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Canadian Tamils' Chamber of Commerce celebrates 16th Annual Awards Gala

Ontario Premier expresses gratitude to Tamil community for their valued business contributions

By Siva Sivapragasam

The Canadian Tamils' Chamber of Commerce which represents the Tamil business community in Canada celebrated its sixteenth Annual Awards Gala at the prestigious Hilton Suites in Markham last Saturday, April 5th.

The event which was attended by over eight-hundred guests showcases excellence in entrepreneurship among Tamil Canadian businesses. The CTCC is an organization which develops and promotes entrepreneurship among Canadian Tamil businesses. It is estimated that there are over one thousand registered businesses owned by Canadian Tamils in Toronto.

In her message to the Chamber on the occasion of the Awards Gala, Ontario Premier Kathleen Wynne expressed her gratitude to the Tamil community for its valued business contributions.

The President of CTCC Mr. Sinnadurai Jeyakumar, in his speech, stated that the Chamber is approaching the 25th Anniversary and can be proud of its achievements over the past years. He thanked all those who helped to make the Awards Gala a successful event.

The Awards Gala is an annual event which recognizes and showcases excellence in business among the Canadian Tamil community. The event is sponsored by major Canadian Banks and institutions in the corporate sector. The Award winners are chosen by an independent Awards Selection committee ap-



Professor Sivalingam Sivananthan (R) receiving the President's Award from Mr. Sinnadurai Jeyakumar (L)

pointed by the Board of Directors.

Eight Awards including a special President's Award were presented to persons who have excelled in their chosen fields. The President's Award was presented to Professor Sivalingam Sivananthan who is the Director of Microphysics Laboratory in the University of Illinois, Chicago, and also owns EPIR Technologies and Sivananthan Laboratories. He was

honoured last year by the White House for his innovative work in night vision technology. This year's keynote speaker at the event was Yoganathan Ratheesan, who is the co-founder and co-owner of Lebara Group, which is one of Europe's fastest growing mobile companies employing over thousand people, having four million customers and operating in eleven countries.

Last Saturday's event was attended by representatives from leading Banks, Corporate sector, parliamentarians and members from leading private institutions. Guests were presented with a colorful Souvenir containing informative articles and the success stories of the Award recipients.

Please see Page 18 for Photos of Speakers & Award Winners

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There can be no reconciliation without a full accounting of what happened and why

Full Text of Speech delivered by His Excellency the Right Honourable David Johnston, Governor General of Canada at The Opening Ceremony of Education Day, Truth and Reconciliation Commission Alberta National Event, Edmonton, Thursday, March 27, 2014

Thank you for welcoming me to this important gathering. It is an honour and a privilege to be here.

Allow me to acknowledge that this gathering is taking place within traditional Treaty 6 Plains Cree territory.

It is difficult to know where to begin my remarks to you this morning.

The existence of residential schools will forever be among the great wrongs of Canadian history—an example of the profound harm we are capable of when inequality, paternalism and racism prevail over our sense of common humanity.

As someone who has dedicated most of his working life to education, I am also deeply disturbed by the residential school system's betrayal of the most fundamental principles of learning.

Education should never be about the narrow exclusion of cultures or world-views. Rather, learning should be about growth and inclusiveness, discovery of the self, of others, and of the world around us. The approach should be one of diversity and respect.

Instead, residential schools tried to dispossess generations of Aboriginal people of their languages, their cultures and their dignity. Children were taken from their families and relocated, sometimes to distant schools. Profound damage was done to many thousands of individuals, as well as to their families, their communities and the entire country.

Today, we are gathered to hear the testimony of survivors and of those who knew them—friends and family members, as well as those who worked in the schools. We are gathered to hear the truth from those who experienced residential schools first-hand.



His Excellency the Right Honourable David Johnston

It is so important that we do so. With the consent of those to whom the stories belong, statements made to this commission will become part of the permanent record of what took place in residential schools, helping to inform all Canadians of this awful chapter in our history.

And the truths we hear will become part of the effort to foster healing and reconciliation within Canada.

I know the work of this commission is far from over, but the significance of the storytelling that is taking place here in Edmonton and at previous events across the country should not be underestimated.

As Thomas King has written:

"Most of us think that history is in the past. It's not. History is the stories we tell about the past. That's all it is. Stories."

Because of this, it is vitally important that our stories reflect the diversity of our experiences—even when those experiences are painful and full of sorrow and anger.

Those who step forward to tell their stories today, and those who have done so at events like this across Canada, deserve our utmost respect and appreciation. It cannot be an easy thing to do.

Let me share a story with you—one

that gives me some hope for our common future.

A few years ago, my wife, Sharon, and I visited Resolute, Nunavut. One of my activities there was to fire the starter pistol and take part in the Terry Fox Run. I had just given the signal and was about to join the race when a young Inuit boy came up to me and asked, "Who are you, anyway?"

I said I was the governor general.

He then asked, "What's your name, anyway?"

I said my name is David.

Then he asked me, "How old are you, anyway?"

I smiled and told him I was 70.

He then said, "I didn't think there was anybody that old, anyway!"

I share this story because that curious and energetic little boy with the great sense of humour would likely have ended up in a residential school, in a different time and place. Happily, that is not the case today, but it's a fact that should make us all pause.

The wrongs of the past can never be righted, but we can work together to do better for the children of this generation and of those that follow.

We can, and we must.

That is why reconciliation is so important. And as everyone in this room understands, there can be no reconciliation without a full accounting of what happened and why.

To know our story is to know more of ourselves, and to have a better chance at avoiding a repeat of the terrible wrongs of the past in new forms today.

Thank you once again for inviting me to witness these proceedings. I will do my very best to honour and to do justice to the testimony I hear today.

(The Truth and Reconciliation Commission of Canada was created by the parties to the Indian Residential Schools Class Action Settlement Agreement to determine the truth about Canada's Indian residential schools and establish a reconciliation process—More Info: www.trc.ca)



Expressions of Reconciliation honouring Survivors no longer living
(pic: twitter.com/TRC_en)

7 Good reasons to visit Quebec City Area

Québec City has a comprehensive array of world-class hospitality and entertainment infrastructures. It's a great destination for leisure, business, and incentive travel. The Québec City area boasts a rich historic heritage and beautiful natural surroundings.

Old Québec, a UNESCO world heritage treasure, is alive with history.

Moving from military history to religious history, take in the stunning Notre-Dame-de-Québec Basilica-Cathedral, the Cathedral of the Holy Trinity, the Jesuits Chapel, and St. Andrew's Presbyterian Church.

See for yourself with a visit to the Fortifications of Québec and the Citadel, the city's two main defensive works. And here are the reasons summing up why you should consider visiting Québec City:

1. Authentic Québec City Charm: Québec is one of the world's most beautiful cities, and the Old City is a UNESCO World Heritage Treasure.

2. A Once-in-a-Lifetime Experience: This corner of French-speaking culture in North America.

3. Entertainment and Cultural Activities: Parks, wildlife reserves, and

scenic attractions are minutes away, with a host of outdoor activities available all year round.

4. Nature on Your Doorstep: The city's hotel and service network enjoys an enviable reputation around the world.

5. Accommodation and First-Rate Facilities: The city's hotel and service network enjoys an enviable reputation around the world.

6. Easy access : Set in the heart of the province, the Québec City area can easily be reached by car over a network of expressways and national highways.



7. Dining at Its Finest: Eating well in Québec City is part of the lifestyle, and the terrific cuisine is one of the best reasons to visit.

from the publisher's desk

PUBLISHING TEAM

Managing Editor & Publisher: Logan Velumailum, B. Sc. - toronto@monsoonjournal.com

Editorial & Marketing Consultant: Siva Sivapragasam - tsiva@rogers.com

Executive Editorial Board: Tashvir Narine - tashvir.narine@gmail.com

Krishni Narine - krishni31@gmail.com

K. Thirukumaran

Graphics & Layout Design: Santosh Kumar - kasantosh@gmail.com

Graphic Support: Suren Rasadurai

Photo Journalists: Gnane B. Gnanendran - digitalgnane@yahoo.ca,

Rudy Ruthran - rudy@ruthran.com

Health & Care: Ayktah Grover - www.aurawellness.ca, Dr. Amal Siva, Jeavana Sritharan

Dr. S. Sivanesan, Dr. Nuwan Fonseka, Dr. Shiyam Loganathan, Dr. Harshini Sriskanda

Special Feature: Raymond Rajabalan, J.J. Atputharajah, Sri Krishnan Subramaniam,

Senthi Senthivel, C. Kamalaharan, Dr. A. Gobikrishna, Sivanesan Sinniah,

Devadas Chelvam, Kumar Punithavel, Nate Velumailum,

Jennifer Dilipkumar, Partipan Kugadason (PK)

Business & Finance: Arun Senathirajah - asenathi@hotmail.com

David Joseph - David.joseph@investorsgroup.com

Jay Wigna - www.taxonecentre.com

Education: RG Education Centers - www.rgeducation.com

Durham News: Durham Tamil Association - www.durhamtamils.com

Tamil Cultural & Academic Society of Durham - www.tamilsociety.ca

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Circulation Co-ordinator: Donald. J

April showers bring “The largest Secular Holiday in the World” and May flowers

This has been hard winter that is slowly departing. The month of April has now ushered upon and the humanity across the globe are embracing it with numerous observances and festivities along with Mother Nature, as the adage goes, “April showers bring May flowers”. Observed on April 22, “International Mother Earth Day”, well captures the essence of recognizing this and all the spirit revolving around the season.

