are respiration, ingestion, and excretion. Even if you have no thought and no emotion, you can still go on. But respiration, ingestion, and excretion must happen to keep the physical body going. All these three things are mainly assisting in converting one form of physical matter into another. For example, agriculture means you make mud into food. Digestion means you make food into flesh and shit.

These are all different process where you are converting one form of physical existence into another. You eat a carrot; you make it into a human being. Tremendous job, isn't it? Eating is not a simple thing. You eat a simple vegetable and transform it into a human being. If it goes by the evolutionary scale, it must take ten million years. In one afternoon, you are doing it. It is not a small phenomenon. Without understanding the significance and the miracle of what you are doing, you are going on.

If you understand and if you really experience the miracle, that you are converting simple things like water and food into a human possibility – it is a tremendous job that you are doing. So converting one form of physical existence into another is a natural process which is always happening in you. This is nature.

If you go by the laws of physical nature, then naturally, self-preservation is the main instinct and the main process. All these three things – respiration, ingestion, excretion – are also connected with self-preservation. If self-preservation is happening well, then the next immediate thing that the physical existence demands is procreation. But that is also self-preservation – preservation of the race. So, even procreation can be termed a secondary level of self-preservation. So, the physical knows only self-preservation

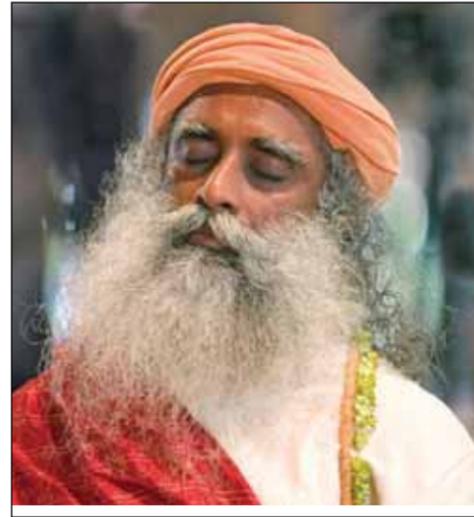
– and that's good. If the physical did not have any sense of self-preservation, you wouldn't exist.

## Beyond Boundaries

Now you want to cater to a higher dimension within you. There is another part of nature in you which wants to expand, which wants to become something else, which is not willing to settle for the limited. It wants to become boundless. The boundary is always of the physical. Physical means always between two boundaries, isn't it? Nonphysical means no boundaries. So moving from the physical to the nonphysical also means moving from the bound to the boundless. To move from bound to boundless, you don't have a vehicle. Right now all that you have is physical. So you are trying to create a vehicle for yourself which is non-physical, but can still retain a certain form. Ojas is that dimension where you generate a nonphysical energy, but still it has its own individual form. So that is used as a vehicle.

If you create sufficient ojas around you, your passage in this existence will be well lubricated. You will see life happens effortlessly for you. Wherever you go, you move smoothly. So much turmoil may be happening around you, everybody is going through turmoil, but somehow your passage is always clear. You keep going. Once you are like this, you can take violent risks in your life, you know? Recklessly, you can live. At least other people think you are reckless, but you know where you are going so there is no hassle about it. You can live in such a way that other people think you are superhuman, simply because you have well-rounded ojas hanging around you. Your passage is well lubricated in the existence.

In the Far Eastern cultures, an enlightened being is referred to as an “enso.” An enso means a circle. Why they are referring to him as a circle is, a circle



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)

is the shape of least resistance. Why are your car wheels or motorcycle wheels circular, not a rectangle or a triangle? Can you imagine how you would ride on square wheels? Why they are circular is because a circle is the shape of least resistance. Any moving part anywhere is a circle because it's of least resistance. So if you create sufficient ojas around you, you become circular in your existence, you become circular, so that your passage is with least resistance through the existence. Ojas creates this possibility.

**Sadhguru speaks about the subtlety of the spiritual path, and explains why some people may experience frustration in their quest for the Ultimate. He tells us how one can pursue spirituality without creating unnecessary difficulties for oneself.**

Sadhguru: Spirituality is not difficult. It is just that there is a certain subtleness to it that people are unable to get. The hopelessness of it is that the very effort that you make to dissolve, is also karma. You will not grow unless you create a desire, “I want to grow, I want to reach this.” At the same time, if the desire goes on, that itself is karma – it goes on creating new karma.

However, if you can reach a state where you handle life with great involvement and intensity, and still don't care a hoot about it, then it's very easy. You must be deeply involved, you must do things like your life depends on it, but actually it should not matter at all. Whatever you do, it must be just the way the situation demands; nothing more, nothing less. The moment it matters to you, you become a vested interest. Whether it is for satisfaction, happiness, money, or because you want to go to heaven, the moment you do it with some purpose behind it, you become a vested interest. The moment you become a vested interest, there is no spirituality in you.

People talk about, “Don't expect the fruit of the action,” and they misinterpret it as, “The result does not matter.” The result does matter. When we do something, we do it so that it works, isn't it? When you perform some action, you think about it and constantly apply yourself so that it works. It is just that it personally does not matter. You neither gain nor do you lose from it. You do it if the situation needs it. If it is not necessary, you just roll back everything and sit quietly. Once

you have this freedom within you, then, karma becomes a conscious thing.

If you have to know a very deep sense of involvement with something that does not mean anything to you, it can happen only when there is no fear of entanglement. For this to happen, either you must be crazy, or you must be drunk with blissfulness, or you must have fallen so in love with somebody that nothing matters. Without one of these three qualities, it is difficult to do something with great intensity and still not be bothered about what it is.

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](http://www.InnerEngineering.com)

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# Resurrection and the Resurgence of the Human Soul

J.J. Aputharajah

Resurrection is the fulcrum of the Christian faith. Jesus rose from death on the third day fulfilling the prophecies. He is the only human being to have triumphed over death. Hence he is reckoned as the greatest human being who has lived in the earth and influenced its history. Death is the main destroyer of humans and Jesus is the only person who faced death and reverted to life again. The resurrection is the foundation of the Christian system. If there is no resurrection there would have been no Christianity. The event of the resurrection is a historical fact. Professor Thomas Arnold of the University of Rugby said that the resurrection of Jesus from the dead is the best attested fact in human history. Jesus stands out prominently as the greatest figure in human history and his influence on the history of the world is matchless. Christians refer to the period of Jesus' death, and his resurrection as the 'Easter' season. It refers to the Jewish festival of the pass-over which signifies the saving power of the blood of Christ, reminiscent of the happenings in Egypt when the Israelites were saved by the blood of the lamb painted on their doors.

The resurrection is the proof for the divinity of Christ. He was able to overcome death and also bring back several others to life during his ministry. He was able to command the natural elements and heal the sick and the suffering. He was God and man in one and demonstrated to others the way of living a holy life. He overcame his temptations and lived a victorious life; thus demonstrating to us how we should live our lives. That is why even after more than two thousand years after his birth, he is still the most influential man on earth. His message of salvation is taken to the nook and corners of the world and many have laid down their life and work for his cause. More books written and buildings are built to propagate his teachings and humanitarian enterprises than for any other man or faith.

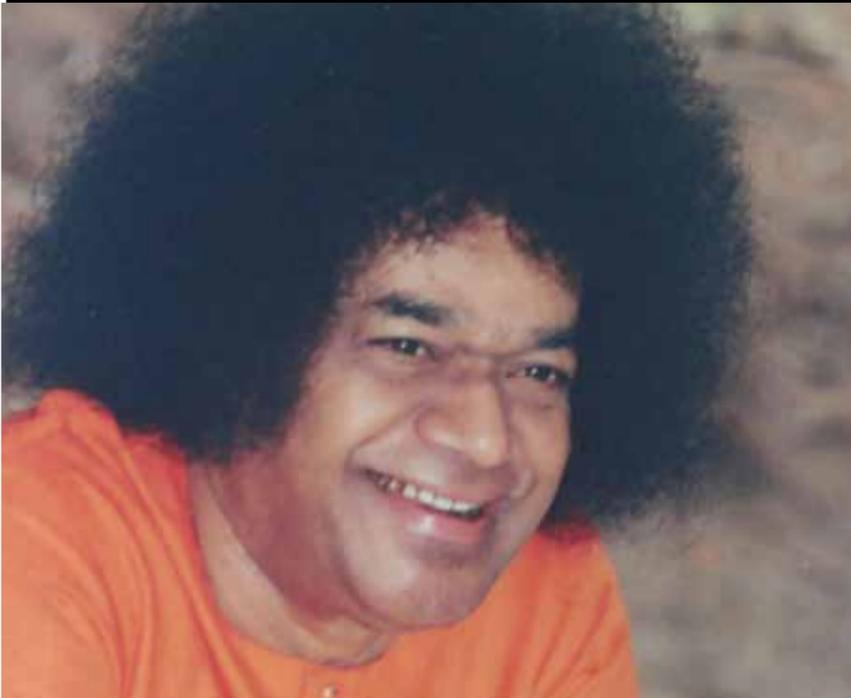
Jesus' resurrection shows that we can be forgiven from our sins. The weight of sins lay heavily on persons who have committed them. It makes them to feel helpless and lead a life without peace of mind. The frustration makes them to indulge in sin more and more. Jesus proved to the world that a man can attain peace of mind and happiness by the resurrection of his soul from the guilt of sin. The love of God works wonderfully to cleanse us from the iniquities of sin. Many have found deliverance from the shackles of sin after hearing the wonderful story of Jesus' life and his resurrection from the dead. His story is still effective in changing the life of sinners throughout the world. His message of redemption is taken to the needy in all parts of the world. The Canadian evangelical organizations, like many others, have been sending men and material to make real the command of the saviour who said-'go ye into the world to spread the tidings of great joy.' St. Paul

asserted: 'If Christ hath not been raised our faith is vain: ye are yet in your sins'(1 Corinthians 15: 17. When we live according to the world of God, we are released from the burden of sin and we will be on the way to attain everlasting happiness. 'He lives!, He lives! Christ Jesus Lives today!'

The episode of the resurrection reveals to us that the kingdom of God is ruled by a living sovereign. Jesus preached that the kingdom of God abides in us. When we are conscious of God dwelling in us, we remember to his constant prompting us to lead a blemish-less life. His presence in our being is a great boon to our spirits and an impetus for our victorious living. We will be shielded from all harm and disasters. Jesus appeared before John on the island of Patmos after sixty years of his death and said: 'I am the first and the last, and the Living one, and I was dead, and behold, I am alive for evermore'. He is ever present with us to prompt and guide us. We should constantly pray and keep in continuous touch with him, lest we go astray. Our souls are perpetually rejuvenated by the Holy Spirit that impels us to do the correct thing at all times. And that indeed is the resurgence! - rekindled by the ever-present God in us.

Jesus' resurrection gives a new dimension to human lives. It proves that death is not the termination of human existence. Jesus rose from death and gained the power to bring back to life all those who accepted him as their saviour. Every person who lived loyal to his teachings can die with the hope that he or she will rise again and live with him for ever. This is the glorious promise emanated by the victorious Christ of the resurrection. Human beings are prone to consider them as helpless and worthless if they are made to believe that there is no life after death. Jesus made it clear by his triumph over death that there is no end to the soul of man and that he will be resuscitated. He has the power to reanimate the human body and enable the human beings to live for ever. Eternal life is possible through the death and resurrection of Jesus Christ.

Jesus' resurrection also proved that that the risen saviour will lead Christians to victory over all their enemies. Sin or Satan will have no power over them. Jesus is symbolised as the lamb that was slain so that we could have abundant lives. We are able to overcome all our calamities through the Lamb of God's sacrifice and victory over death. Death, the fundamental human weakness was overcome by the Lord Jesus Christ who brought security and happiness to homo-sapiens who are ensured the hope of eternal life. Resurrection is the remembrance of the victory of Jesus over all human frailties. It is the culmination of all human endeavours of living true to the teachings of Jesus. The victorious Jesus assures us the resurgence of our souls which helps us to live victoriously and enjoy everlasting happiness!



By C. Kamalaharan

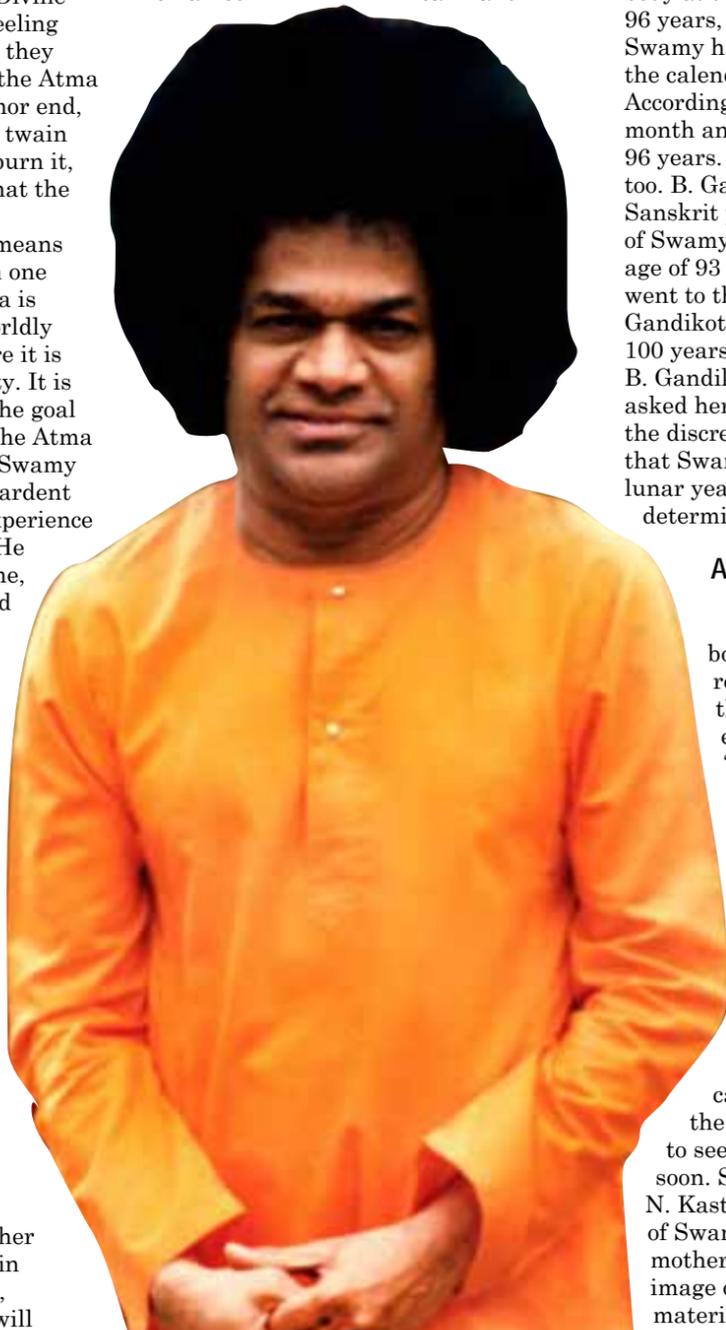
Who am I? From where did I come? Where am I heading towards? These are the questions for which credible answers could not be found. When we were students or rather youths, we never thought of these mysteries. It is only when we reach the evening of our lives we are bound to find out these mysteries as the inevitable moment approaches and fear grips us. Various views have been expressed about these mysteries and none of them have authentic proofs. It was Swamy who threw light on these mysteries, as He repeatedly referred to them, through His discourses on the Atmic Principle. Accordingly everyone should firmly believe that he/she is the Atma, the Embodiment of the Divine Self. They should cast off the feeling that they are the body, instead they should be aware that they are the Atma that knows neither beginning nor end, that the Atma cannot be cut in twain by the sword, that fire cannot burn it, that water cannot wet it and that the wind cannot dry it.

Death according to Swamy means that the Atma has shifted from one body to another. Thus the Atma is not subjected to material or worldly limitations or law. By its nature it is free. It is unbounded. It is purity. It is holiness. It is fullness. Hence the goal of life is the understanding of the Atma and attaining oneness with it. Swamy further reminded that only an ardent devotee can understand and experience the bliss of oneness with God. He has the conviction, "God is in me, with me, around me and behind me. When one thinks on these lines, he becomes Divine. He will never entertain that he is separate from God." Adding further Swamy said that only a few who know their end is drawing near, will utilize the time, in seeking to realize the vision of God. Such a yearning can arise in the mind as a consequence of favourable balance of merit acquired in many lives, it will not arise all of a sudden. And only those equipped with divine virtues have an eagerness to do good acts, have good thoughts, have faith in God, love and compassion towards all beings. To them alone thoughts to do sanctifying deeds will emerge during the last days. On the other hand those who are immersed in selfishness, egoism, greed, vice, violence and unrighteousness will

suffer from evil urges during their last days and destroy themselves. Therefore there is no need to fear death and believe in the myth that 'Yaman' will come, noose and take you away. 'Yaman' is only a symbolic reference. Swamy has posed the question in a lighter vein, during one of His discourses, "where has 'Yaman' set up his rope factory, to prepare the noose to take the lives?" Swamy explained further, "your ego and attachment are verily the noose which holds your neck tightly and causes your death."

#### Swamy leaving His physical body

Swamy aware that His presence in the physical body is coming to a close, remained calm and



maintained a balanced posture. In accordance to the vagaries of life, He remained in hospital, underwent treatment and on the 24th April left His physical body, sending shock waves throughout the world. During earlier Dharsans Swamy's palms were in the position of 'abhaya' while blessing. But during His last Dharsan on the 25th of March, 2011 after taking 'Aarthi' Swamy folded His palms together and blessed the devotees as if bidding goodbye. Never had He folded His palms in such a posture.

#### Swamy's physical age

Many devotees were disappointed and perplexed when Swamy left His physical body at the age of 85 years, instead of 96 years, as mentioned by Him earlier. Swamy had taken the lunar and not the calendar years in His calculations. Accordingly there are 27 days in a lunar month and when calculated it works to 96 years. Swamy had done this earlier too. B. Gandikota Swamy, a famed Sanskrit pandit and a staunch devotee of Swamy left his physical body at the age of 93 years. On hearing, Swamy went to their flat and said that B. Gandikota Swamy had already reached 100 years at the time of his death. When B. Gandikota's granddaughter, Aryama asked her father, Subha Rao about the discrepancy in the age, he replied that Swamy uses traditional Indian lunar years, based on lunar months in determining a person's life span.

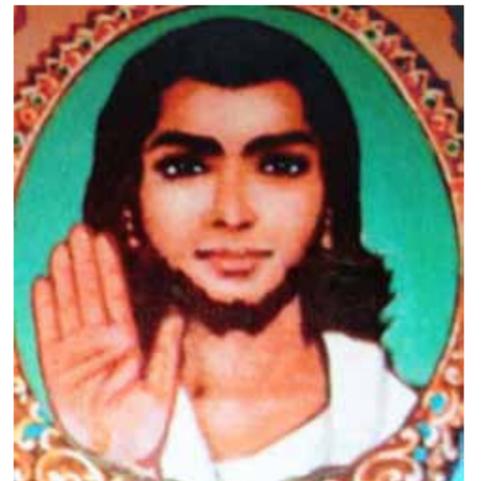
#### Advent of Prema Sai Baba

Before He left His physical body Shridi Sai Baba had reportedly told His followers that He would be re-born after eight years. Accordingly on a 'Vijayathasamy' day in 1918 He left His mortal frame and re-born in 1926 to coincide with the advent of Swamy. And Swamy had revealed that He after leaving His physical body would be re-born as Prema Sai Baba that too after eight years at Gunaparthi, a village in Mandya district of Karnataka. If He had calculated this also according to the lunar calendar, we will be able to see the advent of Prema Sai Baba soon. Swamy also revealed that Prof. N. Kasturi, the official biographer of Swamy will be Prema Sai Baba's mother. To present to the world the image of Prema Sai Baba, Swamy had materialized a ring with a photo of

Prema Sai Baba and given it to Dr. John Hislop.

Swamy's mission on earth was mainly to enable humanity to realize its inherent Divinity. But it's a tragedy that instead of valuing the chance and utilizing it some people fritter their years and leave the world without attaining the goal. It is also a pity that after Swamy had left His physical body some have left the organization. Swamy had gone nowhere. He is with us as His presence is felt at Prashanthi Nilayam, at various Sai Centres and at devotees homes all over the globe. He has not reduced His protective role in any manner. He is now more powerful and omnipresent to guide us and answer all our prayers as before. As devotees our duty is to be part of His Divine play, without questioning it and become subdued to whatever He had laid for us and whatever He lays for us in future.

Everyone must make their exit someday-that moment should not be one of anguish, one must depart with a smile and a bow. In order to accomplish that, a lot of preparation is necessary. Leaving all that has been accomplished



and accumulated during a long lifetime is a very hard task. So prepare for it from now, by discarding attachment to one thing after another. You see many things in your dream, and you even acquire power and position. When you awaken, you do not cry over the loss of those, even though they were real and gave you real joy and satisfaction during your dream. You tell yourself, "It's just a dream" and move on with life! What prevents you from treating with similar nonchalance, all the possessions you gather during your waking state? Cultivate that attitude and depart with a smile, when the curtain is drawn!

*Swamy's Divine Discourse, Aug 1, 1956*



## WORDS OF PEACE

# The Missing Peace

Sometimes life can seem like an enigma, a puzzle that has no solution. Maybe, says Maharaji, that's because something essential is missing. Maharaji has dedicated his life to helping people find that missing element and fulfill their potential as human beings.

Recently, addressing a large audience, Maharaji began with a joke.

"A man is standing on the side of the street watching two other guys," he said. "He can't believe what he sees, because one is digging a hole, and the other one is filling that hole right behind him. They keep going down the street. One digs a hole; the other fills it.

"After a while, the man watching them can't take it anymore. He goes over to them and says, 'What are you doing?'

"I understand it looks really odd," the man doing the digging says, 'but the fact is that we are a team of three. I dig the

hole, another guy plants the tree, and the third guy fills the hole. Today, the guy who plants the tree called in sick. So we're just continuing without him.'

"Why did I tell that joke? Because there is a quintessential element, and if that element is not present, then whatever we're doing in our lives can be a bit like that joke."

That quintessential element, Maharaji says, is peace.

"Whatever we do in our lives is not the issue," he says. "What is the issue? It's whether we have peace in our lives. If we don't have it, then the essential ingredient is missing.

"Life is not about telephones; it's not about cell phones. It is not about going to the moon; it's not about space exploration. It's not about the economy; it's not about politics. It's not about all the things that people get into. The question really

is this—do you, as a human being who is here for a limited period of time, have peace in your life?"

To some people, Maharaji says, the idea of finding peace in their lives is boring. They want to hear some good news, something that favors them. Maybe they will get a promotion or find a better job.

Peace, Maharaji reminds people, is all good news, because something wonderful has favored you.

"When I say that you are being favored," he says, "I am saying that you are alive. That makes you, regardless of circumstances, a success, not a failure. As long as you are alive, you must understand your need for peace. Without it, empty-handed you came into this world, and empty-handed you are going to go."

Peace, he says, is very poorly understood.

"When I talk to people about peace,



they often don't know what I'm really talking about," Maharaji says. "Some people say, 'Oh, he means world peace.' Then they add, 'It's never going to happen.'

"What they're saying is that some unidentified entity—the world—needs peace, not them. On top of that, to make matters worse, they say, 'It cannot happen, because there's too much greed. There are too many problems.'

"I say that it's not the world that needs peace. It is we, as individuals, who need peace—and where is it? The peace that you are looking for, the joy that you are looking for, the simplicity that you are looking for, the understanding that you are looking for—it doesn't matter what you call it—is already inside of you. All your questions have an answer; and the answer is inside of you. Find it.

"What do I do? I can make possible an experience of peace within. It is possible. I've been doing it for a long time. These are not just words; I stand behind my words. It's possible to have peace in this life. You carry peace within you every day. To know that peace, to feel that peace, will fill your heart with gratitude, with thankfulness for being alive. That's reality."

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# NEW POPE, NEW CHALLENGES

*“Jesus teaches us another way .Go out and shares your testimony. Go out and interact with your brothers. Go out and share .Go out and ask .Become the Word in body as well as spirit’ -Pope Francis*

‘Brothers and Sisters Please pray for me’.

With that humble plea, Pope Francis elected last month threw open the doors to what Roman Catholics the world over earnestly hope will be an era of spiritual renewal after a turbulent season of crisis and soul-searching. Shaken to the core by scandals and divisions, the church needs dynamic New World leadership, a healing touch, a sense of humility and institutional reforms

Calling himself ‘a man chosen from the end of the world’ soon after being elected on March 13th, the Pope’s first instinct was prayer. He led the vast crowd gathered in Vatican’ St. Peter’s Square, in reciting Catholicism’s best loved prayers and before he blessed the awe struck faithful, he asked them to bless him with their own prayers.

If that reflex to reach out proves to be the hallmark of his pontificate, the church will be better for it.

The election of first non European Pope in more than a thousand years Pope Francis – as Cardinal Jorge Mario Bergoglio was Archbishop of Buenos Aires in Argentina - was a surprise to many, since he was not on the short list of favourites. The newly elected pope was known as an austere, doctrinally conservative prince of the church whose face was familiar in the slums that ring the capital. He led a simple life, choosing to forgo all the luxuries available to a cardinal.

Last year he famously upbraided fellow priests for forgetting that Jesus Christ bathed lepers and ate with prostitutes.” Jesus teaches us another way .Go out and shares your testimony. Go out and interact with your brothers. Go out and share .Go out and ask .Become the Word in body as well as spirit’ he said and earned their respect leading them by his own exemplary way of life.

A Jesuit from an order famed for its brilliance and discipline, the newly elected pontiff brings both pastoral and managerial experience to the job. Pope Francis is not a Vatican insider. At 76, he is well past the retirement age but yet he brings fresh experience from Latin America, home to Catholicism’s largest congregation.

There is already much talk of Catholicism’s

“shrinking brand” and turmoil within the top hierarchy of the Church. Yet the Pope presides over a community of believers that after 200 years keeps on growing. The faithful now number 1.2 billion up from 700 million when Pope John Paul was elected. Even up the beleaguered watch of Benedict XVI, amid the horrors of clerical abuse scandals, the number of Catholics steadily grow. That does not mean all is well within the Catholic Church.

There are so many issues to be addressed and the concerns of so many Catholics taken into considerations. Just continuing the century old traditions without courageously facing the various problems that have been cropping up during the past decades, may still result in the numbers of Catholics grow in proportion to the growing global population. Yet if the faithful are to have a high level of faith, their trust must be earned by making at least some reforms.

What is Pope’s first challenge? An African Cardinal, John Onaiyekan of Abuja, Nigeria, put it with profound simplicity “It is to project the message of Jesus to our people: in a language that the 21st century can understand. That means preaching the Christian gospel whole and uncut to a world where many are “moving away from Christian values” as John Paul once lamented,“ and even losing memory of them.

Pope Francis will no doubt aim to rouse faithful Catholics to rediscover” the joy that comes from putting Christ at the centre of your lives“, as his predecessor Pope Benedict put it in his final tweet. He must bridge the church’s conservative/liberal divided. He needs to reach out to those in the North America and Europe who has fallen away. He needs to shepherd the church’s rapid growth in Africa and Asia. It is a daunting task and he needs the help of those serving as his advisors. It is possible the Cardinals chose the new pope bearing in mind that they need to bring an outsider in order to implement at least some changes.

Many Catholics hope that newly elected Pope proves more open than his predecessors to reassessing aspects of church discipline, if not the dogma. Many would welcome a broadening of the restricted role women play in church affairs, and a rethinking of priestly celibacy and attitudes towards divorce and contraception. In addition certainly , many will welcome a pope whose heart goes towards the poor and marginalized and the present pope is the best choice in this regard, since he has had years of experience in serving the poor in the slums of Buenos Aires, opting to forego the luxuries available to the cardinals.

It is traditionally believed that the Holy Spirit guides the cardinals in electing the Pope and the world Catholics hopes that the new pope will continue to receive divine guidance in facing the multitude of problems facing the Catholic Church.

Pop Francis inherits the corrosive clerical abuse scandal that has sapped the church’s moral authority .As he did with the victims of Argentina’s junta, he must ask forgiveness for the church’s failings, use the power of papacy to heal wounds and hold errant prelates to account. What has been done is done the damage done cannot be reversed. Instead of just blaming the failings of the clergy, the pope should address the root of the problem and certainly it is not going to be an easy task. Yet one can certainly hope that this pope will introduce at least some of the expected reforms so that a new era may begin sooner than later. In fact it is an urgent requirement if the Catholic religion is to grow.

If the new Pontiff embarks on a reform course , he will find broad support in the Church throughout ,Europe, Latin America – all over .The new Pope is no progressive .However he is a strong voice for social justice calling the unequal distribution of wealth “a social sin that cries out to heaven.” That is music to the ears of Catholic Reformers who believe the centralization of power in the Vatican during the past three decades has created a hierarchy that is out of touch with the poor and dismissive of social activism.

And for the wide non – catholic world, Pope Francis should aspire to be the champion that John Paul was of freedom of religion, religious tolerance, human dignity and Peace. Faith can work marvels in a broken world.

The world has a Pope who believes in the power of prayer and he expressed it openly moments after being elected. As Alfred Tennyson the English Poet said “More things are wrought by prayer than these world dreams of” and in time to come many expect at least some reforms to be implemented so that the church may grow stronger under divine guidance.



By: Raymond Rajabalan



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**Protest against brutal killing of 12 year old Balachandran Prabakaran**

Several Protests have been taking place in the Chennai, Tamil Nadu over the past few weeks that first began with student lead awareness campaigns calling the Government of India to act against Sri Lanka. Picture shows a protest at Madras High Court premises in Chennai. The pictures and news on the brutal killing of 12 year Balachandran Prabakaran touched off the wave of protests, reports the press in India (PTI)

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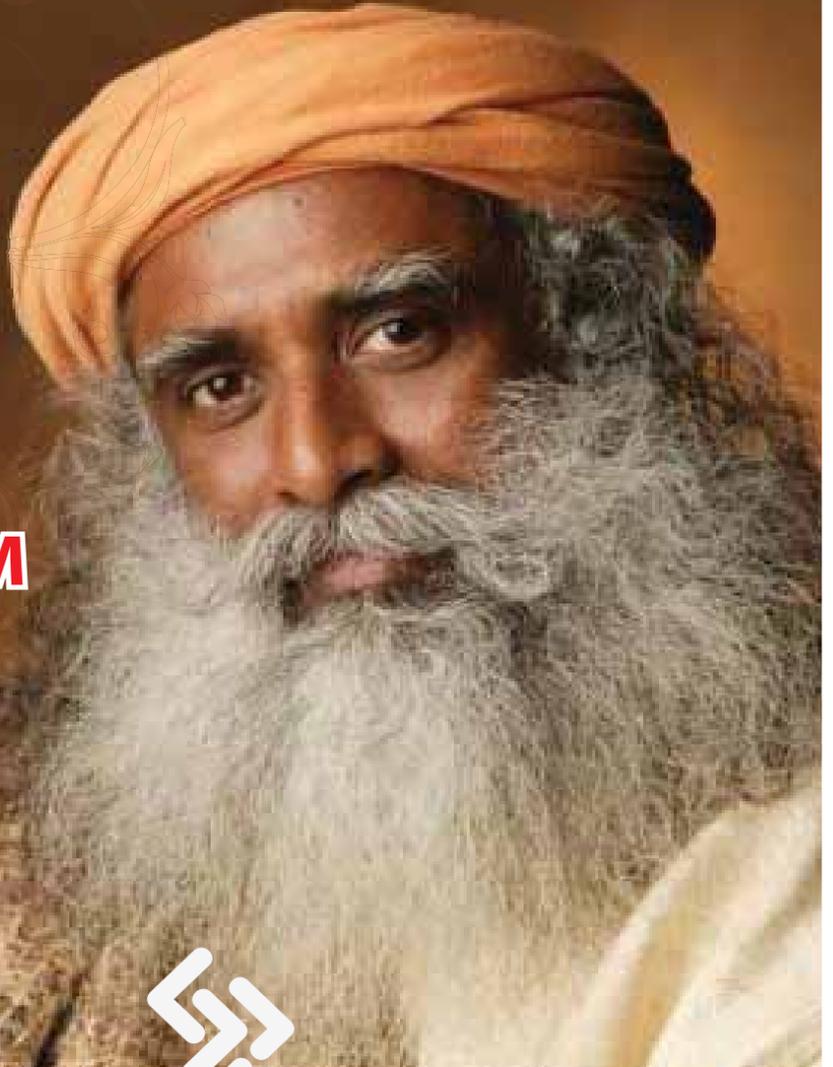
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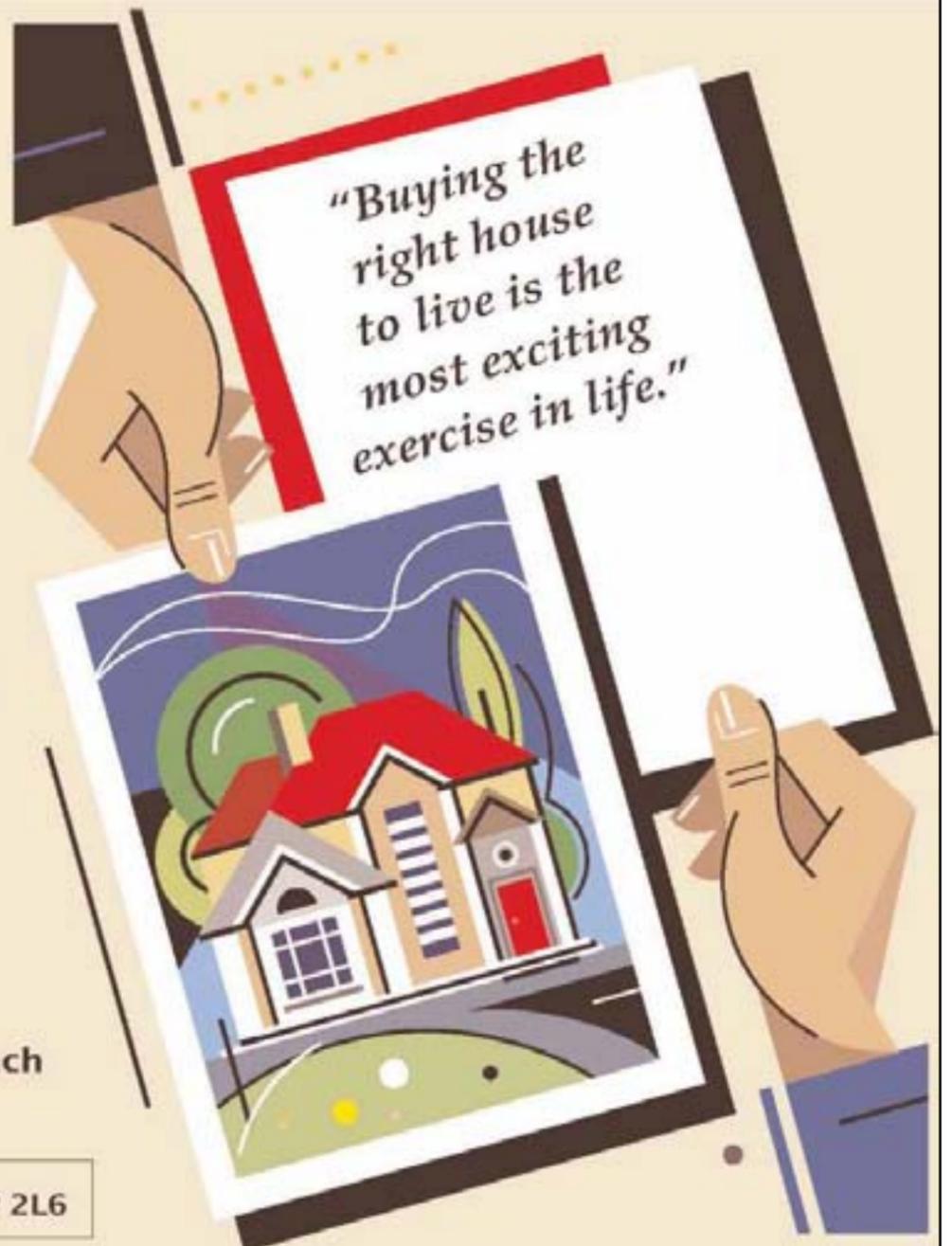
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## Special Feature

It is a pleasure to note the purpose of this symposium. Peace is the need of the hour all over the world. This effort by Ahmadiyya Muslim Community is very commendable and it is my honor to address you in this forum on the topic of Hinduism and Peace.