Among the many observances and festivities, April this year also brings Passover (April 14-22), Easter (April 20). It is also the time of “Jaya” Varusha Pirappu-Chiththirai Tamil New Year and Sinhala New Year (April 14). On March 20 Nowruz was observed by diverse ethnic communities from Iran to several Central Asian countries, marking the arrival of spring and New

Year. People of the Deccan region of India celebrated Ugadi, their New Year on March 31.

Amidst the festivities, today the world embarks with Mother Nature in a wider spectrum around the globe. “International Mother Earth Day” has been observed since the 1970s. It has to be noted that Tamil Poet Subramaniya Bharathiyar authored a rare Sanskrit song “Bhooloka Kumari”, which can be considered as an early bestowment of Nature, Earth and Womanhood in a global perspective.

Earth Day Network (earthday.org), the driving international force behind Earth Day, calls April 22 is “the largest secular holiday in the world”.

So how does one celebrate the “International Mother Earth Day”?



The renowned Old Farmers Almanac says - “On Earth Day, enjoy the tonic of fresh air, contact with the soil, and companionship with nature! Walk through the woods in search of emerging wildflowers and green moss. Go outside, no matter what the weather!” and “The most common practice of celebration is to plant new trees for Earth Day.”

Monsoon Journal Wishes and Joins everyone in the April observances, celebrations and festivities.

INDEX

Main News	1
Ads	2
Canada News	3&5
Publisher's Info	4
World News	6-9
Health & Care	10-21
Special Feature	22-39
Cinema	35
Business & Finance	40-41
Book Launch & Review	42
Community Watch	43-56
Tamil Literary Garden	43
CSLA	44
SAAC	45
Jaffna Hindu College	46
New Year Wishes - Millenium Travels	47
Tribute - K. Velumailum	48&49
RE/MAX AD	50
Tribute - Balu Mahendra	51
Baha'i	52&53
DTA	54&55
TCASD	56
Regional News	57-61
Brampton	57
Waterloo	58&59
Whitby	60
Markham	61
Classified	62
Life 100 & Business Coaching	63
Ads	64

What is Food Security?



Children from #SriLanka laughing out loud while enjoying WFP school meals

World Food Programme (WFP) works as an active member of the United Nations system to bring the issue of hunger to the centre of the international agenda. As the matter of “Food Security” is being brought up as a concern in parts of nations and countries across the world, WFP explains what is meant by “Food Security”:

People are considered food secure when they have all-time ac-

cess to sufficient, safe, nutritious food to maintain a healthy and active life. Food security analysts look at the combination of the following three main elements:

Food availability:

Food must be available in sufficient quantities and on a consistent basis. It considers stock and production in a given area and the capacity to bring in food from elsewhere, through trade or aid.

Food access:

People must be able to regularly acquire adequate quantities of food, through purchase, home production, barter, gifts, borrowing or food aid.

Food utilization:

Consumed food must have a positive nutritional impact on people. It entails cooking, storage and hygiene practices, individuals' health, water and sanitation, feeding and sharing practices within the household.

“Adopt the pace of nature. Her secret is patience.” – Ralph Waldo Emerson (1803-1882) Author

Printing the Winds of Change around us All lands home, all men kin.

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Volunteers creating a legacy of giving that will last for generations to come

The Honourable Candice Bergen, Minister of State (Social Development), on April 6th issued the following statement to mark National Volunteer Week, which takes place April 6 to 12, 2014:

"Every day, millions of Canadians shape this country through their volunteer work. In Canada, there are 161,000 not-for-profit and charitable organizations. More than half of these organizations have no paid staff and rely almost completely on volunteers. Wherever there is a need, there are people willing to lend a hand.

National Volunteer Week recognizes these Canadians who show their compassion, generosity and commitment to communities across our country. Whether it is visiting seniors, canvassing for funds or preparing meals, they are making a difference.

My department promotes volunteerism through a number of programs. They include: the New Horizons for Seniors Program, which supports projects led or inspired by seniors who make a difference in the lives of others; the Social Development Partnerships Program, which forges partnerships with organizations to tackle social issues; and the Prime Minister's Volunteer Awards, which I had the pleasure of handing out last month in Toronto. The awards recognize individuals, businesses and organizations for their contributions in improving the well-being of families and their communities.



**The Honourable Candice Bergen,
Minister of State (Social Development)**

I encourage you to take the time this week to thank a volunteer, and I look forward to recognizing and celebrating the accomplishments of Canada's 13.3 million volunteers at the National Volunteer Week Reception in Ottawa on Wednesday, April 9. Their selfless efforts are not only making Canada a better place to live, they are creating a legacy of giving that will last for generations to come."

Nominations for the next Prime Minister's Volunteer Awards are now being accepted until May 9, 2014. For more information about the current call for nominations, please visit www.pm.gc.ca/awards or call 1-877-825-0434.

International Development Management Studies May-June Course Offerings

Humber College's International Development Institute—Registration Now Open

This certificate builds capacity in the management of international development and humanitarian assistance with specialized training that draws on institutional and faculty expertise. The certificate is comprised of a total of five courses chosen from specialized course offerings in niche areas that are delivered in a five-day in-class workshop and/or online format. The program promotes a participatory approach to sustainable

development and focuses on enhancing capacity to effectively implement international development programming. The acquisition of practical and transferable management skills necessary to plan, implement, monitor and evaluate project activities and results is stressed throughout the program. Facilitators are chosen for their expertise and experience in international development and humanitarian work and bring their front-line knowledge into the classroom.

To learn more, visit: <http://business.humber.ca/idi>

May 9, 2014, declared as a 'National Day of Honour'



PM Harper welcomes home members of the Canadian Armed Forces returning from Canada's mission in Afghanistan

Prime Minister Stephen Harper on March 18, 2014 issued the following statement to mark the return of the Canadian Armed Forces from the NATO training mission in Afghanistan during a ceremony in Ottawa:

"Today, I join all Canadians in welcoming home our men and women who are among the last members of the Canadian Armed Forces to return after serving Canada's mission in Afghanistan. Our troops demonstrated commitment, dedication and valour during the mission.

"To honour that exemplary service, I am very pleased to announce that May 9, 2014, has been declared a 'National Day of Honour' by Royal Proclamation, in recognition and commemoration of Canada's military mission in Afghanistan.

"Through this National Day, Canadians will have the opportunity to reflect on the courage and sacrifices made by our soldiers.

"Since October 2001, more than 40,000 Canadian Armed Forces members have been deployed to Afghanistan to work with Allies and the Afghan Government to defeat terrorism as well as promote se-

curity, development, and governance so that Afghans can build a viable, stable, secure and better governed country.

"Our soldiers helped create an environment in which schools and dams could be built, and governance and judicial systems could be developed.

"Sadly, many Canadians made the ultimate sacrifice for these goals and many others were injured carrying out their duties. We owe them and their families a debt of gratitude that can never be repaid.

"I would also like to extend special thanks to the families of those who served in Afghanistan. The mothers and fathers, wives, husbands, partners, sisters and brothers, daughters and sons, family and friends who supported their loved ones during demanding deployments and who have sacrificed precious time with their family members so they could serve.

"On behalf of all Canadians, I extend my deepest thanks to all those who served in Afghanistan with such distinction and honour, to protect our own freedom and the freedom of others."

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Around the World

APPRECIATION

Sithie Tiruchelvam (wife of Neelan Tiruchelvam) passes away

By Siva Sivapragasam

Sithie Tiruchelvam, a reputed Sri Lankan lawyer and human rights activist, passed away last month in Colombo. She was the wife of Dr. Neelan Tiruchelvam, an internationally respected academic and a leading civil lawyer.