People desire peace. Whenever there is conflict and violence in a community or a nation or nations, frantic search for ways and means of achieving peace and bringing an end to the violence begins.

But often we fail to ask ourselves questions like –What is this peace? From where does it come? What is the cause of violence?

Hinduism strongly believes in the fact that outer peace is a manifestation and sum total of inner peace of every individual. This peace can't be bought or

and revolutions, all of them fought in the name of peace.

The only peace that we seem to know today is in the exhausting, fatiguing and demoralizing pause between two wars. None of the wars and revolutions have succeeded in discovering a perfect and peaceful system of government where people could live in contentment and happiness which is their birthright.

From time immemorial great thinkers and philosophers have come up with various scientific, social, political and economic theories, philosophies and systems all aimed at rearranging the world outside for the sake of mankind to live peacefully and happily. Though some of them - if not all - did benefit the mankind in some form or fashion, none of them have delivered everlasting peace

by **Brahmachari Darshan Chaitanya**  
- Resident Acharya, Chinmaya Mission of Sri Lanka

Utopian dream, as long as their attention is directed towards the external world of objects. The solution, which philosophers have offered, lies in the development of the inner personality of man.

Man comes to experience the world through a subtle instrument within him which is constituted of the mind and the intellect. When this instrument, which



Brahmachari Darshan Chaitanya

adopted, to achieve this inner change and transformation.

Every experience in life comprises of three essential factors; namely, the experiencer, the object experienced and the relationship between the two.

The secular scientists developed and beautified the outer field of material objects, while the religious investigators worked in the field of the subject, the experiencer, and prescribed the means of perfecting his inner structure.

It is quite obvious that both the subject and the object will have to be prepared properly to eke out happy experiences in life.

The material world of today has been well designed and made attractive. What we need even more is a planned rehabilitation of the individuals who constitute the society and the nation. This personality reconstruction is the cry of all religions.

# Hinduism and Peace

brought from anywhere or anyone.

Violence is only a symptom. It is an expression of our inability to tolerate the differences. While treating the symptom, a lasting cure for the cause should be sought.

Absence of peace and presence of violence are different symptoms of the same disease. Lack of tolerance, lack of mutual understanding & respect and absence of love are the causes of this disease. Mere absence of violence does not necessarily mean lasting peace.

A community or a nation is constituted of its members. Its strength and happiness depend not only upon the material wealth and environmental circumstances, but preeminently upon the texture and composition of the individuals concerned. It is like a building whose strength depends upon the quality and material of the bricks used.

Stronger the bricks stronger the building. Stronger the individuals stronger the society or nation. Here when we talk about the strength of individuals we are talking more of the inner strength of an individual rather than mere physical or external strength.

The secular plans and scientific achievements of the present era are certainly magnificent and acceptable, but, when applied in practical life, they seem to entomb our peace and happiness. This has been the unrelenting experience of this materialistic civilization. Redemption lies in the happy marriage between the secular and the sacred, between science and religion.

Until now, the scientists who have been sincerely working in the fields of economics, politics and natural resources have failed to establish a scheme of living by which man can enjoy real peace and joy in life. The history of mankind have been a tragic sequence of repeated wars



and harmony which has been the search of the mankind.

When thus, science pants in exhaustion, philosophy and religion come to its rescue. The religious masters tell us that the external pattern of objects can never remain constant for long, in any given scheme formulated by man. The pattern changes continuously.

The world itself is continuously changing in the name of progress. In this flurry of change, the idea of a congenial living formula to maintain equilibrium, as envisaged by the revolutionaries, is a

gains the experiences, is itself defective and in disuse, how can a mere rearrangement and embellishment of the external environment provide any peace or joy in life?

The goal of everlasting happiness can be reached only by revolutionizing the inner personality of man; the mind and the intellect of individuals have to be regulated, disciplined and perfected, so that they may find for themselves an equipoise amidst the vicissitudes of life.

Religion provides in detail, the strategies to be followed and the methods to be

Hinduism strongly believes that inner transformation of individuals is the only and effective cure and it believes in equipping them with the right knowledge and practical means for this transformation.

You may ask how this inner transformation can benefit the mankind and aid in its search for peace and happiness. Let me expand.

We as individuals share this earth with other human beings and other living beings. The galaxies, solar systems, stars, planets and this earth in which we



live are all part of the huge universe. This universe is functioning as a single entity.

For anything which consists of various parts of different nature to function as a single entity there have to be harmony among them. Every part of the universe has to be in harmony with the rest of the Universe. Human beings are no exception to this.

However, free thinking and creativity which are unique characteristics of human beings has led some sections of the humanity to think otherwise for their own convenience. Treating the rest of the universe as a resource waiting to be exploited, and even treating the fellow human beings as expendable are some symptoms of this attitude. Thus, the harmony of the universe is violated. The universe is designed to resist and correct such violations in order to ensure its existence. As such when an individual violates this harmony a conflict with the rest of the universe – i.e. fellow human beings as well as the nature - is created, the peace is lost.

Human beings can't act independent of the world and the universe around them. An individual human being or humanity as a whole has no choice but to recognize this fact and live in harmony.

However, most of the times if not all the times, individuals as well as societies tend to forget or ignore this fact and tend to regard themselves as entirely independent entities.

This attitude brings an individual or a society in conflict with the rest of the world. This attitude leads to the thinking that existence of an individual or a society at any cost, totally disregarding its consequences on the totality. Selfishness, domination, hatred, lack of tolerance are all symptoms of such attitude.

When man assisted by science and development achieves greater control of the external world and doesn't have self control there arises an imbalance. This imbalance has been the evil of the society disrupting peace and harmony among individuals as well as nations. Let me explain – If one has political power to do anything what one pleases and if that is not matched with self-restraint, then one tends to abuse that power to cause harm to the others. Look around, there is no shortage of examples in the world demonstrating this fact.

As such neither an individual nor a society can afford to have this attitude. This is where inner-transformation of individuals become relevant in the context of peace and harmony.

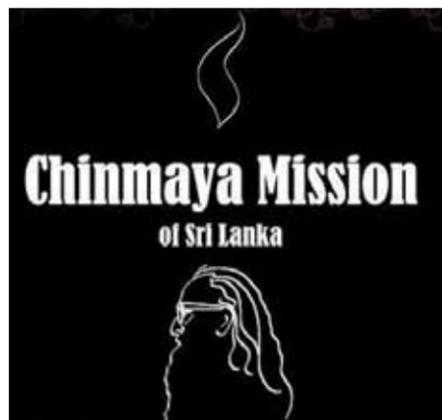
Inner transformation is only possible by knowledge with right perspective, applied thinking based on the right knowledge and the resultant change in behavior of the individuals.

The thinking of the individuals have to change. The individuals have to change. Peace and harmony can never be achieved while fostering conflicts in individual minds. Individual minds cannot be free of conflicts as long there is lack of tolerance and understanding. The toler-

ance and understanding cannot be there if an individual doesn't understand and believe the fact that we human beings are created to cooperate and coexist. As such the leaders of the society – be they political, social, business or religious, have a responsibility to lead the individuals in this inner transformation by promoting this knowledge and right values.

Unfortunately in this era either due to lack of this knowledge or for the sake of power or the combination thereof, most of today's leaders are more focused in creating differences among individuals. It is sad to note that even religious leaders are no exception to this.

All are interested in expanding their own turf at the expense of peace and harmony. More and more systems are being



evolved with the aim of fostering differences and discrimination thus creating distrust and misunderstanding. More and more social, political, economical, geographical and religious divisions are being created.

People are busy building social, political, economical, geographical and religious empires promoting the differences as the virtue of the systems they propagate. This is self defeating and is certainly not in the interest of peace. This suicidal tendency has to be stopped in the interest of the humanity.

When adversity strikes an individual or society for some reason, instead of calling for a war or taking up arms, the energy of the individual's reaction should

be channeled properly so that individual doesn't harm himself as well as the community or the nation. Instead it should be channeled positively. The non-violent movement which was begun by Mahatma Gandhi and followed by the leaders like Rev Dr. Martin Luther King Jr. and Mr. Nelson Mandela is an effective way of channeling the opposition as we have witnessed in the recent past.

It enabled the individuals to look within and transform themselves. It drew the attention of the society and world at large which served as a catalyst for the transformation of the community and the nation.

In keeping with this view of Hinduism we at Chinmaya Mission have a vision – Inner transformation of individuals re-



sulting in a happy world around them. Our mission is to provide to individuals, from any background the wisdom of Vedanta and practical means for spiritual growth and happiness enabling them to become positive contributors to society.

All religions believe in divinity in the individuals. In Hinduism we believe that the "Madatma Sarva Bhutatma - Self in me is the Self in all" thereby leaving no room to hate one another regardless of the disposition of the individuals. If it is not for this fact, loving your neighbor like yourself or regarding everyone as your brothers and sisters is not possible.

Therefore dear brothers and sisters, we as individuals and as well as the leaders in whatever capacity – family, soci-

ety, politics, business, religious etc., have to be the change which we want to see in the community or the nation.

Let us be committed to the transformation of ourselves as individuals and through that transform the community and the nation towards peace.

That was a brief perspective on peace based on Hindu scriptures. With that I would like to end this address on Hinduism and Peace. It was a pleasure addressing you and would like to thank you for listening to me patiently and the organizers for this wonderful opportunity. I also like to take this opportunity to wish success to the organizers in their endeavor towards peace. Further my wishes to all the speakers who have come to address this forum.

May the Lord bless all of us who have gathered here in the name of peace.

Reference: Art of Living authored by Swami Chinmayananda

(Full Text of Address by Brahmachari Darshan Chaitanya on topic: 'Hinduism and Peace' - at Peace Symposium, organized by Ahmadiyya Muslim Jama'at -- Sri Lanka at Taj Samudhra, Colombo on 3rd November 2012.

Brahmachari Darshan Chaitanya. is a monk from Chinmaya Mission. A seeker of the Truth and a disciple of Swami Chinmayananda, he studied Vedanta in India at Sandeepany Sadhanalaya of Chinmaya Mission. He is presently based in Chinmaya Mission of Sri Lanka as the resident acharya. In keeping with the vision of Chinmaya Mission - "Inner transformation of individuals resulting in a happy world around them", he is engaged in sharing of the knowledge culled from the scriptures in the modern context, motivating the adults as well as young adults thereby enabling them to become positive contributors to society.

***Brahmachari Darshan Chaitanya was a successful IT professional well versed in business, management and IT practices prior embarking on the journey in search of the Truth***

## Tamil Nadu Assembly seeks referendum for Tamil Eelam in Sri Lanka

The Tamil Nadu assembly has urged India's central Government to introduce a resolution in the UN seeking a referendum in Sri Lanka to carve out a Tamil Eelam state.

A resolution moved by the house stated that Tamils living in Sri Lanka as well as Tamils of Sri Lankan origin in other countries should participate in the referendum.

The resolution also urged India to stop describing Sri Lanka as a friendly nation and also wanted an international probe on war crimes during the war against the LTTE. The resolution stated that those responsible for the alleged war crimes should be tried before an international court.

The resolution also urged the Indian government to impose economic sanctions on the island nation until the "oppression" on Tamils there was stopped.

Speaking in the house, Tamil Nadu chief minister Jayalithaa Jeyaram referred to the widespread protests by students demanding action against Sri Lanka for killing Tamil civilians in the war against the LTTE.

Jayalitha also insisted that India should stop calling Sri Lanka a friendly nation. "There should be an international probe on the war crimes during the war (against the Tamil Tigers) and people responsible for that should be tried before an international court," she remarked.





## Special Feature

*(Text of Speech made in Parliament of Sri Lanka on 21st March 2013 during debate on the Resettlement Authority Bill)*

By M.A. Sumanthiran MP

Thank you Mr. Deputy Chairman.

The Hon. Minister for External Affairs concluded with a question: 'Is this right? Can we be happy with the way our Motherland is being treated by the United Nations system?' I'd like to suggest that the question – more relevant question and the more serious question is not that. Is this how our Motherland should treat us, who are also citizens of this country? Merely because we are inferior in number that the greater in number should treat us as second class, or worse, third class citizens of this country. If you can answer that question in good conscience as you claimed then most of these issues can be resolved.

olution that the resolution passed on the 23rd of March last year was also worded. Who sponsored those resolutions? When the Resolution is carried today, you'll be surprised to know that countries from all continents have supported this Resolution.

(interruption) The Hon. Minister made an appeal to us not to disturb him when he spoke. After he made that appeal we did not disturb him. He does not have the grace to tell his backbenchers to do the same to us. This is how you treat the minorities in your country. You claim a privilege; you get all upset when you are corrected. We respected you when you spoke and didn't say a word after you appealed to us to remain quiet when you spoke. But you sit there dumbfounded when your backbenchers treat us like this. This is your problem. This is precisely the issue in this country. You think that because we are a numerical minority we don't have a voice? That we cannot



M.A. Sumanthiran MP

# "Why Do You Treat the Tamil People Like This"?

## Asks Sumanthiran MP in The Parliament of Sri Lanka

The Hon. Minister for External Affairs chose to speak in the Queen's English, a language that he is familiar with. He is also equally or more familiar with his own Mother tongue but he chose to speak in English today, a Western language. He is one who has benefited from Western education, even Western scholarship and he chose to cast aspersions on Western civilization.

Counting the number of countries that he said have co-sponsored this Resolution, even in that I'm saddened that he was not up to date. Perhaps his colleague in Geneva does not keep him apprised of what's happening there. He should have been there, not his colleague. He has probably read the newspapers that said 32 countries have co-sponsored the resolution when in fact 43 countries, Hon. Minister, let me set the record straight, 43 countries have co-sponsored the Resolution and your colleague in Geneva is obviously not keeping you updated on what's happening there. You're 2 days late. Obviously you're not getting information. You're reading newspapers and gathering information.

Your complaint about who is sponsoring the Resolution – who sponsored the 2009 resolution in which government of Sri Lanka gave all of these assurances? It is on the 2009 resolution that the Resolution today is worded. It is on the 2009 res-

**"In this instance, If the Inquiry is to be Independent it must necessarily be International"**

speaker? Absolute arrogance...(interruption)

Speaker: Hon. Azwer, please sit down  
M.A. Sumanthiran: You do not know what is happening to your own community. You are a purchased commodity.

Speaker: Hon. Sumanthiran, don't attack him, continue with your subject.

M.A. Sumanthiran: No, he is a purchased commodity.

The amendment that is being moved today is only to extend the validity period of the Resettlement Authority from 6 years to 9 years. The Hon. Minister for External Affairs chose to speak on the Resolution in Geneva rather than on this Bill. I will speak on this Bill first and then deal with some of those matters that he raised as to what is happening in Geneva. Perhaps he has been given the forum there to give vent to his feelings and he has chosen this Parliament, the only forum that has been made available to him, so although not directly relevant he dealt with those matters.

The Minister for Resettlement very correctly answered questions that were posed while he was on his feet, by the Hon. Member for Hambantota from the UNP and revealed many truths. We've had the greatest respect for the Minister for Resettlement. From the time he was appointed to that post, he has chosen, and has always been careful to include us, to consult with us. I remember the very next day he sent a note from there saying that he wanted to have discussions with us, and he has acted in that good spirit. In that spirit he answered truthfully the questions that were posed to him by the Hon. Member for Hambantota. He said that 470 houses have been built by the government in 4 years. Utterly shameful. If that is your resettlement, surely 3 more years is not enough for you. Aren't you ashamed to admit to this House that that is all you can do when there were over 250, 000 houses that were razed to the ground? We have raised this from 2010 – from the mini budget in 2010. What is the government doing about this? We had to appeal to India. India promised 50,000 houses. Only 1000 are in the process of being made.

(interruption)

Minister for Commerce is interfering. Because of his interference and (that of) another cabinet colleague of his from the North even the implementation of the (construction of) houses in the North have been so delayed that the beneficiary



list could not be settled for so long, after four years.

(interruption)

The vote has been carried in Geneva. I'd like to inform the Hon. Minister for External Affairs of the happy news that the resolution has been carried with an overwhelming majority, with only 13 voting against.

(interruption)

The Hon. Minister for Resettlement during his speech conceded that there were some houses that were built down Madu Road in the Mannar district. That is true, 52 houses were built. Now we asked that question – in 2011 October 23rd in this House I placed a report in which we even gave pictures of those houses. I'd like to ask the Minister one question



about that. How many Tamil people have been given houses out of those 52 houses? Not one. Now I don't mind other communities being given houses. I'm not against that. I think other communities – Sinhalese – who lived in the North must come and live. We welcome them to come back and live.

Muslims who were very wrongly chased away from the North must come back and live, and we support that process. In fact my Party Leader has even given it in writing to India, saying that Muslim persons must be given houses in the houses that they allocate. But I am asking this question, out of those 470 houses, I know that in one lot of 52 houses, not even one Tamil family has benefited out of those. Now why is this? Why do you treat the Tamil people like this? You do that and then you bitterly complain that the United Nations is passing a resolution to promote reconciliation and accountability in Sri Lanka.

The Hon. Minister asked the question...he criticized the High Commissioner for Human Rights. This happened even in Geneva by his colleague who was rude to the High Commissioner and at least one country protested in the Council itself that the Hon. Minister for Plantation Industries was rude. The Minister for Plantation Industries goes to Geneva while the External affairs Minister sits here. The Minister for External Affairs also should be careful. He constantly referred to the High Commissioner for Human Rights as 'Navanathan Pillay'. She is not 'Navanathan Pillay'. You must know that it is a basic tenet that you pronounce the name of the person (correctly) – that is how you respect that person. She is Navanetham Pillay, not 'Navanathan Pillay'.

He said that she's shifting the goal post. Having said that she's shifting the goal post he later in his speech conceded that 7 days after the war ended she called for international investigations. How is she shifting the goal post then? On the 26th of May 2009 she called for international investigations. In March 2013 also she is calling for international investigations. Where is she shifting the goal post? And if international investigations were called for in 2009, 26th of May, what is the complaint that the Minister makes? His Excellency the President himself signed a Joint Communiqué with the Secretary General of the United Nations in Colombo assuring that the allegations of violations of international law will be inquired into. So, even your own President conceded that there were allegations that needed to be inquired into.

Now I want to say something about international investigations since such umbrage is being taken at the word 'international'.

There are credible allegations against both sides that fought the war. One is the LTTE, the other is the government of Sri Lanka. Can you have an inquiry conducted by one of those accused persons? Can that ever be acceptable? Any inquiry



**M.A. Sumanthiran MP**

must be independent, nobody can dispute that. Any inquiry must be independent. And in this instance, if the inquiry is to be independent it must necessarily be international. How can you have a local inquiry when one of the accused persons is the government of Sri Lanka, and that has been conceded to by no less a person than His Excellency the President in the Joint Communiqué that he signed on the 26th of May 2009?

He's talking about bullying, countries being bullied. Who is being bullied within the country? Who is being bullied within the country? The Hon. Leader of the Opposition, just one day in Jaffna recounted his own experience. When the people there are being bullied by your military intelligence personnel? You can't have one meeting there. Muslim women can't walk on the streets of this country today in their traditional dress. In Mannampitiya, Hon. Minister, a young girl in an abaya, was walking and she was attacked. She has made a complaint to the Polannaruwa police. On the day the Mattala airport was opened, the same night a church in Weerakettiya was attacked by a mob, unfortunately led by religious leaders – by Buddhist monks. And they go and demonstrate before the Indian High Commission saying two venerable monks have been attacked in Tamil Nadu. We condemn those attacks. We don't support that. No monk should be attacked in Tamil Nadu.

But why aren't they complaining about the church being attacked in Weerakettiya, in your own country, before you look at other countries? Why aren't they going in processions protesting that

Muslim women are being attacked on the road? You don't go on processions for that, you only have to complain about other countries. Look at yourself, inside, first. You put your house right. If you put your house right no one else will ever be able to point fingers at you. You have this happening in your own country. You treat people who are numerically in the minority like dirt, and then you have the brass to stand up and pontificate about international interference and call that bullying. When you get a little bit of the taste of your own medicine you are smarting but you can't understand how much we feel being treated like dirt in this country. You talk about changing the goal post. What did your government do? They started talks with us. You were in that delegation that talked with us. 10th of January 2011, 3rd of February 2011, 18th of March 2011. All 3 times we gave proposals to you. You are the government. You had nothing to say. You had no proposals to give. You could not even respond to our own proposals. For 5 months and 7 meetings you came and sat there.

(interruption)

In resettlement, what is the progress that you have made? The LLRC at paragraph 9.134 very specifically says 'the government must disengage security forces from all civil administration related activity as rapidly as possible'. That has not been done. It is because the security forces have not been disengaged and it is because they occupy land that people have not been resettled. The Hon. Minister for Resettlement was very forthright. Talking about Keppapilavu he said 'I have no authority. When they're able

to be resettled there I can do that. But now they are in temporary places.' Why are they in temporary places? Because there's a large military cantonment that has been built in Keppapilavu and people are being kept out. What has happened in Mullikulam. Hon. Minister for Mannar district will know what has happened in Mullikulam. What has happened in Vallikamam North? What has happened in Sampoor? Why aren't people being resettled?

His Excellency the President on the 26th of May 2009, when he signed the Joint Communiqué, a second assurance that he gave was that all displaced persons will be resettled in their own places before the end of that year. That year, 2009. And in 2013 you come to this House and you want to extend the period of the Resettlement Authority for another 3 years. 4 years after His Excellency's deadline ended you come and ask for another 3 years for the Resettlement Authority. What is the Resettlement Authority doing? Nothing. It is the Presidential Task Force that controls everything. There is no Resettlement Authority. I don't know why the Minister for Resettlement wants this Authority, to extend this period. Resettlement is not complete. He concedes – 200,000 people are still not resettled. Even others who are said to be resettled only have to look at the carpet roads and the bridges and know that the government has money to do all of that but will not spend on priorities such as their own shelter and their livelihood.

Thank you.


 Short Story

Continued from March issue ...

For the most part, the first ten years after the Independence from Briton, the elite Sinhalese ruling class and the privileged from different ethnic backgrounds enjoyed an unfettered access to the best Srilanka, (formerly known as Ceylon) under the circumstances, could offer. The underprivileged regardless of the ethnic background always got the short end of the stick. So to assuage the restive masses, the ruling class borrowed the tried and true method from the British--divide and conquer. In their skulduggery, they scapegoated the Tamil minority and out of necessity traded their personal faith with the Anglican Church for Buddhism--the religion of the masses. But one group of people were always at the bottom of

In the morning the old lady showed up with the essentials, ready to go to work, making the impossible possible-- making her employable. The threadbare rice bag she brought, contained a bar of sunlight soap, a scrubbing brush, a delousing comb with the bottle of turpentine. She had already borrowed some used clothes from Kumar's mother. She went clanging around their pantry looking for a large steel pan to use for boiling water. Having found one, she set three stones away from the well and placed the pan filled with water and kindled a fire with sticks and scrap paper underneath. Once it started gurgling she brought the girl out and stripped her naked and handled her clothes at the end of a stick to the boiling water. Next she hosed icy cold water on her naked body and put her coarse

the lather a little at a time, revealing her body, part by part from head to toe, as if in the act of a striptease. When she became fully naked again, shedding the soap cover, the next act commenced--the delousing: turpentine was poured on the head and the delousing comb was used repeatedly. After each swipe across the scalp, the comb was brought down hard on a scrap metal sheet and an iron rod, held in the old lady's left hand, pounced on anything perceived crawling.

The old lady had to apply the soap many times to get rid of the smell of turpentine. After a while Saraswathi was subconsciously looking forward to having the application of soap because it not only gave a cover for her nakedness but a warmth that helped cope with the chill. The boys on the other hand felt some-

wave of scented smoke wafting towards the girl. Then came the oversized clothes like the final curtain in a stage drama, cloaking her from neck down, making her in an instant shapeless. The boys, sneaking glances, dropped their numbed hands down, having held the slats for so long and gave a sigh of relief. But without being conscious of it, something had irrevocably changed in the way they looked at the world from then on.

With a red hibiscus flower stuck in carelessly above her left ear in a shock of raven-black hair, tied loose, still dripping with water, Saraswathi took her first steps in to the kitchen; her downcast demure accentuated her sensuality and her cooing monosyllables made everyone uneasy, for different reasons though. She careened her head and fluttered her

# THE TRAIL OF TEARS FROM THE LAND OF PALMYRAH

the pit, regardless of all the political rigmarole happening around them. They were the Indian Tamils, the untouchables of Srilanka, brought by the British for indentured servitude. The independence not only disenfranchised them, but made them stateless and the subject of contentious negotiations between the two countries. After years of negotiations most were sent to India, the foreign land their ancestors came from, without compensation. And the remainder were given citizenship-- their birthright in the first place-- begrudgingly, despite having contributed their sweat and toil for generations. Because of lack of representation, these Indian Tamils became the target of merciless exploitation by not only the Sinhalese majority but ironically by the indigenous Tamil minority as well.

As expected, an Indian Tamil girl of sixteen years of age replaced Vadivelu on the pretext of minimizing bad blood between boys at Kumar's residence in Colombo. She arrived with her meager belongings in a quintessential cement bag: a girl of medium height, wiry, carved out of an unpolished ebony wood, caked with layers of dirt screaming for thorough hosing. Her hair was hopelessly matted and in need of an urgent delousing. She reeked of pungent sweat. Basically she had all the attributes to repel even a rabid lecher. Kumar's family tried so many excuses resisting her entry, but the repeated pleas from her family won the day and compelled them to accept her at last. They half-heartedly found a place in their store room to keep her away until the old Indian lady from the neighborhood that they relied on for such occasions to come up with a solution.



brush to liberal use between hosing. Saraswathi stood there naked, shivering, emotionless, resigned to the indignities. Her eyes were downcast, arms crossed in front, covering barley the crutch and the budding breasts. She bit the lower lip to muffle her cries and endure the pain caused by the scrubbing. She knew, despite the feeble warnings from the mother, the boys were watching her through the slats of the plantation shutters, making her more self-conscious. But it was a futile effort trying to cover the body while allowing the old lady to perform her duties. Each scraping followed by hosing sent a rush of dirty brown water down the drain. Once the hosing did accomplish the removal of the dirt, the soap was lathered on her entire body, giving a short-lived, nonetheless a cover for her nakedness. The hosing followed, removed

thing strange rushing down the torso into their groins every time they watched the lather being slowly removed. The initial giggles they had died off slowly and in its place came the pin drop silence. They couldn't look at each other, they directed the stare outside hoping to end their embarrassment, at the same time wishing for the act to go on. Finally the long-drawn ablution ended with the old lady offering a piece of dry cloth to wipe off the remaining moisture from the body, barely left behind by the searing humidity, but the long cascading hair was a different story; the water seemed stubborn to leave and made the hair reflect under sun's penetrating rays through the fanning leaves of coconut trees. As the final act the old lady deftly scooped a morsel of ember on the scrap metal and sprinkled a pinch of incense, creating a

By: Sivagami

naturally long eyelashes; her resplendent white sclerae flickered every time she raised her eyelids to answer. She deliquesced at the compliments of the old lady, who was more than happy with the outcome. The old lady kept looking at her handiwork with pride and satisfaction and was expecting a fat tip from the mistress of the house. Forgetting their earlier demur, the household agreed that Saraswathi should shadow the cook and stay confined to the kitchen to be available for the womenfolk. For the time being the responsibility of errands fell on the shoulders of the driver who wasn't thrilled about it. But being an Indian Tamil himself, he knew his place and cleverly kept the grumbling to himself. The first few days were spent on teaching the nitty-gritty of how to run the kitchen to keep six men, including the driver and the gardner, fully satiated at all time. The growing boys were handful when it came to satisfying their gluttony. Saraswathi though proved a quick learner. She picked up things quickly to be useful to the cook as well as the mistress. In a couple of weeks she became indispensable in their dining area: the table arrangement and food delivery and the cleaning after everyone became her responsibility and she performed the duties with relative ease. It also turned out that ever since Saraswathi's arrival, Kumar had become mellow and corrigible.

WILL CONTINUE.....

Continued in May 2013 issue...



# Banks Amassed Profits Using Your Money What about You?

**Arun Senathirajah,**

ACIB, MBA (Banking Mgmt)

By Increasing financial burdens for Canadian businesses and personal customers the BIG FOUR BANKS have earned in total profits of \$5.6-billion for the first quarters – a blow-out result indicates. RBC, CIBC, BMO and TD have reported first quarter profits that exceeding capital market analyst estimates on record earnings from personal and commercial lending. It should be noted household debts have rose to a record level in Canada. Regardless of personal and business burdens, banks benefited from rising demands for corporate lending, personal financial services and credit cards. RBC states that profits from personal and business banking units have risen to \$1.12billion – an 11% increase. CIBC has reported a 7.8% of \$611 million from retail and business banking. TD has gained up to 11% - \$944 million from consumer and commercial banking units. As customers, it's your deposits are the base for the banks stability and phenomenal growth.

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MANAGING YOUR MONEY

by David Joseph, M.A.(ECO.), CFP®

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\* Provides a method of repaying the loan with tax-free death benefits.

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# TAX POINTS

## Taxes for teenagers: How students and parents to cash in

By Jay Wigna

The following are strategies that you can use to maximise the tax advantage for being a student.

### 1. File a tax return

If your child does not have to pay tax, there's no requirement to file a tax return. This is not a great strategy. If your child earned any income at all he should file a tax return because he'll create registered retirement savings plan contribution room this way. Later, when he's earning an income, he can make deductible contributions to his RRSP to save tax. Further, filing a tax return could entitle your child to a GST or HST credit worth about \$260 in cash once he's 19 years of age.

### 2. Claim tuition and education credits

Your child can claim a tax credit for tuition and an education amount based on \$400 a month of full-time (\$120 for part-time) attendance in school. If he doesn't need the credits to reduce his taxes to nil, he can transfer up to \$5,000 of these costs to a parent, grandparent or supporting spouse, or carry them forward for use in a later year. Education in a foreign universities can also qualify for this credit, be sure to check with your Tax Accountant about this.

### 3. Claim textbook and ancillary costs

A credit for books, student fees, parking and equipment can be claimed. The credit is based on \$65 a month for full-time (\$20 a month for part-time) attendance in post-secondary school.

### 4. Claim student loan interest

If your child borrows money by way of qualifying student loans make sure he claims a tax credit for the interest. The loan must be obtained under the Canada Student Loans Act or similar provincial legislation to qualify, and an official Canada Revenue Agency or provincial slip should be issued to support this claim.

### 5. Claim moving expenses

Your child can claim moving expenses

if the move to school, or home again, is at least 40 kilometres. He'll have to earn income in the new location to claim the expenses, which can include taxable research grants or other awards. Working part-time at school or in the summer can also create the income needed to deduct moving expenses.

### 6. Claim public transit costs

A tax credit is available for the costs of public transit to get to and from school. The cost of monthly (or longer) transit passes for travel within Canada can be claimed. These passes must permit unlimited travel on local buses, streetcars, subways, commuter trains or buses, and local ferries. Passes of shorter duration can be claimed if certain conditions are met.

### 7. Claim child care costs

A student (or his spouse) may be entitled to claim a deduction for child care costs where at least one spouse attends school full- or part-time.

### 8. Do not consolidate student debt

It's a popular strategy to take several different debts and roll them into one single loan payment at a more attractive interest rate. This type of debt consolidation can make sense – but not for student debt that will otherwise qualify for the student loan interest credit. You'll lose that credit if you consolidate.

### 9. Consider the Lifelong Learning Plan (LLP)

If you are an RRSP owner, and a resident of Canada, you can generally participate in the LLP to withdraw funds from your RRSPs on a tax-free basis for full-time education for you, or your spouse or common-law partner (but not your children). You can withdraw up to \$10,000 a year for up to four years, but to a maximum of \$20,000 in total. After you've withdrawn \$20,000, you have the option of repaying your RRSP and then making further withdrawals. Failure to repay the amounts in accordance with CRA's schedule can mean paying tax on the withdrawals.



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# A fortnight in “Paradise” - Srilanka after three decades

By: Dr. A. Gobikrishna

Looming coconut trees ushered us on the tarmac as our plane taxied toward the jet bridge—a welcoming change that Bandaranaike international airport had transformed, for the better. I couldn't help being nervous while approaching the immigration, after all I was coming back after a three-decade long civil war; but it was uneventful, in fact the officer stamped the passport nonchalantly while talking to his colleague—being ignored never felt so good. What a pleasant contrast, at least for me, to the New York weather; the sultriness enveloped me, to my merriment, as I exited the air-conditioned baggage claim.

The trip on the way to Wellawatte brought back the old memories: as a nineteen year old medical student I had lived and passed through those towns many a time before leaving the country for good during the 1983 pogrom that had ignited the ensuing civil war. The towns looked the same but the chaos on the road was a sad reminder of more people having to share less: bicyclists, bulla carts, trishaws and pedestrians competed with large motor vehicles for the space, clogging the meager roadways, making travel experience a nightmare. The driver braved the unruly traffic for two hours to reach Wellawatte, a mere twenty-five mile distance.

With colorful bindis on their foreheads, flowers adorning their raven hair, Tamil women milled about near the Hindu Temple at Bambalapitiya; Tamil cinema music wafted through the not-so-airtight shutters purportedly ensuring a cool atmosphere—a must, apparently for the expatriates—when we finally reached Wellawatte. As I stood on the balcony of my in-laws, I witnessed high rise apartment complexes dotting the skyline, denoting a real estate boom or a bubble, one would only know for sure in retrospect. Tamil was spoken everywhere when I went foraying on foot into the nook and corner along Galle road from Dehiwala to Gall face so I didn't have to worry about my inchoate Sinhala. English was no longer the lingua franca; the seed for this change had been sowed during my formative years and the end result was in plain sight. (This may hopefully change in future for English having been introduced recently in high schools as one of the mediums of instruction).