Sithie was 69 of age at the time of her death.

Ms. Tiruchelvam, along with her husband Neelan Tiruchelvam worked on a devolution package and championed the political rights of Tamils. Both she and her late husband Neelan ran a very professional law firm - Tiruchelvam Associates, based in Colombo. Ms. Tiruchelvam also contributed significantly to the International Centre for Ethnic Studies (ICES) and the Law and Society Trust. These institutions were research and policy organisations founded by Tiruchelvam, who served the Sri Lankan parliament in the 1990s representing the Tamil United Liberation Front (TULF), before he was assassinated in 1999. Sithie specialized in corporate law, employment and labour law, tax and regulatory law and laws governing non-profit institutions. She served as a Director on the board of John Keels Holdings) as well as several non-profit institutions (including the Nadesan Centre for Human Rights and South Asians for Human Rights).

Commenting on her passing away, Radhika Coomaraswamy, former U.N. Under-Secretary-General, and a close friend of Sithie stated "She provided an intellectual space for people from all ethnic groups. She would go the extra mile to help someone."

Jayantha Dhanapala, a member of the Friday Forum of which Sithie was also a member said that her death was a big loss to the legal fraternity and to human rights activism. "Sri Lanka cannot afford to lose



people like her," he remarked. The Friday Forum is a prominent Colombo-based civil society organisation.

Dr. Selvy Thiruchandran, Director Women's Education & Research Centre and a member of the Friday Forum commenting on Sithie's passing away stated "Sithie meant many things for many of us. She was a person of resources of many kinds for many of her friends. She gave in plenty, help, advice, solace and affection. She did not expect anything in return. As a fellow member of Friday Forum she enriched the discourse of FF by her forthright views and timely interventions. Friday Forum has lost a valuable companion."

Ms. Tiruchelvam was on the board of several leading companies in Sri Lanka. In addition to law and human rights, she was deeply interested in literature and arts. She also set up the Neelan Tiruchelvam Trust up after the death of her husband in order to carry forward his intellectual legacy.

Her name and that of her husband Neelan will be long remembered in the nation's history as a duo who stood to uphold human rights. As her friends rightly remarked "It was too early for her to go"

Luxury Train Service to Pallai

A luxury train service from Colombo to Pallai with fully air-conditioned compartments was launched last month.

This train service starts with the completion of reconstruction of the Northern railway track from Kilinochchi to Pallai.

The Kilinochchi to Pallai train service was opened by Transport Minister Kumar Welgama. The new air-conditioned train will depart Colombo Fort railway station at 2.25 p.m and reach Pallai at 8.28 p.m.

The train will depart from Pallai at 6.30 am and arrive in Colombo Fort at 12.50 p.m. According to Sri Lankan Railway authorities, reconstruction of the Northern rail track to Kankesanthurai will be completed before June and train

services up to Jaffna will commence before the Sinhala and Hindu New Year.



New Cargills Square bustles in Jaffna, Sri Lanka North

Jaffna Cargills Square is the biggest shopping mall complex in Jaffna district and was recently declared open.

Cargills in the past year opened outlets throughout the Northern region including Kilinochchi.

The 74,000 square foot mini-mall in the heart of Jaffna comprises an air conditioned cineplex with 3 screens including a 3 D cinema, a Cargills Food City, a KFC restaurant, veg and non-veg restaurants, a range of shops and parking areas.



Cargills in Jaffna, Sri Lanka
- pic courtesy of: np.gov.lk

Saudi Arabia gifts 200 Tons of Dates to Sri Lanka

Sri Lanka expressed deep appreciation to Saudi Arabia for the generous donation of 200 metric tons to Sri Lanka.

The Custodian of the two Holy Mosques, King Abdullah Bin Abdul Aziz of the Kingdom of Saudi Arabia recently donated the dates to people of Sri Lanka. As desired by the donor, the dates would be distributed in all twenty five districts of Sri Lanka.

A Sri Lanka External Affairs Ministry Statement said, "This magnanimous gesture is yet another demonstration of the warm friendship and close relations between Sri Lanka and the Kingdom of Saudi Arabia".

Fossil records show that the date

palm has existed for at least 50 million years. Dates have been a staple food of the Middle East and the Indus Valley for thousands of years. They are believed to have originated around Iraq, and have been cultivated since ancient times from Mesopotamia to prehistoric Egypt, possibly as early as 4000 BCE.



Access Students in Kilinochchi, Sri Lanka North show off their English skills



Learning English is a high priority for the students at the English Access Micro Scholarship Program in Kilinochchi, sponsored by the U.S. Embassy. Thanks to their hard work over the last year, they are able to converse in English and got to show off their English skills when Cultural Affairs Officer Dawn Suni visited them on February 22. They played a fun game, learned about life in America, and sang along to a popular children's song. The U.S. Embassy funds 12 Access programs across Sri Lanka offering children from economically disadvantaged backgrounds high quality English language classes.

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Sri Lanka Government says UN War Crimes Probe Politically Motivated

By Anjana Pasricha

NEW DELHI — Sri Lanka has denounced as politically motivated the United Nations approval of an international investigation into alleged atrocities committed during the final stages of the country's civil war. While Sri Lanka has consistently denied accusations of war crimes, the U.N. has faulted Colombo's own probes as not credible.

Sri Lankan Presidential Spokesman Mohan Samaranayake said sponsors of the resolution approved Thursday in the United Nations Human Rights Council did not take into consideration that his country was fighting terrorism during the civil war that ended five years ago.

Samaranayake told VOA the resolution is not about human rights. "This whole exercise is politically motivated, biased and unjust and one-sided. We believe it is not really about human rights. If it is about human rights, the sponsors of this resolution and its backers must commend the government of Sri Lanka because Sri Lankan government safeguarded and protected the supreme human right, that is the right to live," he said.

The resolution is the toughest of three brought against Sri Lanka at the UNHRC in recent years. The focus has been on war crimes committed by soldiers

and rebels during the last months of the military operation in 2009 that crushed a three-decade long insurgency by Tamil Tiger rebels.

Supported by 23 countries in the 47-member U.N. Human Rights Council, the latest resolution slams Sri Lanka for doing little to conduct a credible investigation or ensure accountability for the alleged atrocities, creating a need for an international investigation.

A U.N. panel set up by Secretary-General Ban Ki-moon has said up to 40,000 civilians were killed in the final stages of the conflict, including thousands of civilians. There have been reports of hospitals being bombed and Tamil Tiger supporters being tortured.

Global response to the U.N. resolution is mixed. Western countries like the United States have welcomed the measure, saying it sends a message that Sri Lanka must pursue lasting peace. But India, which had supported earlier calls for an impartial investigation, abstained from the vote this time over fears that an outside inquiry impinges on a country's sovereignty.

Sri Lankan President Mahinda Rajapaksa's spokesman did not comment if his country will cooperate with international investigators. He said the government will study the whole process and then decide what to do next.

But Samaranayake said such a probe will be counterproductive. "This kind of exercise will further end in disaster. It will further aggravate the situation and it will impede the fragile reconciliation process that is going on in this country," stated Samaranayake. "Reconciliation is not one single act."

The Sri Lankan government said it has been promoting investment, economic growth and resettlement of the Tamil ethnic minority in the north and the east, where the insurgency was based.

Jehan Perera at the independent National Peace Council in Colombo said while development and rehabilitation has taken place in the Tamil-dominated parts of the country, the government needs to do a great deal more to de-militarize the area.

"Even the LTTE [Liberation Tigers of Tamil Eelam] cadre who have been rehabilitated and released are under tight surveillance and they are very vulnerable to being harassed by the Sri Lankan authorities. The military is essentially run-



Voting on resolutions began March 27, 2014 at the 25th Session of the Human Rights Council-U.S. Mission Geneva/ Eric Bridiers

ning the north and the east, the governors of the north and east are both from the military. It is difficult to hold a meeting in the north and east without the security forces coming in plain clothes and asking questions. The devolution of powers which the government pledged also has not happened," said Perera.

In recent years, the Sri Lankan government has been criticized by human rights groups for become increasingly authoritarian and continuing to intimidate human rights defenders and journalists.

Spokesperson Samaranayake said the country is being punished for ending terrorism and that it will rely on support from its people to tide over the latest challenge.

(VOA News)

Deepa Balachandran, B.A. (Hons.), B. Ed., J.D.

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I have experience defending individuals facing various charges, including failure to comply with bail/probation, driving offences, assaults, weapons offences, fraud and theft. In addition, I also speak Tamil.