The next day we attended a traditional Hindu wedding and that, sort of, opened my eyes about the impracticalities of sticking to the rigid dietary rules, namely home cooked food and using reputed eateries. This would have severely



curtailed my ability to have a freewheeling travel and I wasn't prepared to accept Kollupitiya as the microcosm for the whole of Srilanka. Thanks to my wife's cousin and her husband, who were instrumental in making us travel back to Srilanka, we joined a contingent assembled from all over the English speaking world for a wedding. We were more than happy to tagalong with the newlyweds and their clan and to listen to the Tamil spoken in British accent.

We left for Dambulla with a leftover multi-tier frosted wedding cake, occupying a seat all by itself. We quickly got acquainted with the many faces either coming for the first time or coming back after a long lapse in the bus. After an overnight stay in Dambulla, we set out to climb Sigiriya early in the morning, reminding of my yearly school excursions from Jaffna. It was a balmy sunny day and the place was swarmed by the locals interspersed with a few tourists. The ascent took us through many restorations including the frescos to the top. And at the top, we got immersed in the breathtaking panoramic views, unfolding lush green vegetation with lakes peppered with lotus blooms. Then came the interloper, the torrential rain without any warning, spoiling the good times in a jiffy, drenching us in its aftermath.

The appearance of palmyrah trees and the ubiquitous army heralded our approaching the traditional Tamil lands when we reached the Batticaloa district. A dash through the Muslim towns nearby at night to see my wife's cousin dazzled

our eyes with illuminated bazaars, showcasing date palm trees, striving to bring the ambience of Arabia home. The next morning, there was an uneasy feeling hovered over us throughout the stay at the beach in Pasikuda. Although we had unencumbered access and nothing but helpful suggestions, the fact that having the armed forces breathing down our necks made us ambivalent about the reconciliation.

Another new Hindu temple in the midst of sprouting religious edifices like mushrooms after the monsoon rain; that's how I felt seeing the Golden Temple at Nilaveli. Crumbling towns, rampant poverty, society limping out of a terrible scourge, and in its midst another extravagance, that too despite Trincomalee's famous landmark—Thirukoneswaram temple. The atheist sensibilities in me had to take the back burner when the well known fact dawned on me that the island is inextricably entwined with religion. Thirukoneswaram stood on the cliff, surrounded by amazing water views and dizzying slopes, having withstood its many intruders over the centuries. Buddhists daily flock to its foothill not only for the views but as an accepted deity on their ever-expanding pantheon. One can look at this interesting phenomenon with cynicism but I tend to be openminded about it because one has to start somewhere and what better place than the religion itself to forge reconciliation.

My wife met one more cousin in Vavuniya before the next mandatory break at Murukandi Hindu Temple: legend has

it that people who didn't stop to pray were somehow punished by mysterious ways; absurdities galore in these places steeped in superstition. Scars from the long drawn civil war were everywhere, but the resilience of the local people was axiomatic in their dealings. A preteen boy was manning a peanut shop until his teenage sister would show up in a bicycle; they grinned nonstop from ear to ear, defying the fact that they were the breadwinners for the family of disabled parents, ravaged by the war. A proud young man with a manufactured erect posture, stoic in his own way while trying to conceal his false leg, complained about his never-ending army interrogations. The burning camphor permeated the sombre surroundings and the sad vacant faces danced around under the blazing flames of the temple pyre.

The night had engulfed our remaining trip until we reached Jaffna town, my birth place. We checked in to a fancy hotel, relatively new but already falling apart due to poor maintenance. The trip, the following morning, to Nainativu took us through many islands connected to the mainland by a dilapidated causeway. In the north, as part of the sad backdrop, houses were in stages of decay wherever we went and the islands were no different in this respect; in fact they were worse off due to absolute neglect. Although the launches were as primitive and onerous as before, the sail felt shorter and less scary from my childhood recollections. The temples have many lives: no matter how many times they get destroyed—

## Travel Destinations

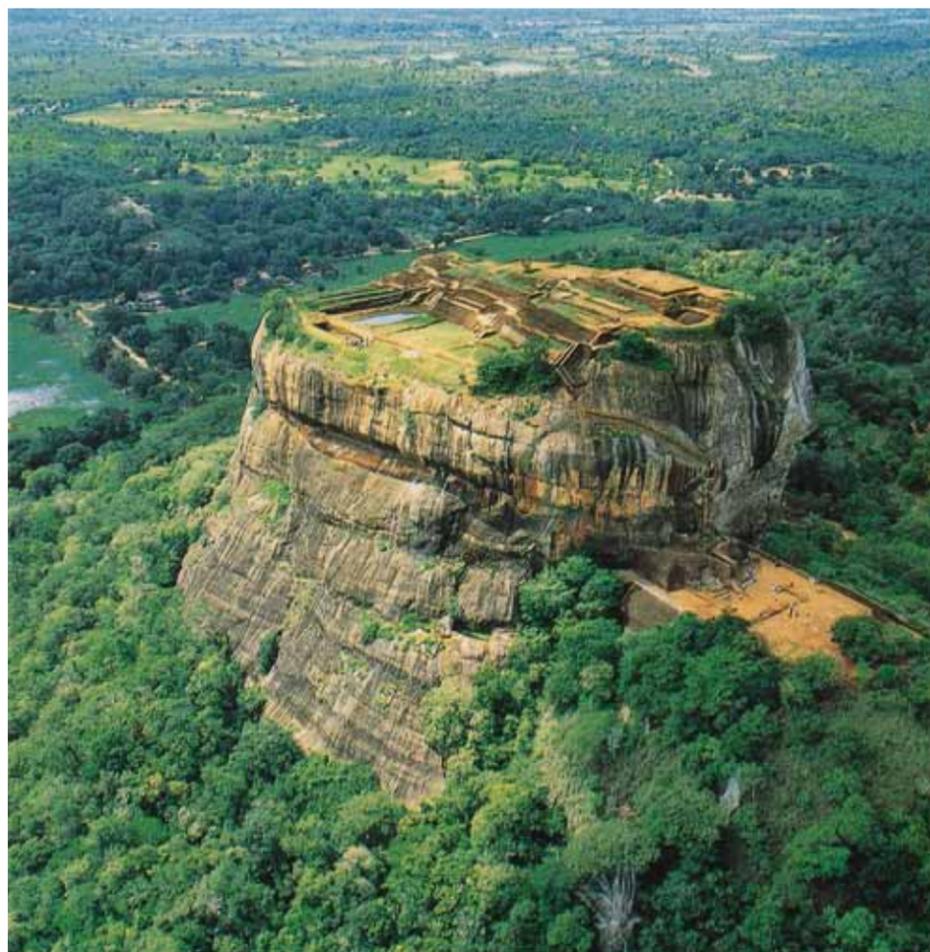


be it in the hands of Portuguese or the Srilankan navy-- they somehow come-back stronger and more elaborate. And Nainativu Nagapooshani Amman temple was a testament to this fascinating fact. At lunchtime, we all sat on the floor and devoured the free vegetarian meal on recycled banana stems and, I must admit, the food was as unique as it was delicious, ferreting out the last modicum of fear about Motezuma's revenge.

The height of the coconut tree in the house where I was born said so much about the elapsed time since I left Jaffna; the Nallur temple had expanded manifold and looked grander than ever-- an anomaly in the midst of deprivation. A quick walk through my Alma mater, St. John's college, revealed a few changes in the structures, nothing awe-inspiring like my fellow Johnians made me believe, nonetheless a good and long overdue additions. The state of Williams Hall and Fleming Hostel was not only lamentable but a liability as well. After having lived among humongous churches in the west, the church steeples in Chundikulli naturally looked to me so small; the ivory white reconstructed Buddhist temple, Naga Vihara, stood majestically in the middle of Jaffna town, challenging the residents of Jaffna to welcome more minarets to right the unpardonable wrong committed against our Muslim brethren. A quick visit to my relatives in Nallur and Manipay reminded me of the ones who had

left this world and their recounting of the stories laced with untold sufferings had saddened me. On a lighter note, the vintage Morris Minor car that we travelled in had to be abandoned halfway through when its breaks failed; it was even more hilarious seeing my wife's cousin freak-ing out when she saw other vintage cars hoisted on bricks at the garage owned by the so called expert on vintage cars.

The next day a few of us decided to go to Vanni to see firsthand how things were. As a sixteen year old I had once bicycled through these areas from Jaffna so I had some vague memory. A brand new road extended from Paranthan up to Tharmapuram and on both sides one could see the verdant land uninhabited for the most part. Some areas had clusters of houses gutted down by the shelling and the few bullet-pocked- still-standing ones had been abandoned; every way we turned devastation met our eyes and in its background were the local women engaged in demining. The ever pervasive army was present everywhere and by this time, after having travelled in the Tamil areas, we got used to their presence. Areas looked sparsely populated and the few new huts had banners proclaiming either USAID or SWISSAID. People whispered to us that the aid intended for the people was either trickling down or not reaching at all. The place was full of sad stories carried around by emaciated beings, among them were the



amputees and the paralyzed. Our vehicle meandered through the jungle to reach a spot under a thick canopy; the place where Prabhakaran had his house with the bunker: a funeral hall, bomb shelters and underground parking in addition to a four story deep subterranean fortress with a secrete exit; not a living in opulence by any means, nevertheless a comfortable one for jungle standards though. The display of the captured arms, with many improvised in their midst, in the impromptu museum told something about the LTTE's ingenuity, a misplaced genius in hindsight. Busloads of tourists from the south kept arriving to see the site of the Armageddon when we left.

On the way back to Colombo we stopped at an orphanage for girls in Mankulam and spent some time with the children and their caretaker, a Catholic nun, who recounted the harrowing tales involving the children now under her care. We listened to them and a song conceived and sung by one of the older girls with teary eyes. Before we left, we all pledged our support for the needy and the vulnerable.

Back in Colombo I wanted to see how the other half or to be precise the other 0.01% lives: open terrace overlooking the Indian Ocean at Mount Lavinia hotel was my first spot. Many moons ago, a stone's through away lived a rich man with his family who was also forced to flee a pogrom, that was in 1958. Consequently as a young boy, growing up in Jaffna, I heard many stories from my grandmother about the lavish lifestyle my grandparents and my mother had in Mount Lavinia. And here I was, many more moons later, sitting on the very same place, reminiscing while looking out the sea that seemed to be giving me the illusion of timelessness. Later a dinner at Cinnamon Grand unlocked the secret as to why so many expatriates flock to Srilanka year after year at

the expense of not discovering the world-- it's the exorbitant pampering baby, of course at an irresistible niggardly rates. (The free vegetarian meal at Nainativu and on-the-spot preparation of rice with fish and vegetables at Anurajapura for two dollars--call me cheap-- stood out as my best culinary experience) The last day in Colombo my Sinhalese friends took me to the Swimming Club in Kollupitiya that was exclusive for the English during the colonial times, but now catered to the upper echelon. Apparently its library had the honor of being the rendezvous for Sir Arthur C. Clarke, whose fame and celebrity have attained the legendary status in his adopted country.

Back on the tarmac, my mind ran through the whirlwind trip I had just completed with mixed feelings: on the one hand I was happy that I finally visited my motherland but on the other hand my heart sank when I thought about the uncertainties swirling around the most needed reconciliation. The country as a whole, regardless of its different ethnicities and religious affiliations, had suffered immensely and bears the scars of its sordid past. It is so painful to even ruminate the past, let alone having to go through it again; so after all what happened, if one doesn't change his or her hardened attitudes and sway toward amicable solutions, then invariably history will repeat itself. We all, including the expatriates, need to realize that we are at a crossroads: we can either dwell on recriminations or rather refrain from retribution and move on toward a better future. But for the pall of civil war to drift away and to put an end to the false dawns as our leitmotif once and for all, the people of Srilanka must rise to the occasion and say enough is enough. I hope and pray they will, because what's at stake is truly a paradise.



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பெருமையுடன் வழங்கும்

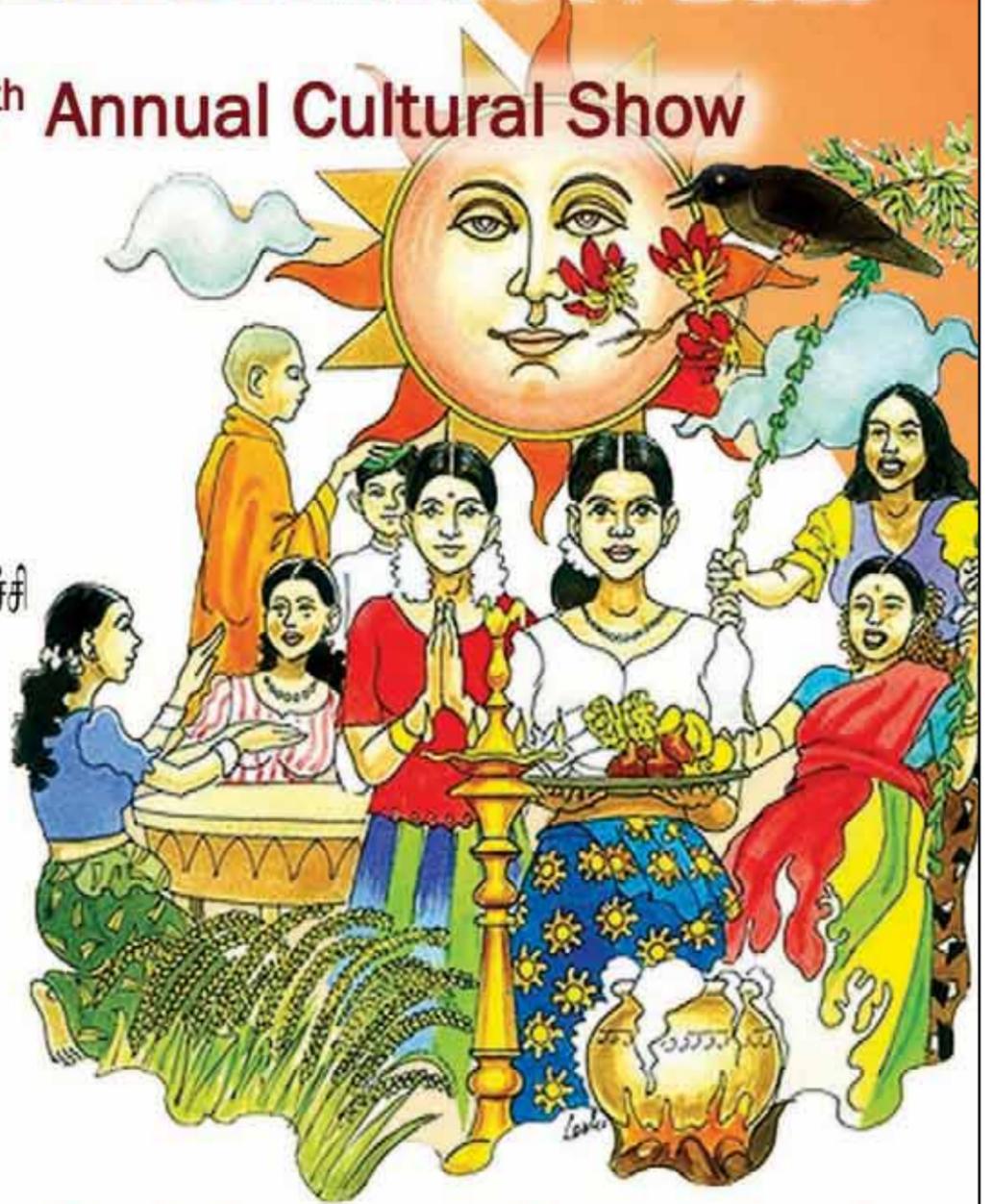
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# Radiant Night by SAAAC

By Soniya Siva

The South Asian Autism Awareness Centre's annual Radiant Night Gala Fundraiser took place on the 9th of March at the Scarborough Convention Centre. Organizing wonderful nights of fun is only one of SAAAC's many facets.

This year's theme was to appreciate how far SAAAC has come and the organization's hopes for the future. Upon recognizing the need for awareness and support for families with ASD and related developmental disorders within the South Asian community, Geetha Moorthy had founded SAAAC in 2008 with two families and a handful of volunteers. Currently, SAAAC offers an array of programs and services to over 100 families with a multi-disciplinary team of profes-

sionals and a huge network of community support. The opening of SAAAC's official new centre this year is certainly reason to celebrate.

Radiant Night was as fabulous as anticipated with a fabulous turnout of over 1200 attendees. Ahalya Kumaran and Kumaran Nadesan, the jovial MCs, carried the evening away into riveting performances by SAAAC members and volunteers alike. The event was a tremendous success, as it was thoroughly heart-warming and inspiring to all who attended, and SAAAC raised nearly \$200,000!

Some of the photos from the event can be seen here.