For a free consultation, contact me at

647-622-3911.



An Independent, Credible Investigation Into All Actions By All Parties For The Entire Period Of The Conflict Would Be Good For Sri Lanka - Ambassador Michele J. Sison

(Text of Opening Statement delivered by US ambassador to Sri Lanka Michele J. Sison to the Sri Lanka Foreign Correspondents Association at the American Center in Colombo on April 3rd 2014)

Thank you for inviting me to speak tonight. Last year, you also invited me to speak in early April, and I described the long relationship between the United States and the people of Sri Lanka, as well as the broad spectrum of activities and engagements that characterize our relationship. None of that has changed.

I also spoke to you last April about U.S. concerns regarding the lack of reconciliation and accountability in Sri Lanka, ongoing human rights issues in the north and east, and attacks against journalists and religious minorities.

Unfortunately, those concerns also remain unchanged.

The United States remains firmly committed to working with the people of Sri Lanka to build a future in which all of Sri Lanka's citizens can achieve their aspirations.

At the 25th Session of the UN Human Rights Council in Geneva, the international community addressed urgent human rights issues throughout the world.

The United States successfully led two resolutions at this session: one that renewed the mandate of the Special Rapporteur on freedom of opinion and expression, and another focusing on justice and accountability for human rights abuses and violations in Sri Lanka while promoting reconciliation, democratic governance, and respect for human rights.

For a third consecutive year, the UN Human Rights Council, by a wide margin, has strongly urged the Government of Sri Lanka to address these issues. This year's resolution enjoyed the support of a core group of member states, and was co-sponsored by 42 states.

For the first time, the resolution requests a comprehensive investigation, to be undertaken by the Office of the High Commissioner for Human Rights, into alleged serious violations and abuses of human rights and related crimes committed in Sri Lanka, by both sides, during the 2002-2009 period covered by the Lessons Learnt and Reconciliation Commission report.

In addition, it requests that the OHCHR monitor, assess, and report on the human rights situation in Sri Lanka, including any relevant domestic processes dealing with reconciliation and accountability.

We encourage the Government of Sri Lanka to take heed, to fulfill its own obligations to its people, and to take meaningful, concrete steps on reconciliation and accountability. This reflects genuine con-

cern on the part of the United States for all communities in Sri Lanka. We also encourage the Government to cooperate fully with UN mechanisms.

To those who have accused the U.S. over the past few months of "targeting" Sri Lanka, I want to point out that this was only one of numerous multilateral responses at the UN Human Rights Council to the human rights situation in a particular country.

At this session alone, one of three annual sessions, the UNHRC took action on human rights in Iran, Syria, the Democratic People's Republic of Korea, Burma, Libya, Mali, Guinea, Haiti, and South Sudan. The United States also led 41 states in expressing concern at the situation in Ukraine, and we joined a cross-regional statement on Egypt.

As we do at every UNHRC session, the United States expressed concern about human rights issues all over the world, including Venezuela, China, and Cuba.

I have also heard the claim that the resolution sparks division in the country. Sadly, those divisions existed long before any UN resolutions. But I do want to point out that the resolution passed last week also reaffirms a commitment to the unity and territorial integrity of Sri Lanka.

There has been criticism that this resolution is somehow "against" (quote/unquote) the Sri Lankan people. It most certainly is not.

As Secretary of State John Kerry noted, this resolution supports the Sri Lankan people, in recognition of the resilience they have shown after years of war and their yearning for democracy and prosperity. As Secretary Kerry also said, "the time to pursue lasting peace and prosperity is now; justice and accountability cannot wait."

The resolution represents the international community's unwavering support to help prevent a return to violence and to ensure a secure, unified, and prosperous Sri Lanka for the future. Our ultimate goals are ones shared by friends of Sri Lanka: stability and long-lasting peace on the island. These are also goals shared by Sri Lankan citizens across all communities.

The end of the conflict presented an unprecedented opportunity to move past the divisions that have existed in this country for far too long, and to bring people together to heal the wounds of war.

As a friend of Sri Lanka, the United States does not want the story of Sri Lanka to be a story of missed opportunities.

I think few will disagree with a goal as simple and as important as that. The question, however, is how to achieve it?

The resolution asks the High Commissioner for Human Rights to undertake a comprehensive investigation into allega-

tions of serious violations of human rights by both parties – I emphasize, both parties – during the period covered by the Lessons Learnt and Reconciliation Commission.

There have been many questions about why the time frame of the investigation was limited to this period.

It is not because the international community only cares about what happened between 2002 and 2009. In fact, an independent and credible investigation into all actions, by all parties, for the entire period of the conflict would be good for Sri Lanka.

This resolution, and its call for an independent international investigation, does not in any way preclude – and is, in fact, meant to support – a genuine, credible, and transparent domestic process.

Indeed, the High Commissioner's investigation can and should support the government's own efforts to fulfil the rec-

omma Leone – three nations in three different regions of the world with very different histories and heritages – all supported the Sri Lanka resolution?

The answer is simple: all three countries have wrestled in very real terms with the legacies of conflict. All three have seen the devastating effects such conflict can bring. All three strongly voiced what steps must be taken to heal societal wounds, as did a number of nations that supported the Sri Lanka resolution during their explanation of vote commentary last week in Geneva.

The resolution, of course, is not just about what happened during the conflict.

The resolution also urges the Government of Sri Lanka to investigate all alleged attacks on journalists, human rights defenders, members of religious minority groups and other members of civil soci-



Ambassador Sison at Nallur Temple

ommendations of the LLRC.

The resolution also calls upon the Government of Sri Lanka to fulfil its public commitments, including on the devolution of political authority, which is integral to reconciliation and the full enjoyment of human rights by all members of its population.

Sri Lanka has a long history of international engagement, and has been a member of the United Nations since 1955. The broad support for the resolution passed last week at the Human Rights Council in Geneva is an indicator of concern for Sri Lanka's people that cuts across the geographic regions.

In fact, one might ask why countries as diverse as Argentina, Macedonia, and Si-

ety, as well as on temples, mosques and churches. Additionally, we echo the High Commissioner's concerns regarding the increase of sexual harassment and violence against women in the former conflict zones.

The resolution urges the Government to hold perpetrators of such attacks to account and to take steps to prevent such attacks in the future.

Impunity is contagious, and there has been an alarming surge in attacks against members of religious minorities in Sri Lanka.

For example, an incident which occurred on March 9 at the Good News Church in Mahiyangana in Badulla District is similar to dozens of others that have



been reported by the National Christian Evangelical Alliance of Sri Lanka. While services were in progress, a mob gathered outside the pastor's premises and began interrogating him. Although the police were alerted, officers arrived at the scene only after the pastor had been physically assaulted and the mob had dispersed.

And just last week we heard reports that on March 26, two petrol bombs were thrown at the Dambulla mosque by unknown persons. Although the police took statements, no one has been arrested in connection with the attack.

These events in Badulla and Dambulla are just the latest in an alarming string of incidents throughout the country in which perpetrators are not brought to justice.

The UNHRC resolution expresses the international community's concern about the rise in these attacks against religious minorities, as I have mentioned, and urges the Government to hold perpetrators of such attacks to account and to take steps to prevent such attacks in the future.

I also note our serious concern about reprisals against those who meet with visiting diplomats and UN officials, or those who traveled to Geneva to meet with various delegations during the month of March.

It is disturbing to see this targeting of human rights defenders who have devoted their careers and lives to promoting and defending the rights of their fellow Sri Lankan citizens.

We were concerned to learn that last weekend, an NGO program organized for journalists in Polonnaruwa on "Using Media as a Tool for Addressing Issues of Inequality" -- a reconciliation theme -- was shut down due to threats.



Ambassador Sison at Sri Dalada Maligawa, Kandy

days before being released.

The Sri Lankan government has responded that some of these actions are in response to a resurgence of terrorism.

No one is saying that a government does not have the responsibility to combat terrorism to protect its citizens.

In fact, the U.S. helped the government and people of Sri Lanka in every way we could to try to end the LTTE's reign of terror, which included brutal LTTE suicide bombings and assassinations.

The United States was at the forefront in formally designating the LTTE a terrorist organization; this designation played a key role in helping dry up the LTTE's overseas support networks.

The LTTE remains on the U.S. Foreign Terrorist Organization list to this day.

rorism. The United States, too, has faced terrorism, and we know how it can tear at the fabric of state and society.

An equally important challenge, however -- one which bears on our very identity as a nation -- is to protect and maintain our core principles of democracy and rule of law during difficult times.

Reconciliation is a lengthy process; it must be started in earnest as soon as possible.