Photo Courtesy: Ninaivukal



# Sri Sathya Sai Baba Centre of Scarborough



## *Sri Sathya Sai Anadhana Day : 24 April 2013*

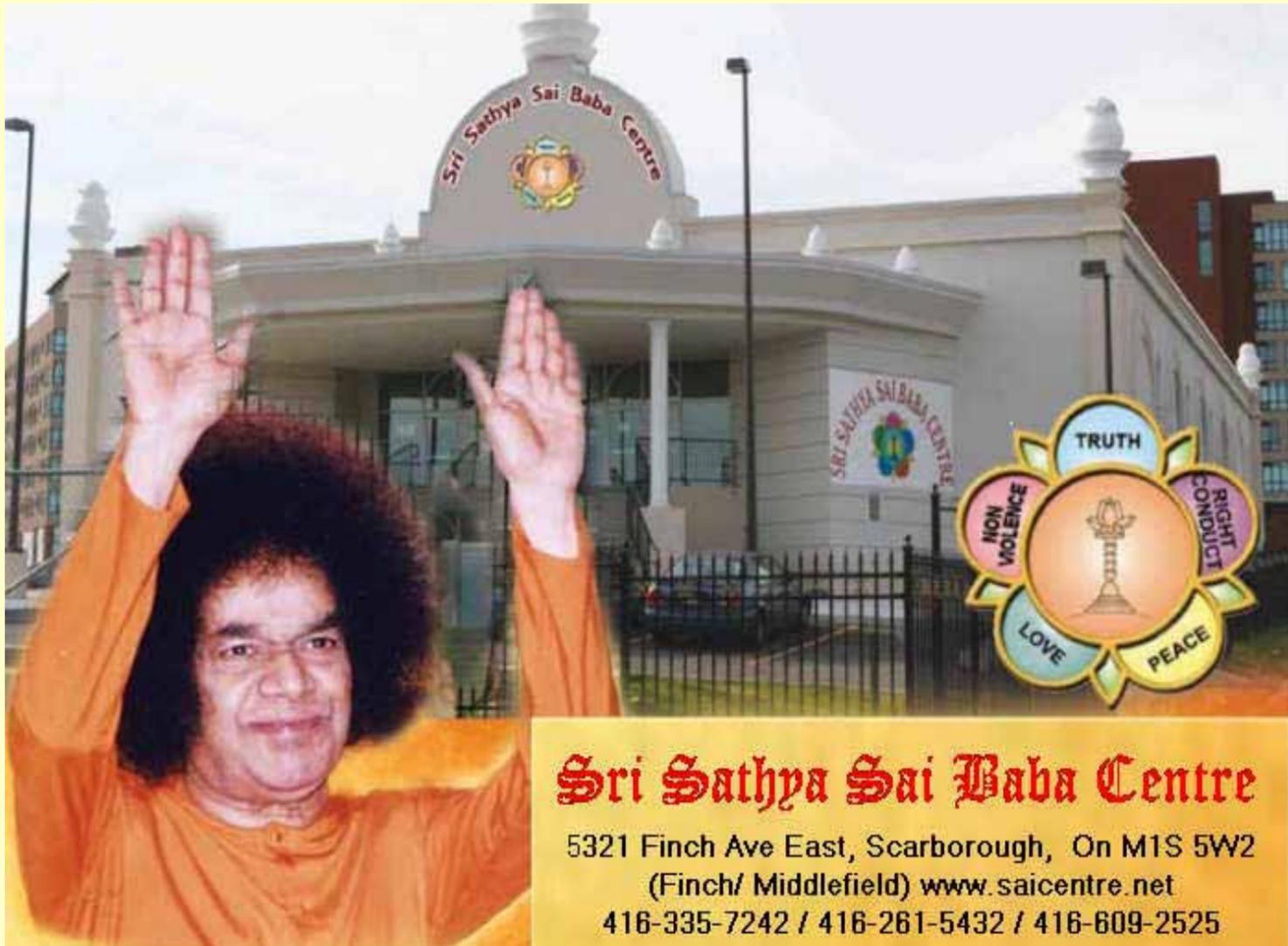
### **Morning Program:**

**Omkar, Sai Rudram and Bhajans  
7:00a.m to 8:00a.m**

### **Evening Program:**

**Procession of Swami's Paddukka  
Rudram, bhajans, speech and video  
presentation  
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Special Feature

FUNDRAISER DINNER FOR ONTARIO PC CANDIDATE KEN KIRUPA

A fundraising dinner held on Saturday, March 23, 2013 at 6:30 pm at the Scarborough Golf and Country Club for Ontario PC Candidate for Scarborough-Guildwood, Mr. Ken Kirupa. Several prominent political, professional, community and business leaders attended and wished

Ken Kirupa for a successful campaign and to win at the next provincial election. Some of the photos taken at the event can be seen here.

Photo Courtesy: Tamil Business Connections





# Accountants' Forum 2013

## Sri Lankan Accountants Association of Canada

Sri Lankan Accountants Association of Canada had its Annual Accountants Forum on March 9th, 2013 at Radisson Hotel Toronto – East. The event was attended by over 130 accounting professionals and business community. It was a full day event and mainly targeted to recent changes in the profession.

*Scotia Bank, Earnest & young and CGA Ontario sponsored this event.*

*Here are some of the pictures of that day.*





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# MR. KOPALU RAJARATNAM

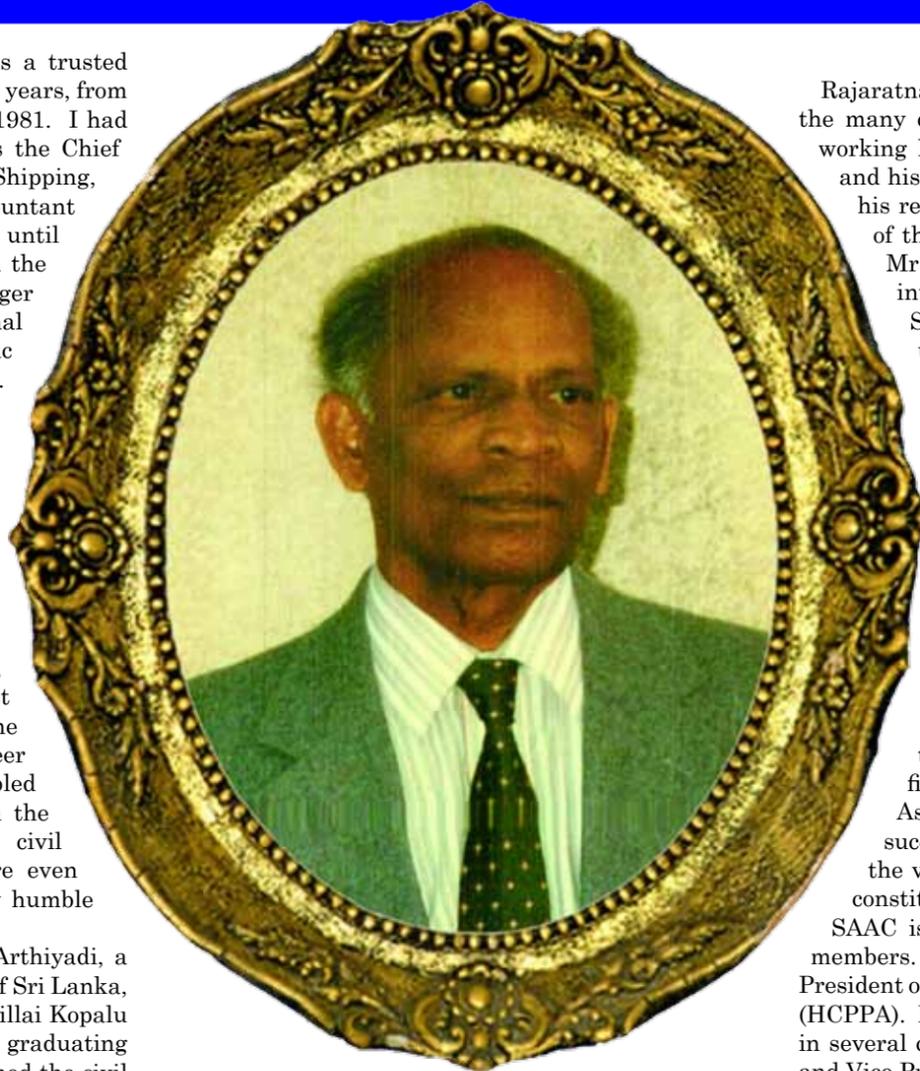
## A Man of Determination and Perseverance

The late Mr. Kopalu Rajaratnam was a trusted and revered friend of mine for over 30 years, from the day our career paths crossed in 1981. I had the privilege of succeeding Rajaratnam as the Chief Accountant at the Ministry of Trading and Shipping, Sri Lanka. Rajaratnam had been Chief Accountant with the Ministry of Trade and Shipping until 1981, at which time he decided to take on the challenging new position as Chief Manager of Finance for the newly formed National Insurance Corporation, a brand new public and private sector partnership in insurance. He was instrumental in recruiting me to be his successor at the Ministry of Trade and Shipping. Further, he took a keen interest in ensuring that my transition to this role was as smooth as possible, spending many evening and weekends of his time to provide me guidance. His kindness and confidence in me will never be forgotten.

I have great admiration for Rajaratnam's many achievements as a civil servant, reaching the pinnacle as one of the most respected chief accountants within the government ministries. It was his sheer determination and perseverance that enabled him to rapidly move up the ranks within the government services as one of the top civil servants. His many accomplishments are even more remarkable especially given his very humble beginnings.

Born on 11th day of February 1927 in Arthiyadi, a small farming village in the Northern part of Sri Lanka, he was the last of five children to Sangarapillai Kopalu and his wife Chinnapillai. Right after graduating from Hartley College in Point Pedro, he joined the civil service at the tender age of 19 as a Postal Clerk with the Sri Lankan Postal Service. He dreamed of being a top civil servant and wanted to provide a better life for his family. This ambition propelled him to pursue the field of accountancy. Upon completion of the Government Accountants Examination in 1961, he was officially designated as an Accountant in the Sri Lankan government service. He didn't stop there. Due to his perseverance and unmatched determination, he became a British qualified Chartered Management Accountant. Alongside such a rewarding designation, he was awarded the world prize in the "Office Management" discipline by the Institute of Chartered Management Accounts (UK), also known as the ICMA.

In 1963, with the assistance of the Sri Lanka Small Industries Department, he established a sewing centre at



Gnanaampanthar Kalai Mandram (GMK), in Puloly East, Point Pedro. This venture was supported and funded by the Sri Lankan government, and opened the path for endless employment opportunities for the community as well. In 1975 Rajaratnam joined the State Distilleries Corporation of Sri Lanka (DCSL) as Chief Internal Auditor, and was subsequently promoted to Finance Manager. His meticulous work ethic and leadership was soon recognized and was rewarded with a promotion as Chief Accountant with the Ministry of Trade and Shipping in 1979. He didn't stop there. At the age of 55, he took the reigns and established new administrative policies and procedures for the brand new public, private sector partnership in Insurance - the National Insurance Corporation.

Rajaratnam's life is not complete without mentioning the many community social work he has done in his working life as well as his retired life in Sri Lanka and his adopted country of Canada, where he spent his retired life. He was the Honorary Treasurer of the Mahapola Fund. The late Hon. Minister Mr. Athulathudali himself took a personal interest in the establishment of Mahapola Scholarship fund to support the needy university students. Since its founding, over 180,000 scholarships have been provided to students under this scheme. Rajaratnam was handpicked by the Hon. Minister due to his exceptional capabilities, honesty and trustworthiness. Following his work with Mahapola, in 1988 he established a new project for Gnanasampanthar Kalai Mandram in Puloly East, Point Pedro for the Typewriting Vocational Centre" for students in need, which was funded by the Canadian International Development Agency (CIDA). Rajaratnam's passion for community service didn't stop after moving to Canada in 1996. In 2003 he became the first President of the Sri Lankan Accountants Association of Canada. He chartered a successful path for this association by setting the vision and playing a key role in drafting the constitution. Due to his efforts early on, today SAAC is a very vibrant association with over 200 members. Also, Rajaratnam was appointed in 2006 as President of the Hartley College Past Pupils' Association (HCPPA). Prior to being appointed president, he served in several capacities with HCPPA including Treasurer and Vice President.

On February 2, 2013 Mr. Kopalu Rajaratnam passed away peacefully at the age of 85, leaving behind his beloved wife Kuhanayaki, six children, and ten grandchildren. Reflecting on Rajaratnam's legacy, he was a man who came from humble beginnings, and due to his unrelenting determination and perseverance carved-out a remarkable career as a top civil servant. He further enriched other peoples' lives by serving the community in various capacities. He has left behind a legacy that is so rich in content, which will continue to flow for generations to come.

**By: S.K. Vallipuram**

Former Chief Accountant  
Ministry of Trade and Shipping - Sri Lanka

## A Tribute...

*We loved you for your Caring and Charisma that filled our days...*  
*We loved you for your Kindness and your Thoughtful ways...*  
*We loved you for your Patience when things went wrong...*  
*We loved you for your Laughter that lingers like a song...*  
*We loved you for the Cheer you brought, when someone was sad...*  
*We loved you for the Little Things you did to make others glad...*  
*We loved you for the Tenderness that lies within your heart...*  
*We loved you for the Graciousness, Poised and Smart...*  
*We loved you for the way you 'Loved Life and Lived to the fullest' and depart...*

The family wishes to say a heart-felt 'thank you' to all those who attended the funeral, sent flowers and messages of condolence. Please accept our sincere apologies, to those who were not notified.





# Tamil Cultural and Academic Society of Durham Celebrates Family Day

Tamil Cultural and Academic Society of Durham celebrated (TCASD) Family Day on Feb 18th. Family Day celebrates the importance of families and family life to people and their communities. Tamil Cultural and Academic Society of Durham believe all families matter, and those individuals who feel cared for and supported by those around them help to make stronger communities for us all. The day started with prayers and families were entertained with stories and games (musical walk) based on moral values. Lunch was provided by TCASD and served with lots of love and compassion. At the end of the event each family joined together and shared their domestic chores by practicing the family values such as team work, faithfulness, modesty, companionship, respect and the right livelihood. They also shared their family experiences and values with all of us.



Tanesha, Nilany, Thiviyah, Taneeka, Thanya decorating



TCASD Kids writing about their family



Youth helping the kids with activities



Abira and Ishwarys putting on Tatoo



Youngest member of TCASD and the mother Ann Michael



Mrs. Loganathan presenting about values, love and compassion



# Post Secondary Scholarship

On March 2nd 2013, The Tamil Cultural Academic Society of Durham (TCASD) in Partnership with The Town of Ajax hosted a Scholarship Seminar for high school students and their parents. There were numerous speakers including Karen Warner, Manager, Scholarships & Bursaries from York University, Maria Pacheco, Assistant Registrar for Financial Aid & Awards at U of T Scarborough, Mr. Jag Shanmugalingham, Royal Bank branch Manager Mr. Nivethan Veluthapillai, Graduate Student from University of Toronto and Principal of Pickering High School Mr. Phil Matsushita. . These individuals discussed topics that includ-

ed scholarships, bursaries, bank loans, OSAP and other important financial matters when pursuing post secondary education. A large turn out of students and parents indicated that many individuals are unaware of the opportunities there, are to fund schooling. This further supported how important the seminar was, so that parents and students are enlightened and take the necessary steps to maximize their recourses.

This event highlighted how crucial it is for the community to join together to help our youth flourish. Entering post secondary education is a scary time in an adolescent's life where they must make

adult decisions at a young age With that being said, the scholarship seminar was set into motion to help these students set up an action plan to address some of their concerns and deter them from feeling overwhelmed.

The seminar was a huge success and most of all informative for the audience. The idea to start a scholarship seminar sparked when many youth of TCASD expressed their concerns about cost of school. It dawned on the committee that this concern might be shared amongst the youth of Durham and so it was decided to launch the proposal of an educational seminar into a definite program. It is pos-

itive to see individuals coming together to support new initiatives and we hope that it only gets bigger in the future. Congratulation to a grade 12 student from Ajax High School who was the lucky winner of \$100 draw towards University books.

Thanks to our sponsor Dr. Kanna Vela and Town of Ajax for the partnership opportunity and special thanks to Robbie Porchilo from Town of Ajax for working with us. In addition we like to thank our youth speakers Rosie Mahendran and Saijith Loganathan, both are successful recent graduates and they shared their experiences with others. Stay tuned for the next scholarship Seminar.



Karen Warner, Manager, Scholarships & Bursaries, York University



Mayor Dave Ryan presenting token of appreciation to Karen Warner



Presentation from Pickering High School Principle Mr. Phil Matsushita



# Durham Tamil Association with WMRCC of Durham at the International Women's Day

International Women's Day (IWD) started in 1911 is predictable annually around the world on March 8 to commemorate the economic, political and social achievements of women past, present and future.

This year to mark International Women's Day, it was celebrated in a magnificent way by the Women's Multicultural Resource and Counseling Centre of Durham (WMRCC) along with The Denise House, DRCC, Bethesda House, Herizon House, YWCA, Luke's Place, girls inc., Y's WISH SHELTER, AIDS Committee, My Sister's Voice, Durham College/ UOIT Women's Center, ETFO FEEO and

Women's Center joined in cohesion on 7th March 2013 at Ajax Community Center uniting on conduit to call for peace, equality barriers and injustices against women.

The massive free event was thesis on "WOMEN & EDUCATION OVERCOMING OUR CHALLENGES" and the key note speaker was Rebecca Harrison.

On this significant recognized day, Durham Tamil Association was requested to set up a booth by Esther Enyolu the Executive Director of WMRCC of Durham. The Wonderfest booth was stop-over by MPP Tracy MacCharles and Joe Dickson and they persuaded the youth

girls for their participation. MPP's felt DTA is working towards in recognizing Canadian women who are working to empower the next generation of women and girls. Our youth Kabithan Ravichandran, Shawn Nimalan, Jesihan Ravichandran and Abbinash Sanmugam helped set up a unique booth that depicted women.

DTA also occupied in many entertainments like our youth Peeraveena Sivakumar carry out Henna for the guests, Lavaniyah Kanthavanam and Durga Sathianathan performed nail paint and nail art. Luxsiya Kanthavanam helped little guests with applying temporary tattoos.

Mrs. Uma Suresh did the Rice Art for the guests. The highlight of the event was all the ladies wore the sarees which was greatly assisted by our parent volunteers Mrs. Kani Jeeva, Mrs. Sasikala Ravichandran, Mrs. Poornima Sambasivam. This spearhead innovative and high impact idea of trendy dressing made all the women transformed and confident. They all blissfully took pictures to remember this astonishing day.