We try at the U.S. Embassy to play a helpful role in reconciliation.

We are supporting a number of Sri Lankan civil society efforts in this regard. Not all such work needs to happen around a conference table, however.

For example, I'll be traveling later this week to Kandy to host our first U.S. Ambassador's Cup Cricket Tournament, bringing the American Corner Youth Group from Jaffna to play with the American Corner Youth Group from Kandy.

These goodwill efforts to promote mutual understanding among youth are important, we believe.

As I've noted, we have strong, important, and long-standing ties between our two countries.

The United States upholds its commitment to the people of Sri Lanka through a broad relationship that extends to economic development, education, access to justice, and other activities island-wide.

Since Sri Lanka's independence, we have worked through USAID to provide over 2 billion dollars in assistance.

Today, USAID livelihoods projects are creating thousands of jobs. They are focused on especially vulnerable populations, in particular those households headed by women.

In addition, our USAID economic growth projects are helping provide the groundwork for sustainable economic development.

The U.S. and Sri Lanka are strong trading partners, and signed a Trade and Investment Framework Agreement, a "TIFA," in 2002.

Now in its 12th year, the TIFA talks continue to be an important forum for bilateral trade and investment discussions.

We engage in the "TIFA Talks" to expand market access, increase trade promotion efforts, protect intellectual property

rights, address sector-specific challenges, and expand technical cooperation between Sri Lanka and the United States.

Meanwhile, the Overseas Private Investment Corporation, an independent U.S. government agency, is working with investors to expand its activities in Sri Lanka and has a team visiting Colombo this week.

You may also have seen that last month we helped facilitate the launch of the All World Network's "Sri Lanka 25," which will encourage growth by highlighting Sri Lanka's most innovative entrepreneurs and companies.

We believe that creating economic opportunity must go hand in hand with political reconciliation.

In terms of military to military engagement, the U.S. maintains maritime security, peacekeeping training, disaster response, and educational support programs. All dialogue on these issues includes a focus on human rights and rule of law aspects, as well.

We also continue to be the largest supporter of humanitarian demining.

On the education front, we have American scholars and teaching fellows at the Universities of Peradeniya, Jaffna, and Kelaniya.

We are teaching English to secondary school students all over the country: in Kandy, Polonnaruwa, Matara, Tissamaharama, Tangalle, Mullataivu, Killinochchi, Mannar, Beruwela, Mathugama, Negombo, and Batticaloa.

We have also established and expanded youth clubs to foster leadership and life skills for the next generation and will be bringing U.S. basketball players to coach in both Colombo and Matara later this month.

Through USAID, we support the Bar Association of Sri Lanka and the Legal Aid Commission to help ensure all Sri Lankans have access to justice.

There is so much more in terms of engagement. Just last month, the U.S. Forest Service visited Sri Lanka to discuss areas for future collaboration with local stakeholders.

This is not meant to be an exhaustive list of U.S. activities in Sri Lanka, rather, it is meant to illustrate the active outreach of the U.S. Mission to Sri Lankans all across the island.

This U.S. outreach to and engagement with the Sri Lankan people goes on each week, each month.

The U.S. and Sri Lanka have a long-standing partnership dating back to this country's independence. This friendship is based on our shared democratic traditions and strong economic and cultural ties.

The U.S. and all others who supported the Sri Lanka resolution at the UN Human Rights Council sent a clear message that the international community is committed to working with the Government of Sri Lanka to promote greater peace, stability, and prosperity for all citizens of Sri Lanka.

Thank you, and I would welcome the chance to answer any questions you might have for me. (<http://srilanka.usembassy.gov>)



Ambassador Sison presenting books to students of the English Enrichment Course, conducted twice a week at the American Corner, Kandy for A Level Students

The harassment of those who support the quest for reconciliation, justice, accountability, and respect for human rights and democratic governance sends a chilling effect across Sri Lanka's vibrant civil society, and undermines Sri Lanka's proud democratic traditions.

Even as there were discussions in Geneva about the need to protect human rights defenders, two human rights defenders were detained under the anti-terrorism law and questioned for over two

Just last week, a federal court in Brooklyn prosecuted an individual for supporting the LTTE, and he was sentenced to prison.

We know that families and communities all over Sri Lanka suffered terribly during these many long years of violence.

We have been a longtime friend of the Sri Lankan people, in good times and in bad.

We know the challenge of maintaining national security against the threat of ter-



Doctor climbs Mount Everest in support of Markham Stouffville Hospital

QUEST SEVEN SUMMITS

SUPPORT DR. SHEHBAZ BUTT'S CLIMB TO MOUNT EVEREST

IN SUPPORT OF MARKHAM STOUFFVILLE HOSPITAL

Dr. Shehbaz Butt
Anaesthesiologist
Markham Stouffville Hospital

Mount Kilimanjaro (Africa) October 2010

Mount Elbrus (Europe) May 2011

Mount Parvizi, Jan the Gateway (Himalayas) November 2012

Mount Dhaulagiri (Himalayas) June 2013

MOUNT EVEREST (Asia) April 2014

TO BE COMPLETED

TO BE COMPLETED

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Dr. Butt, an Anaesthesiologist here at Markham Stouffville Hospital is reaching the end of his quest for the Seven Summits. Mount Everest, over 29,000 ft., will be his fifth mountain to conquer.

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MARKHAM STOUFFVILLE HOSPITAL
We're growing. Together.

One of Markham Stouffville Hospital's very own Anaesthesiologists, Dr. Shehbaz Butt, is climbing Mount Everest on April 4 in support of purchasing new Operating Room equipment for Markham Stouffville Hospital.

Inspired by a patient with Metastatic Lymphoma, who had just returned from climbing Mount Kilimanjaro, Dr. Shehbaz Butt set out to create his own adventure—while supporting Markham Stouffville Hospital's \$50 million Expansion Campaign.

Mount Everest, at over 29,000 feet in altitude, will be Dr. Butt's fifth mountain to climb of his—Quest for Seven Summits with a set goal to raise \$100,000 to help purchase much needed hospital and Operating Room equipment. Donations can be made through his personal fundraising page www.mshf.on.ca/Everest and by contacting the Markham Stouffville Hospital Foundation.

Dr. Butt, a Stouffville resident who completed his Anaesthesia residency in 2002 at the University of Toronto, decided to join the Markham Stouffville Hospital family and has now been a physician at the hospital and a member of the community for over 10 years. He shares his love for adventure with his four children, who were all born at Markham Stouffville Hospital.

When: April 4, 2014 descent (4 – 6 week journey)

Where: Mount Everest, Solukhumbu District, Nepal

Who: Dr. Shehbaz Butt, Anaesthesiologist, Markham Stouffville Hospital

About Markham Stouffville Hospital Foundation

Markham Stouffville Hospital Foundation exists to provide financial support as the hospital fulfills its mandate of providing compassionate, patient-centred care. Building a hospital is a partnership between the hospital, government and the community – each playing a significant role. All medical equipment is funded through donations from the community. Markham Stouffville Hospital Foundation is raising \$50 million to support the expansion of the hospital as it continues to provide excellent quality care to the community. For more information on how to give, please visit www.mshf.on.ca

Contact Information

Allan Bell, Director, Community Relations & Corporate Partnerships

Markham Stouffville Hospital Foundation • 381 Church Street, Markham ON L3P 7P3 • 905.472.7395 • ABell@mshf.on.ca • www.mshf.on.ca/events

Canadians of Pakistani Origin (COP0) complete \$2 million commitment to Markham Stouffville Hospital



COP0 Co-Chairs, Mayor Frank Scarpitti and Khalid Usman present a \$2 million cheque to MSH Foundation CEO, Suzette Strong. Also present: COP0 members and Markham Stouffville Hospital leaders.

The Canadians of Pakistani Origin (COP0) of Ontario hosted their 12th Annual Fundraising Gala on March 21 at the Crystal Fountain Banquet Hall, raising \$175,000 and completing their \$2 million commitment to Markham Stouffville Hospital Foundation's \$50 million expansion campaign.

This sold out event brought together 640 guests, including politicians, diplomats, community leaders and philanthropists, in celebration of Pakistan National Day and to raise funds for local causes, including the expansion of Markham Stouffville Hospital.

"The roots of our local Muslim community can be traced back to various parts of the world," says Khalid Usman, Chair of COP0. "Now that we're here and established, regardless from where we've come, it's important to support causes within our Canadian communities and demonstrate our sense of pride and belonging. Markham Stouffville Hospital is vital to the health and well-being of our community and I can't think of a more important cause."

Usman, a former Town Councillor and current Chair of the MSH Foundation's Board, has a long track record of supporting the hospital while challenging other ethno cultural groups in the community to do the same.

"Thanks to loyal and committed donors like the Canadians of Pakistani Origin, Markham Stouffville Hospital's Expansion Campaign has been an amazing journey so far," says Suzette Strong, CEO, Markham Stouffville Hospital Foundation. "The opening of our new building, the ongoing and in some cases, completed renovations and the achievement of incredible fundraising success – none of this would have been possible without COP0's generous \$2 million

commitment to our campaign."

Markham Stouffville Hospital Foundation will recognize COP0's generosity by naming a Radiography Suite and an Ambulatory Clinic in their honour. COP0's donation to Markham Stouffville Hospital helps ensure that thousands of families in the community continue to have access to first-class health care right here, close to home.

About Markham Stouffville Hospital Foundation

Markham Stouffville Hospital Foundation exists to provide financial support as the hospital fulfills its mandate of providing compassionate, patient-centred care. Building a hospital is a partnership between the hospital, government and the community – each playing a significant role. All medical equipment is funded through donations from the community. Markham Stouffville Hospital Foundation is raising \$50 million to support the expansion of the hospital as it continues to provide excellent quality care to the community.

For more information on how to give, please visit www.mshf.on.ca

About Canadians of Pakistani Origin

Canadians of Pakistani Origin (COP0) in Ontario is a registered not-for-profit organization that aims to unite the Pakistani and Muslim communities while promoting understanding and respect for national laws and human rights standards. Fundraising and giving back to communities that are kind and welcoming to Pakistani and Muslim immigrants is a core objective of the organization. COP0 does not provide grants intended to influence legislation or support candidates for political office.



Diabetes:

A Persistent Problem in South Asians



**By: Jeavana
Sritharan,
BHSc, MHSc,
PhD Student**

South Asians are one of the fastest growing immigrant populations in Canada and are also more likely to be affected by diabetes, specifically type-2 diabetes, than other ethnic groups. This trend is recognized in other parts of the world as well. Diabetes is when an individual experiences high blood sugar due to the pancreas not producing enough insulin or due to the cells not responding to the insulin produced.

There is growing concern over this problem of diabetes in South Asian populations. Type-2 diabetes is increasing rapidly in these populations and affecting individuals at a younger age when compared to other ethnic groups. In South Asian populations, type-2 diabetes is 3-5 times higher than in other populations. More specifically, research has shown that the development of diabetes is present 10 years earlier in South Asians than in Europeans.



Speculations have resulted in the understanding that South Asians may have increased abdominal fat and insulin resistance or insensitivity. A major concern is that many cases are not diagnosed or controlled stemming from the lack of knowledge about diabetes, failure to improve factors like diet or weight, and the negative beliefs that are related to diabetes. These factors are further influenced by cultural sensitivity and ethnic or language barriers. Moreover, a typical South Asian diet incorporates fat, carbohydrates, and sugars especially during cultural or family celebrations and with the increase of sedentary lifestyle choices this is a recipe for increased abdominal fat, high blood glucose levels, and increased cholesterol.

With the increase of diabetes from insulin resistance, there is a higher prevalence of cardiovascular disease which can contribute to more severe heart condi-



tions.

It is unclear as to why South Asians are at a higher risk for diabetes even with the many different factors mentioned. There are many theories present stemming back to birth weight, cultural differences, and migration. However, the focus is on managing diabetes in this population and how to prevent further increases in younger South Asian populations.

Three Main Forms of Diabetes

TYPE 1 DIABETES – the body cannot produce insulin requiring an insulin injection or insulin pump (insulin dependent)

TYPE 2 DIABETES – the body is insulin resistant which means the body cannot use insulin properly (non-insulin dependent), most common variant

GESTATIONAL DIABETES - when a pregnant woman develops high blood glucose levels without prior diagnosis of diabetes, onset during pregnancy

If diabetes is untreated then it can lead to severe complications including cardiovascular disease, retinal damage, chronic renal failure, and other health effects.

Those affected by diabetes need to be treated and commit to lifestyle changes which can help maintain normal blood pressure and reduce or eliminate other possible risk factors like smoking or high body weight.

Common signs and symptoms: frequent urination, weight loss, increased thirst,

increased hunger, possible blurred vision from glucose absorption in lens, and frequent skin rashes. These symptoms can be more pronounced with type-1 diabetes but may be slow in progression with type-2 diabetes.

Having more visceral fat, especially around the abdominal area, is related to insulin resistance and this is common in South Asians even with the absence of obesity. There is further concern as South Asians also have a higher risk for coronary artery disease and with diabetes this can create more severe health problems for this population.

Causes

TYPE 1 – generally inherited and can be triggered by different infections. This form is unrelated to lifestyle choices.

TYPE 2 – generally related to both genetics and lifestyle factors. Factors like weight gain (obesity), poor nutrition, increased stress, and reduced physical activity can contribute to the development of diabetes.

How to Reduce Your Risk of Diabetes

There are ways to reduce your risk for diabetes by considering general factors like exercising often, reducing fat intake, and maintaining good physical health. Reductions in sodium and alcohol can also help to reduce blood pressure levels to reduce your risk of diabetes. Exercise is more difficult to achieve as the current economy has focused on high tech jobs,

accessible transportation, and frequent sedentary careers. The limited physical activity may contribute to increased diabetes in South Asians, thus incorporating more physical activity is imperative. Changing lifestyle factors and behaviours can contribute successfully to a decreased risk for diabetes. Prevention and effective management of the disease can help to reduce severe adverse effects while promoting healthy choices.

Screening is also important especially when considering diabetes and heart disease together. If family members are affected by either condition then it is advised that other family members also assess their risk. Awareness needs to be increased in the growing South Asian population in Canada to discuss the seriousness of the condition and provide information on the rates within the population and possible risk factors. Development of culturally sensitive programs incorporating belief systems and languages pertaining to South Asians can help implement many approaches to managing diabetes.

Jeavana Sritharan is a PhD Student in Medical Science at the University of Toronto. She is currently working with Cancer Care Ontario with the Occupational Cancer Research Centre and is the Co-Founder of the webpage, Health Perspectives. Contact email: info@healthperspectives.ca



New paediatric clinic addresses constipation issues

A new paediatric clinic is helping to provide relief to young patients

The paediatric constipation clinic recently opened at Rouge Valley Centenary's (RVC) Galaxy 12 clinic in Scarborough. In total, 12 different paediatric specialty clinics are based at RVC. The clinic is the only one of its kind in the Greater Toronto Area that deals specifically with paediatric constipation issues, and provides the assessment and management of constipation for young patients, who range from infants to children up to 18 years of age.

"Many people don't realize that infants, children and adolescents can get constipated, or that having a bowel movement once every few days is not normal," explains

paediatric hospitalist Dr. Niraj Mistry, who leads the clinic. "This is a common, uncomfortable, and undertreated issue for many children. So our goal with this clinic is to provide the highest quality of care for our patients, close to home."