On this glorious occasion Durham Tamil Association (DTA) made the entire guest feel special, unique; on top of the world...It's your day!! Happy Women's Day my girl!



DTA Youth Durga Sathianathan doing Nail Art to guests @ International Women's Day



Durham Tamil Association's Booth @ IWD Event



DTA Youth Lavaniya Kanthavanam doing Nail Art to the guest @ International Women's Day



DTA Youth Luxsiya Kanthavanam applying Temporary Tattoo @ International Women's Day



DTA Youth Peeraveena Sivakumaran painting nails for the guests @ International Women's Day



MPP & Minister Tracy MacCharles & Esther Enyolu of WMRCC with Mrs. Kani Jeeva & TEAM DTA @ International Women's Day



TEAM DTA with MPP Joe Dickson & Esther Enyolu - Executive Director of WMRCC @ International Women's day



Mrs. Poornima Sambasivam & Mrs. Uma Suresh of DTA with Esther Enyolu of WMRC @ International Women's Day



# Durham Tamil Association's participation at the Peace & Harmony Concert

Baha'i Community of Durham organized the Peace and Harmony Concert amalgamated various communities together in this Multicultural event. This event took place on Wednesday, March 6th 2013 in Forest Brook Community Church in Ajax.

This occasion was celebrated to mark the U.N. International Women's day and the U.N. International Day for the Elimination of Racism. Roland Rutland of Baha'i Community invited DTA to set up a booth on this splendid day. Durham Tamil Association made the booth stand out on this magnificent day as it portrayed "Always aim at complete harmony of thought and word and deed. Always aim at purifying your thoughts and

everything will be well." The Key note speaker was Mrs. Hedvig Alexander, the wife of Honorable MP Chris Alexander. Many artistic youth from various community organizations took part in the cultural concert. Keeran Sivanesan of DTA enumerated Hindu prayers at the commencement of the event along with other youth who recited various religious prayers. Ms. Sarika Navanathan of DTA resonated an excellent song relating unity. Delany Kandiah gave an exceptional speech about the history and current accomplishment of DTA. The youth of Durham Tamil Association did what George Washington said "Observe good faith and justice toward all nations. Cultivate peace and harmony with all"



DTA's Keeran Sivanesan reciting Hindu prayers @ the Peace & Harmony Concert



DTA's Sarika Navanathan singing @ the Peace & Harmony Concert



DTA's Delany Kandiah & Melany Kandiah singing @ the Peace & Harmony Concert



Josh Suresh & Uma Suresh of DTA with Roland Rutland & other dignitaries @ Peace & Harmony Concert



TEAM DTA with Mrs. Hedvig Alexander @ Peace & Harmony Concert

## Durham Tamil Association launched free Yoga lessons for Seniors and Adults

Durham Tamil Association launched Free Adult Yoga class on March 3rd. This is offered to the community in order to provide a healthy and rejuvenated life to all adults. This 90 minute class will be held at Pickering Nuclear Information Center in Pickering around 3.30 pm on every Sunday of each month. Adult Yoga lessons are conducted by Mr. Manickam Pakiyathan, an experienced Yoga teacher trained by Aasanaa Aandiyap-

pan. DTA also launched free Yoga lessons for Seniors on alternate Sundays from 5 pm for about an hour at Pickering Nuclear Center in Pickering. Seniors Yoga lessons are conducted by Mrs. Vana Dineshkumar, a Certified Yoga Instructor.

For further details on both Adults and Seniors Yoga lessons, kindly call 905-428-7007.



DTA's Free Yoga for Adults - 3 March 2013



DTA's Free Yoga Lessons for Adults

## Durham Tamil Association's "Creative Hands"

Durham Tamil Association proudly announced the free Monthly Craft Activities for Kids of all ages called Creative Hands. DTA would like to endow with a wide range of activities for the kids called make-it and take-its. These classes teach the children how to create unique crafts including jewelry, painting, flower arranging, paper crafts and much more. There's several new projects every month and with all the classes offered they are

sure to find a craft that they would like to make. The main objective of this fun class is to make various crafts and raise money for Sick children Hospital and children organizations based in South Africa. The class will be conducted by Mrs. Deepa Sivasangar at the Pickering Nuclear Information Center in Pickering, on a monthly basis. For further details contact: 905-428-7007.



Children @ DTA's Craft Night - 22 March 2013



DTA's Creative Hands - 22 March 2013



Mrs. Deepa Sivasangar teaching craft to children @ DTA's Craft Night - 22 March 2013



# CBC K-W's Morning Edition program introduces new service to region

KITCHENER — CBC listeners in the region said goodbye to Metro Morning and hello to The Morning Edition before dawn Monday as the public broadcaster's new local station's morning show aired for the first time.

The maiden broadcast included an interview with Kitchener Mayor Carl Zehr, as well as an in-depth movie review.

The new show will mix current affairs, news content, local music and arts and culture, much like other CBC morning shows in Toronto and Ottawa says host Craig Norris.

Until today, all the region's listeners got to hear was Metro Morning, a Toronto-centric, variety program hosted by Matt Galloway.

The new show can be heard, advertising-free, on 89.1 FM from 6 a.m. to 8 p.m. during the week. A new CBC website dedicated to the region will feature online news stories and social media interactions throughout the day.

CBC head of media relations Chuck Thompson would not comment on the new eight-employee K-W station's cost to taxpayers, citing "competitive reasons."

Their newsroom occupies a unit in a redeveloped factory building at 117 King

Street West in downtown Kitchener.

Norris says the show will focus almost entirely on local events.

"(A listener) asked me this morning out in front of the studio, what percentage (of the show) was going to be local, and I said '99 per cent'."

Norris, a musician and former host of CBC Radio One's Laugh Out Loud, as well as his own show bearing on CBC Radio 3, says current affairs programming may be little different from what he's done for most of his career.

But he developed and produced a show called Know Your Rights in 2011. It was a 10-week long radio program that explored the Canadian Charter of Rights and Freedoms, and how the document affects Canadians.

Hosting a current affairs show uses "a different set of muscles," says Norris, "but it still amounts to a conversation."

Alongside a team including Norris, three producers and three reporters, Andrea Bellemare will serve as The Morning Edition's "online host." She'll give listeners the chance to comment on the show's content in real-time, and facilitate online chats with some of the show's guests.



Tamil Cultural Association of Waterloo Region proudly present

## Tamil New Year Celebration 2013

Saturday, April 20th 6.00pm - 9.00pm  
Christ Lutheran Church Hall  
225 Annedale Road, Waterloo.

Children's Arts exhibition,  
Tamil School musical & drama  
Indian group dance  
**FREE ADMISSION**



**தமிழர் புத்தாண்டு விழா**

சோடசதுர வட்டாடித்தின் தமிழர் புத்தாண்டு மகிழ்ச்சி மலர்வுகள் வழங்கும் புத்தாண்டுக் கலை நிகழ்ச்சிகள், மூலிகக் கண்காட்சிகள் போன்ற பலவிதமான நிகழ்ச்சிகளைக் கவன அளவளவுக்கும் அன்புடன் அழைக்கின்றோம்.

அன்புறுபுள்ளம் பிள்ளைகளுக்கு எக்சிபோவும் வழங்கும் நிகழ்வும் இடம்பெறும்.





# KW Symphony embraces music of India

KITCHENER — Indian musical artist Suba Sankaran beams as she talks about the concert Thursday and Friday night with the Kitchener-Waterloo Symphony, her first performing with a full orchestra.

"I ended up rearranging the music," said the Toronto-based Juno Award nominee vocalist, multi-instrumentalist and co-artistic director of Autorickshaw. The symphony will provide the base for a "wider pallet in terms of colour and texture. It becomes a sonic playhouse," she said.

Sankaran performs Bollywood & Beyond: Masters and Icons of Indian Music with her father, internationally acclaimed percussionist Trichy Sankaran, as part of the symphony's Intersections series and one of the symphony's most culturally enriched concerts.

Sankaran said the idea of blending Indian and symphonic music came from the symphony's artistic administrator, Olga Mychajluk. The two women knew each other, but it took several discussions before a final concert idea was decided upon and artistic director Edwin Outwater brought into the conversation.

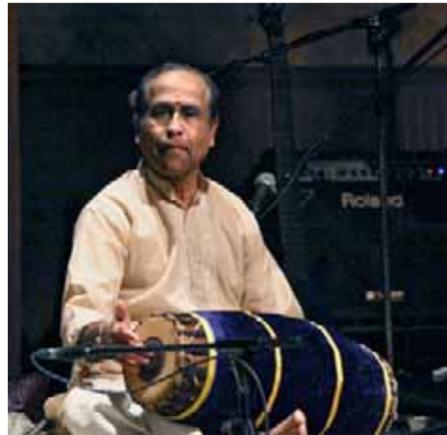
On a brisk winter morning, the symphony and the father-daughter duo met at the Conrad Centre for Performing Arts for a rehearsal. Outwater has always tried to challenge the symphony and he

has outdone himself with this Bollywood concert as the sounds slipped seamlessly from classical to jazz to traditional Indian and Bollywood.

The music is a testament to the success of fusion — a blending of many styles to create something new and fresh, yet at the root of it all is hundreds of years of musical history. Sankaran notes that her father comes to this music from the traditional side, having been born and raised in southern Indian where he was steeped in music that dates back at least to 500 B.C.

Sankaran, on the other hand, was raised in Toronto in a traditional household where both her parents taught their two daughters music, but she also had strong outside influences of fusion and Bollywood styles of Indian music. At this weekend's concert, the two will come together performing an eclectic program that includes Leonard Cohen's Bird on a Wire and the Beatles' beautiful sitar piece, Within You Without You, in this case substituting the sitar for an electric violin played by acting concertmaster, Sergei Nikonov.

Sankaran said that when he first came to Canada, on invitation from York University in the 1970s, Indian music was unknown to most Canadians, though the Beatles collaboration with Indian sitar



Trichy Sankaran

master Ravi Shankar piqued the interest of the west, essentially paving a path for musicians such as himself.

"We made it a point of introducing the music," said Sankaran, who founded York's Indian music program where he has taught for 40 years while touring the world as a master of the Indian drum known as an mridangam. He is an expert in playing the style of music known as Carnatic, associated with the area of Indian where he was born and which includes four provinces, four influences, four cultural histories.

Today, with all the multiculturalism in Canada, these historic musical influences are part of an even wider blending of musical influences from around the world.



Suba Sankaran

Sankaran added that with international travel and the influx of new immigrants to Canada, there are many cultural styles and it's all around us.

"We see it in books, in fashion, in food, this blending of cultures," she said. "In the last few decades, we're taking the veil off the exoticism of the music."

The evening's program includes Sankaran's Carnatic concerto, which has never been played by a full orchestra before, he said. As well they will perform music by composer Frank Bennett and Robert Morris's Varnam which blends Carnatic and western styles of music. They will also perform the lusciously smooth jazz pieces Infinite Horizon and Maya from Autorickshaw's Indian-inspired repertoire.



## identity

South Asian Children's Arts festival

Children's Visual Arts Exhibition

Theme "South Asian Culture"

Saturday, April 20

7.00pm - 9.00pm

Christ Lutheran Hall

225 Anndale Ave., Waterloo.

Admission: FREE



Tamil Cultural Association of Waterloo Region

جاكوب؛ في ي غز غل لف؛ فوفك؛  
Nthl jhYh tl huk;

art is a powerful way to explore identity

The art of being in between two cultures is reflected in the form of an identity.

Canadian children showcase their artistic skills to connect to their roots.



Regional News

# Newcomers Welcome Program for Seniors

Interested in sharing your culture with others from around the world? Are you 55 years of age or older? Join us at the Whitby Library on Wednesday, April 3, 2013, from 2:00–3:00 p.m. to discover the Newcomers Welcome Program for Seniors (NWPS) developed by Whitby Senior Services.

Hear about how members have experienced social activities that promote a healthy and inclusive lifestyle, enjoyed building relationships with others, and embraced a warm, friendly environment.

Learn how you can do the same! If you know someone who may benefit from NWPS, join us for more information.

NWPS promotes the sharing of cultures from around the world by recognizing differences and acknowledging them as a chance to build relationships and to learn from one another.

Attendees will also have a chance to discover the Whitby Public Library's

multi-lingual resources, such as books, magazines and DVDs in many languages, and to participate in a brief group activity.

The Newcomers Welcome Program is held weekly at the Whitby Seniors' Activity Centre, 801 Brock Street South, Whitby.



**Date:** Wednesday, April 3, 2013

**Time:** 2:00–3:00 p.m.

**Cost:** Free

**Location:** Whitby Seniors' Activity Centre, 801 Brock Street South, Whitby

**Register:** 905.668.6531 x2020

**Email:** askreference@whitbylibrary.on.ca

## Registration open for Whitby Summer Camps



Our summer camps are offered for pre-school aged children up to teenagers.

Programs include arts and crafts, sports, drama, and educational activities. All camp leaders are certified in First Aid and CPR and have previous experience with children and youth. Counsellors also have training in special needs inclusion and integration, child development, emergency response, and curriculum and program development.

Camps are offered at Brooklin Community Centre and Library (BCCL), Cullen Central Park (Cullen), Ormiston and John Dryden Public Schools and Iroquois Park Sports Centre.

Junior Firefighter Program begins Monday, July 8, 2013 and ends Friday, August 9, 2013, operating daily from 9:30 a.m.–3:30 p.m. at the Whitby Fire Department Headquarters.

There is no camp session offered on Monday, August 5, 2013, due to the statutory holiday.

Visit [www.whitby.ca/camps](http://www.whitby.ca/camps) for full details

## 2013 Whitby Idol Finalists

Thank you to all of this year's performers for participating in Whitby Idol 2013. This year, 18 finalists were selected from over 50 spectacular applicants.

**2013 FINALISTS**

- Ahlyssa Mundy
- Amika Gravendick-Haudegand
- Arlen Jean (A.J.) Recana
- Breanna Ells
- Chanille Blair
- Corey Giddings
- Daniela Ruscica
- Emma Hubley
- Haifa Behbahani
- Jacob Ewaniuk
- Jonah Kissoon
- Kaitlyn Zarzour
- Kimberley Ibanez
- Lauryn Talabis
- Marisa Dashney
- Mary Joie Agustin
- Racheal Emberley
- Sarah Frost



Whitby Idol is sponsored by the Whitby Youth Council, The Corporation of the Town of Whitby and the MusicScene. The Whitby Youth Council is comprised of youth in the Whitby community and adult representation from local schools, agencies and organizations that work together to address the needs of youth in the community.

Finalists will receive exclusive studio time to record a track for the 2013 Whitby Idol CD. Finalists will also perform at various Town of Whitby events throughout the year.



# Whitby In Bloom

Whitby In Bloom is a civic beautification program that promotes environmental responsibility and civic pride. Whitby In Bloom is based on the international Communities in Bloom program. The program's success is largely attributed to the dedicated efforts of community volunteers and the participation of Whitby residents. Browse the photos of past Whitby In Bloom events and enjoy the Whitby in Bloom Experience!



## 2013 Authors in the Garden Seminar Series

Join us for free the "Authors in the Garden" seminar series, featuring accomplished gardeners who will share useful information for you to use in creating your perfect garden. Donate non-perishable food items in support of Whitby food banks at each seminar. All Seminars start at 7:30 p.m. at the Brooklin United Church, 18 Cassels Road East. "Authors in the Garden" is presented by the Town of Whitby, Whitby In Bloom Committee in partnership with the Brooklin Horticultural Society. Each garden author will have books for sale at each seminar.

**April 24—Sonia Day: The Untamed Garden**

Sonia Day is a well-known writer, painter and plant buff. Her books and opinionated gardening columns in the Toronto Star have gained her a wide audience. Her column, The Real Dirt, appears in the Life section of the Toronto Star on Saturdays. She has written seven books, is a well-known speaker at events like Canada Blooms and has won several awards. Her latest book, The Untamed Garden, won gold as Best Book of the Year from the U.S.-based Garden Writers' Association. Proceeds from Sonia's book sales at this seminar, will go to Whitby based food banks.

Space is limited, so reserve your spot today, online at [www.whitby.ca/whitby-inbloom](http://www.whitby.ca/whitby-inbloom).

**Volunteer for Whitby In Bloom!**

Participating in Whitby In Bloom instills civic pride, offers visible benefits to the larger community through beautification projects, and raises the profile of Whitby in the eyes of visitors. You can become involved by volunteering with the Whitby In Bloom Committee. Complete our volunteer application form to get started: <http://www.whitby.ca/en/onlineservices/volunteerform.asp>

## Town of Whitby Participated in Earth Hour



On Saturday March 23, 2013, millions of people around the world participated in Earth Hour. The Town of Whitby once again participated by turning off all non-essential lighting and electrical equipment in Town facilities during Earth Hour.

The Town of Whitby encouraged residents and businesses to participate as well by turning off lights, powering down and unplugging unnecessary electrical equipment during Earth Hour.

The community also took advantage of the darkened skies during Earth Hour by joining Town of Whitby staff and the Durham Region Astronomical Association for a free Stargazing Party with telescope viewing of the moon, planets and stars.

## Town of Whitby: April Events and Meetings

- <http://www.whitby.ca/en/Calendar>
- Regular Meeting of Council
- April 2 2013, 7:00 pm
- Newcomers Welcome Program for Seniors
- April 3, 2013, 2:00–3:00 p.m.
- Planning and Development Committee Meeting
- April 8, 2013, 7:00 p.m.
- Newcomers Welcome Program for Seniors
- April 11, 2013, 1:00–3:30 p.m.
- Operations Committee Meeting
- April 15, 2013, 7:00 p.m.
- Newcomers Welcome Program for Seniors
- April 18, 2013, 1:00–3:30 p.m.
- Regular Meeting of Council
- April 22, 2013, 7:00 p.m.
- Whitby In Bloom Garden Seminar - Sonia Day
- April 24, 2013, 7:30–9:00 p.m.
- Newcomers Welcome Program for Seniors
- April 25, 2013, 1:00–3:30 p.m.
- Special Meeting of Council
- April 29, 2013, 6:00 p.m.
- Planning and Development Committee Meeting
- April 29, 2013, 7:00 p.m.
- Operations Committee Meeting
- April 30 2013, 7:00 p.m.

# MARKHAM



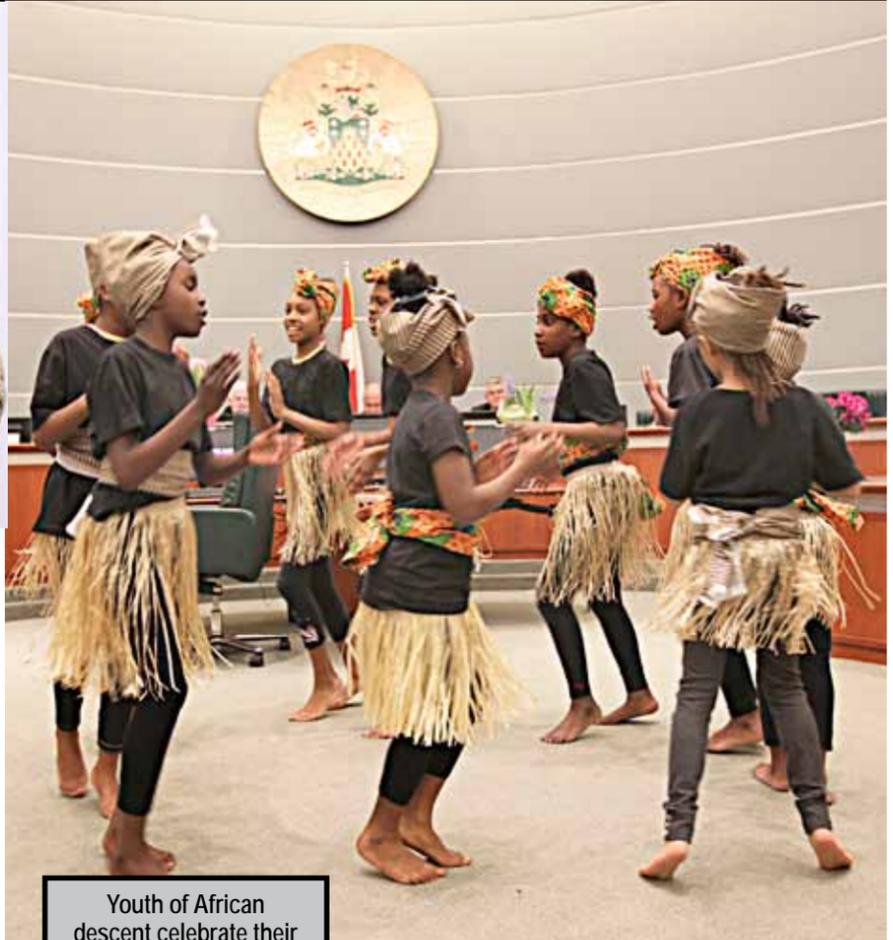
## Regional News



Mayor Frank Scarpitti and Consul General Fang Li serenade the crowd with Shanghai Beach at the 3rd Annual Mayor's Chinese New Year Celebration on February 24.



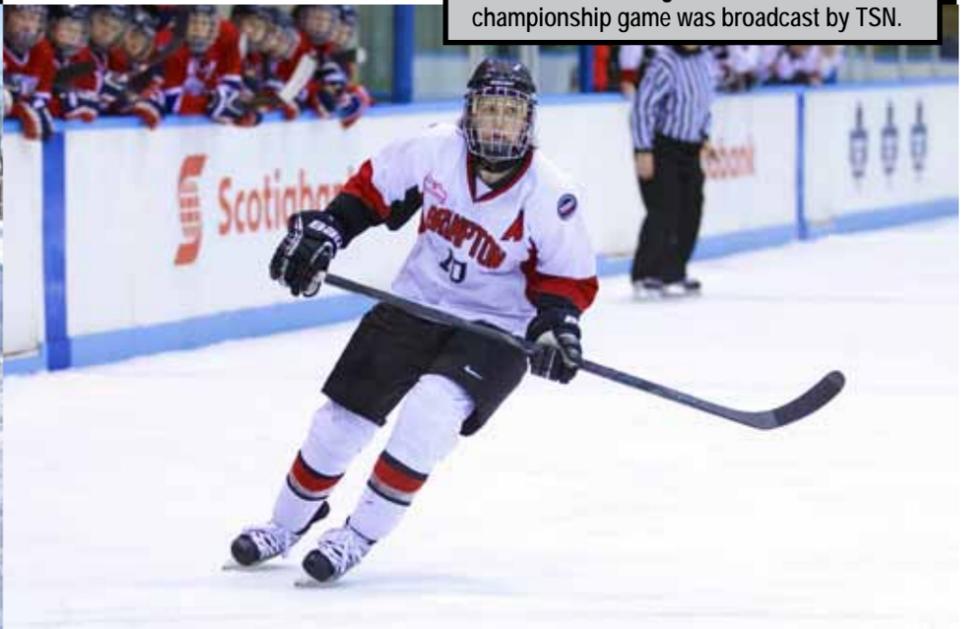
Local performers stepped in to the spotlight at the Flato Markham Theatre and celebrated Markham's diversity at the 15th Annual Many Faces of Markham Concert on March 17.



Youth of African descent celebrate their heritage with a lively dance performance at the Black History Month celebrations held at the Civic Centre on February 26.

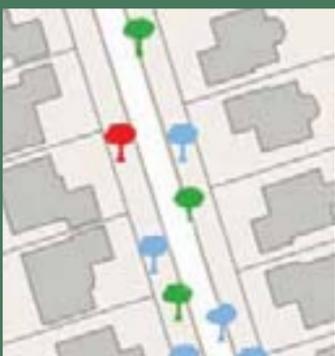


Children bundled up and spent Family Day participating in activities that included snowshoeing through the historic grounds of the Markham Museum at Winterfest.



As host of the Canadian Women's Hockey League's (CWHL) prestigious 2013 Clarkson Cup Championships (March 20 - 23), Markham was proud to welcome Canada's elite female pro hockey players to Centennial Arena. Team Brampton's Gillian Apps, a Unionville native, hit the ice for Game 2 against Montreal. The final championship game was broadcast by TSN.

### EMERALD ASH BORER INTERACTIVE MAPPING TOOL NOW AVAILABLE AT WWW.MARKHAM.CA



Do you have a city ash tree on your boulevard or in a manicured park nearby? Enter your address and find out which Emerald Ash Borer (EAB) Management Plan Program each tree is part of:

- Monitoring
- Treatment
- Removal



Visit our website for more info about Markham's efforts to manage the EAB infestation and to find out how YOU can help!



### KEEP MARKHAM BEAUTIFUL MONTH APRIL 2013

**Join forces to clean up our community!**

Be part of it! Your participation sends a message – the smallest efforts really **do** make a big difference. Be proud that you are helping to Keep Markham Beautiful!

To receive supplies, register your clean up NOW at 905-415-7535 or send an email with your name, address and phone number to [customerservice@markham.ca](mailto:customerservice@markham.ca) from **March 21 - April 19.**

[www.markham.ca](http://www.markham.ca)



## Special Feature

# Wave

(The moving memoir of a mother who lost her entire family to the devastating Indian Ocean Tsunami)

Author: Sonali Deraniyagala  
Publishers: Stewart & Mccelland  
Reviewed by Siva Sivaprasam

"This is the most powerful  
& haunting book I have  
read in years"

Canadian Author Michael Ondaatjee

The rising waters of the Indian Ocean named Tsunami killed thousands of people in countries around the ocean eight years ago. Few of these families also saw almost the entire members wiped out. One such unfortunate family was that of Sonali Deraniyagala. But fortunately she survived to tell the tale. The instrument she chose to get out of this nightmarish experience was to tell the world her story. The result is "Wave", a powerful and gripping heartbreaking story of how she lost all members of her family - parents, husband & her two children. After the unexpected and unfortunate tragedy that struck her she finds solace in putting together and piercing together her past.

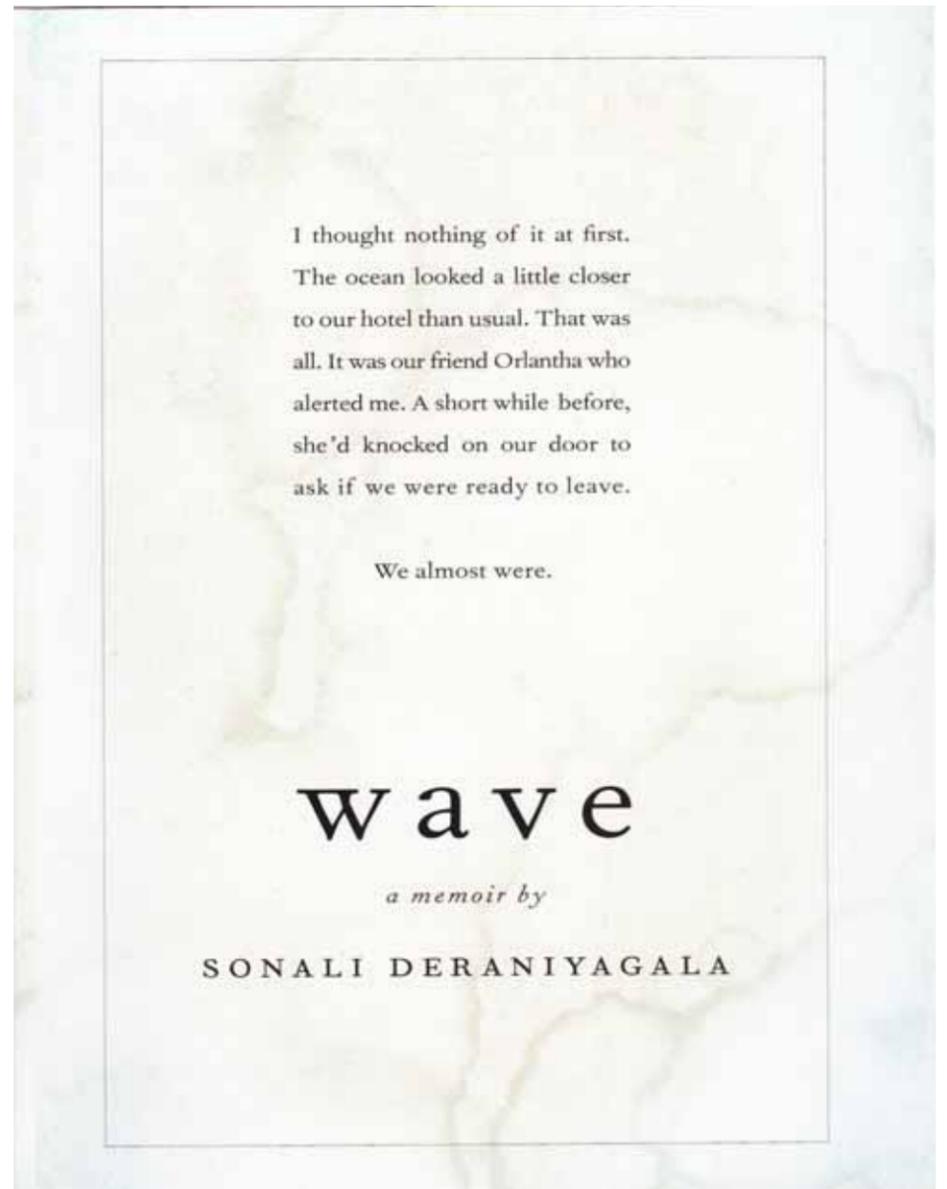
Sonali who was teaching Economics in London went down to Sri Lanka with her husband and two children to spend a vacation with her parents during the month of December 2004. It was during her trip down South that she and the rest of the family got trapped in the violent waves of the Tsunami. Her parents,

husband and two children were washed away by the powerful waves. She survived to tell the story, but after several years of agony, grief and depression she underwent.

Wave is a chronicle of loss and grief brilliantly narrated. It portrays the happy and contented life of a closely-knit young family and how it was shattered within minutes due to a devastating event. Her narration of her story is both emotional & powerful making the reader to continue reading.

Sonali Deraniyagala is now living in New York as a visiting research scholar at the School of International and Public Affairs at the Columbia University, New York, working on issues of Economic Development, including post-disaster recovery.

The book is available at leading bookshops and can be purchased online from Random House of Canada, a division of Stewart & Mccelland, the publishers of "Wave".



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## Jaffna Hindu College Association Canada Annual Gala Dinner - 2013

will be held

on Saturday, April 06th, 2013, at 6.00 pm

at

Scarborough Convention Centre,  
20 Torham Place,  
Scarborough, ON, M1X 0B3  
(Finch Ave E & Finchdene Square)  
(Major intersection: Finch Ave E & Neilson Rd)

All old students, staff and well wishers are kindly invited to attend this event with their families.

For additional information

**Krish: 416-930-9119**

**Kathir: 416-856-6900**

Future Events:

Sports & Picnic (July 01st at Sunny Brook Park)  
Children Education Competition (September 14th at Scarborough Civic Centre)  
Kalaiarasi (October 12th at Chinese Cultural Centre)  
[www.JaffnaHinduCanada.com](http://www.JaffnaHinduCanada.com)

## OSPA Annual General Meeting

The annual general meeting of the Ontario Sri Lankan Pensioners Association (OSPA) will be held at the Council Chambers in the City Hall at Scarborough Town Centre at 9:30 AM on Saturday the 20th of April, 2013.

All Sri Lankan pensioners in Ontario are invited to attend this meeting as several important matters including the following are to be discussed.

(a) Nonpayment of increase of pension and allowances granted in the budget proposals for all pensioners

(b) Obtaining of pension awards to those who had not yet got them due to displacement and circumstances beyond their control

As admission will be on the basis of membership, all members are kindly requested to renew their membership and others are advised to enroll themselves by contacting the following:

**The President (647 285 9336), The Secretary (289 997 0934)  
or the Treasurer (416 266 7895).**

## Bridegroom wanted

We are looking for a Sri Lankan Tamil, Hindu bridegroom for our 26 yrs. old daughter who is currently in her medical residency in the USA.

She was born in the UK and a citizen of USA and is seeking a professional partner - medical, dental or business graduates preferably practicing in the Canada, UK, or USA.

Please contact with full details via email:

**neetat7786@gmail.com**

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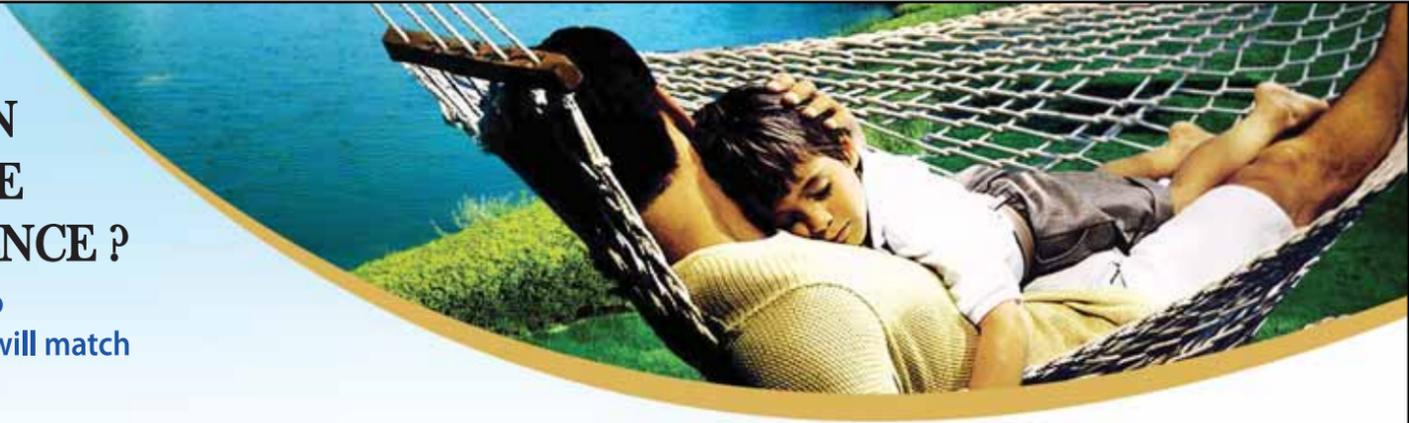
10 Milner Business Court, Suite 208, Scarborough, ON M1B 3C6  
Web: [www.life100.ca](http://www.life100.ca), E-mail: [info@life100.ca](mailto:info@life100.ca)



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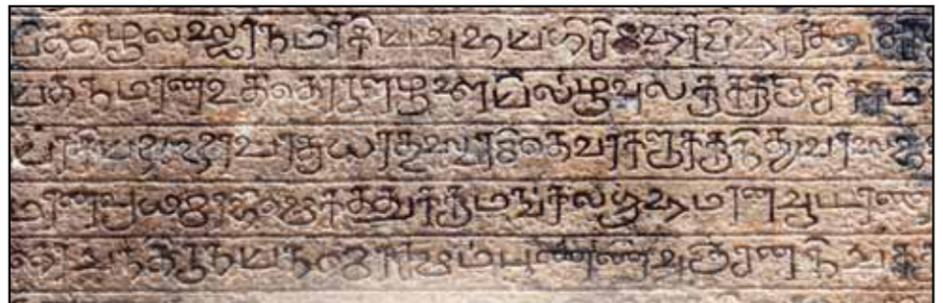
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**\$30<sup>00</sup>**

90-min spa manicure & spa pedicure

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