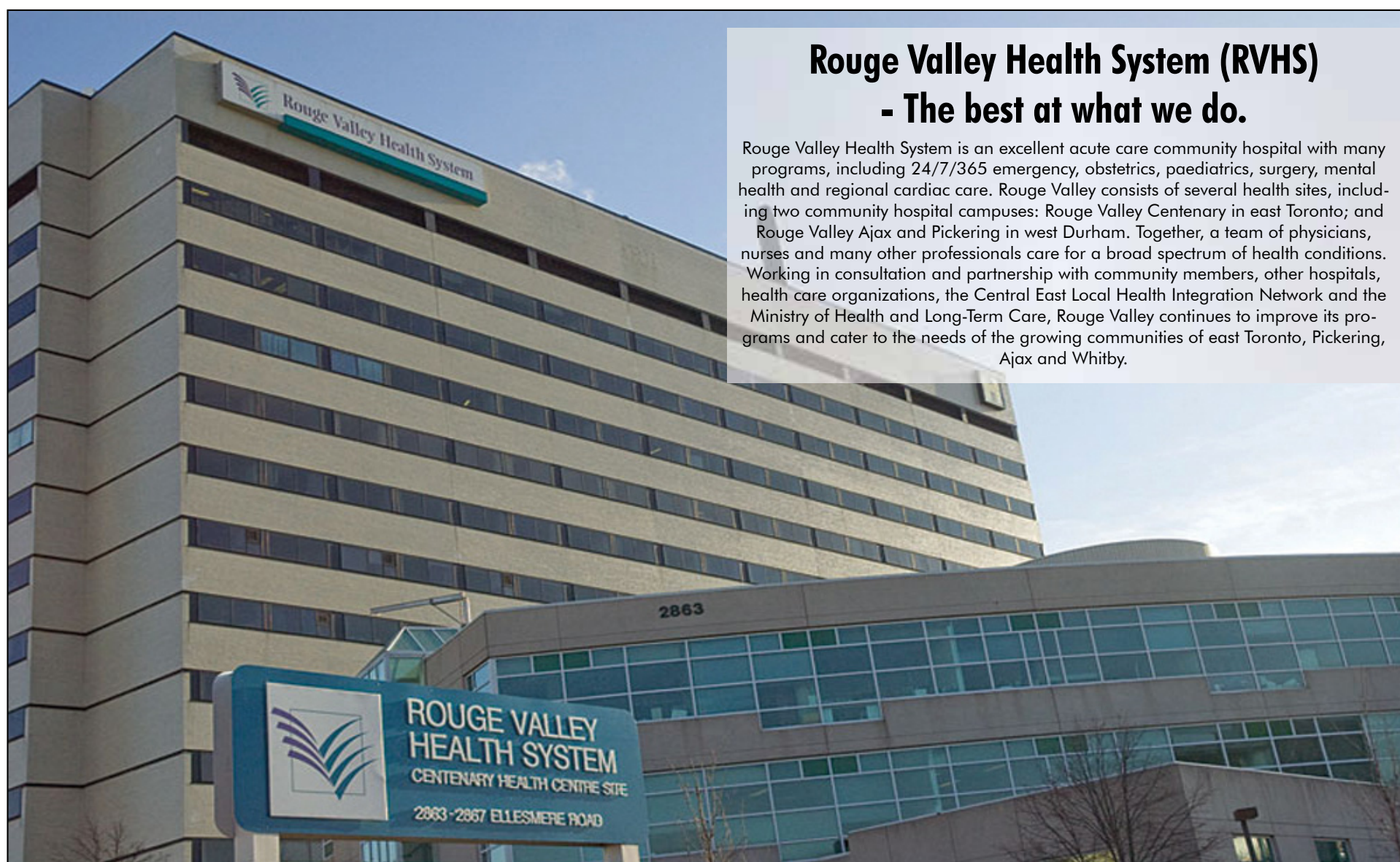
Many children come to the emergency department complaining of severe stomach pains, which can be symptomatic of other issues. So having a physician who can recognize the symptoms, and understands the spectrum of care needed to deal with constipation, can help to provide young patients – and their parents – with the care and relief they need. In addition, the clinic can also identify behavioural and functional issues related to constipation that may also need addressing.

The clinic works in partnership with RVC paediatric gastroenterologists Dr. Latifah Yeung, and Dr. Carol Dunro, whose expertise allows patients with more complicated issues to receive further specialized care. It operates using medical guidelines created by SickKids, allowing patients to receive the best available research knowledge and expertise. An essential part of the clinical practice guideline is community support, so having a paediatrician who follows these children closely while treating their constipation issues is essential to good outcomes.

Patients can be referred to the clinic through their family physician/general practitioner, paediatrician, or emergency department physician.

The 2014 Bed Race is ready to roll!

On Friday, May 23, 2014 the Rouge Valley Centenary hospital Bed Race will again raise funds to purchase a much-needed operating room table to support Rouge Valley Centenary's surgical department.



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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.



Health & Care



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Believe in Miracles – The Story of Alex Lazar

Normally, I wouldn't write to you. But I felt compelled to tell you the miraculous story of one of our patients – Alex Lazar.

Alex would have written this letter to you himself, but he's still having some difficulty communicating. I know this because I work at Providence Healthcare as a Speech Language Pathologist. For several months, I helped Alex learn how to communicate again.

Alex, a successful project manager, suffered a severe stroke while he was working on a project overseas. He remembers very few details except for the date – October 27, 2010. When he woke up in hospital, he did not remember who, or where, he was. He didn't know what he did, or why he was in the hospital. Compounding the situation was the fact that Alex could not speak. He could remember nothing of his life before this stroke.

What makes Alex so remarkable is just how motivated he was, and how much of his life he had to "restart" after a severe stroke. Restarting a life is not a simple task. It takes a team to help. Luckily for patients like Alex, you can be a part of that team... and make an investment in our patients healing.

Your support of Providence Healthcare will enable thousands of patients to restart their lives after a stroke or recover from a complex medical condition. On behalf of all the staff and volunteers, we thank our donors for supporting Providence so generously over the past few years and for being an important part of our team.

Please take a moment to make a generous 2014 donation today. Your gift ensures that Providence can continue to help people like Alex rebuild their lives, and go home sooner and safely. Your gift ensures that Providence can continue to help people like Alex rebuild their lives, and go home sooner and safely.

Every day, remarkable recoveries are taking place here at Providence Healthcare.

My colleague Jennifer Joachimides was part of the Providence team that helped Alex restart his life. Jennifer is an Occupational Therapist. "When I first saw Alex, he was ready for therapy and the rehabilitation process," she explained. "Alex was extremely motivated. He was up for the challenge ahead of him. He had a very positive attitude."

"I know that Alex's attitude was essential for his recovery, because he'd lost so much from his stroke. Alex needed to re-learn how to get in and out of bed, to walk again, talk again, and get himself dressed. Pretty much everything you and I take for granted, all those daily tasks that we've been doing for decades, Alex needed to learn again. As Alex said, he needed to "restart everything again."

When he arrived at Providence, Alex could barely make a sound. He could not form words, except for one – "dolls", which he kept repeating. Alex's "dolls" were his two daughters, one of whom was pregnant at the time.

Over four long winter months, Alex re-



Alex Lazar



Left to right: Goldie Litvack and Jennifer Joachimides

started his life at Providence. Slowly, his memory started coming back. Jennifer started working her magic with Alex, helping him re-learn the daily tasks of living. This included taking care of himself, doing grocery shopping, and paying bills. We have a Home Safety and Practice Room at Providence specifically for this purpose. Alex could practice many of the tasks he needed to become as independent as possible.

Due to his aphasia (a communication disorder that can occur after a stroke), learning to speak again was a very important goal for Alex. I worked with him in our outpatient clinic for four months. Alex was just as motivated with me as he was with Jennifer.

We used every means possible to help Alex communicate – pictures, written key words, yes/no questions. Alex always seemed to know what he wanted to say. Together, we just needed to find the best way for him to communicate those thoughts.

When Alex was ready to leave Providence, we made sure he had the community support and care he needed to continue his recovery. Our concern for our patients and our approach to their care focuses on a patient's journey before they arrive at Providence, during their stay with us, and after they return home. This holistic approach to patient care is unique. It's part of what makes Providence such a special place.

Thanks to our generous donors, Alex was given the tools he needed to restart his life after stroke. He has gone from not being able to communicate, to making presentations to other stroke patients at Providence Healthcare's Living With Stroke group. He went from not being able to write a single letter of the alphabet, to writing constantly in his "life memories" book. He has progressed from being barely able to care for himself, to living fairly independently once again.

Alex has come a long way since his stroke. And he still has a way to go.



"What happened to my father could happen to anyone. His care team at Providence set realistic goals to help him recover and show him that progress was being made. Their goal was our goal - to get him better. My father paints now. At first, it was a form of physical therapy. Now I feel he speaks through his paintings."

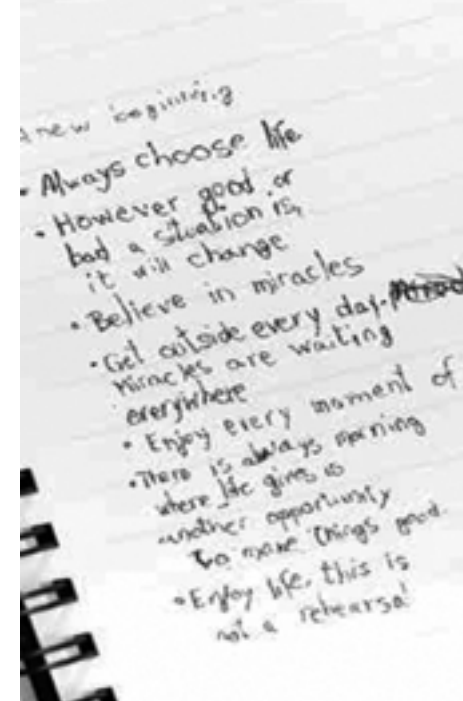
- CARINA, ALEX'S DAUGHTER

We are all very proud of Alex's remarkable progress. And Providence needs donors like you to ensure we can help the next patient who looks to Providence to "restart" their life. Please make your 2014 donation today, so that Jennifer and I, and everyone at Providence, can help our patients "believe in miracles" just like Alex does. You make Providence Healthcare such a special place. Where others see darkness – we see light. Where others see limitations, we see possibilities. Where others see despair, Providence sees hope. For Alex and all our patients, it all starts with your generous support. Hope starts here.

Sincerely,

Goldie Litvack

Speech Language Pathologist
Providence Healthcare



Maintaining his motivation was essential to Alex's recovery. He wrote down messages for himself, and the people around him, that were powerful reminders of how far he'd progressed since his stroke. He carries this list with him everywhere he goes.

By making your 2014 donation today, you'll help make miracles happen at Providence for people in our community who come to us for hope, help and healing.

Please come in for a tour of Providence Healthcare: See for yourself how we are transforming our Hospital. Please call Erin Thadani at 416-285-3669 or email ethadani@providence.on.ca today!

About Us...

Providence Healthcare is inspired by our 157-year legacy to be a welcoming community of compassion, hope and healing. We provide rehabilitation, palliative care, long-term care and community programs.

Providence Healthcare is located at 3276 St. Clair Avenue East, Toronto, ON M1L 1W1. For more information, please visit our website at www.providence.on.ca.

Aphasia-Friendly Living with Stroke Program Now Available

By Goldie Litvack

Over the years, many of Providence Healthcare's patients in our outpatient clinics have benefitted from attending our Living with Stroke program, a six-week support and education group for stroke survivors and their caregivers in our Scotiabank Learning Centre.

This program is designed for stroke survivors who have completed their active rehabilitation and are living in the community. The program provides information and support to help survivors cope with the challenges of living with stroke. It also offers the chance for people to listen to the experiences of other stroke survivors and the challenges they face every day.

In 2009, I modified the program by creating an "aphasia-friendly" version for people who had communication difficulties after a stroke. Aphasia is a neurological disorder caused by damage to the portions of the brain that are responsible for language.

To make it easier for clients with aphasia to comprehend the program's material and express themselves, I used pictographic images from the Aphasia Institute.

Staff from the Heart and Stroke Founda-

tion heard about the adaptations and expressed an interest in spreading the "aphasia-friendly" version to other organizations. They asked for help to make this happen.

Late last year, I provided a half-day training webinar to organizations from across Ontario. The Heart and Stroke Foundation of Canada is looking to expand it.

I am excited at the possibility that other clients with aphasia will be able to benefit from the program. It gives people with communication difficulties the opportunity to share their experience of having a stroke with other stroke survivors and learn from each other, which is so important in their recovery.

For more information on our Living with Stroke program, contact our Scotiabank Learning Centre at (416) 285-3666 x4177 or email info@providence.on.ca.



Making a Difference: Providence Healthcare Speech Language Pathologist Goldie Litvack spearheaded an aphasia friendly program for people living with stroke.

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CANADIAN TAMILS' CHAMBER OF COMMERCE CELEBRATES 16TH ANNUAL AWARDS GALA



Sinnadurai Jeyakumar
President of CTCC delivering
his speech



**Keynote Speaker Yoganathan
Ratheesan**
Co-owner of Lebara Group
addressing the audience



**Santha Panchalingam, Executive Vice President, CTCC, Keynote
Speaker Yoganathan Ratheesan, Lebara Group & Sinnadurai
Jeyakumar, President, CTCC**



**Professor Sivalingam Sivananthan (R) receiving
the President's Award from CTCC President
Mr. Sinnadurai Jeyakumar**



Rathika Sitsabaiesan, MP,
Scarborough-Rouge River speaks



Frank Scarpitti Mayor
City of Markham addressing the guests



**Best Entrepreneur Kajen Arumuagm of Lukvaa Kitchens receives
his Award from Ms. Penny Santiago, Vice-President of Royal
Bank. With her is Mohan Sundaramohan, Manager - Royal
Bank, Morningside & Milner Branch (R)**



**Best Young Entrepreneur Vipoositha Gnanenthira
receives her Award from Vic Kazazian - Senior Vice
President of Sun Life Financial Career Salesforce.
Also in the picture is CTCC President S. Jeyakumar (L)**



Professor Sivalingam Sivananthan,
Director of Microphysics Laboratory,
University of Illinois, Chicago speaks
after receiving the President's Award.



Sivan Ilanko
Vice President, Internal Affairs,
CTCC delivers the Vote of Thanks



**Best Woman Entrepreneur Sarogini Sivabalan of S & S Engravers Inc. receives
her Award from Stan Muthulingam & Monty Muthulingam of Cablesoppe. Also in
the picture is CTCC President S. Jeyakumar (L)**



**Dr. Thillainathan Yoganathan receives
the Most Outstanding Professional
Award from the Keynote Speaker
Yoganathan Ratheesan, Co-Founder
Lebara Group.**



Emcee Ruth Kanagasabay
welcomes the guests



Dance Performance
by Yalini Rajakulasingham



**Winners of the Award of Excellence Jeyarajan Ponnuchamy, Harry Pathmarajah
& Asokan Sabaratnam from Princess Banquet Hall receive their Awards from
Ms. Fatima - Zohra Nazehi, Director of CIBC's HLC Group. CTCC President
S. Jeyakumar (L) is also in the picture**



**Most Outstanding Community Person Professor E Balasundaram receives his Award
from Kanish Thevarasa, Partner - Kanish & Partners. Also in the picture are CTCC
President Jeyakumar (Extreme Left) and former President Sritharan Thurairajah (L)**



**Best Marketing Entrepreneur
Richmond G. Paulpillai of All Saints
University receiving his Award from
Tony Tintinalli, Regional Vice-
President of Bank Of Montreal.**



**Yalini Rajakulasingham, Dance Performer with her father Rajakulasingham
(L), Professor Sivananthan (Centre) and Dr. Chelvakumar (R) - President
EPIR Technologies**



Chamber Board of Directors for 2014

Pictures taken at the Awards Gala can be seen here.
Photo Courtesy: Gnane Gnanendran

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NORIA FAMILY DONATES \$1 MILLION TO SUPPORT CANCER CARE AT THE SCARBOROUGH HOSPITAL

The importance of giving back was always a standard in the Noria house. From early days as newlyweds in India to moving to Canada and raising two children, Dr. Dhun Noria and her husband, Farokh, have always extended their good fortune to family, friends, friends of friends and even strangers.

"Even during hard or lean times, mom and dad always gave what they could," says their son, Zubin Noria. "They always acted because they saw the value in helping others, which they learned from their parents and which my sister and I learned from them. They always led by example."

Once again, Dhun and Farokh led by example and gave back to their hospital and community with a \$1 million donation to The Scarborough Hospital Foundation. The cheque was presented at a special reception hosted by the Foundation on Monday, March 17.

About 20 years ago, Dr. Noria battled breast cancer and found herself transformed from, "health care provider to consumer, physician to patient." She experienced first-hand the rigors of navigating the health care system and how the support from health

professionals made all the difference.

"The cancer returned for a second time, but with tremendous support from family, hospital staff and physicians, I made it back," she says. "For this reason and for the thousands who battle cancer, my family and I, humbly make this donation."

Dr. Noria has been with The Scarborough Hospital (TSH) since 1983, two years before the Birchmount campus – her home campus – was built. Her husband remembers how members of the Salvation Army sat in their kitchen discussing hospital plans, he remembers the hole in the ground, he remembers the day the hospital opened its doors, and he remembers his wife – Dr. Noria – being there, every step of the way.

"This hospital holds a special place in our hearts, so what a better place to donate than TSH," says Farokh.

Dhun and Farokh's daughter, Dr. Sabrena Noria, adds that, "Giving back is not only expected, but a privilege. We hope that today will act as a springboard for others to get involved."

In honour of the Noria's generous donation, the laboratories at both campuses have been dedicated to the



The Noria Family donated \$1 million to The Scarborough Hospital (TSH) to support its Cancer Care program. Dr. Dhun Noria, Pathologist at TSH, is a two-time breast cancer survivor.

family and named the Farokh and Dhun Noria Laboratory.

"This was an honour that was all ours," says Michael Mazza, President of The Scarborough Hospital Foundation. "The Norias have been outstanding advocates for this hospital and for Scarborough, and we are so thankful that Dr. Noria has chosen TSH to share her passion, her work and, today, this very generous donation from the whole family."

Dr. Noria is also the recipient of this year's Scarborough World Gala Lifetime Achievement Award for her for her significant contributions to TSH and the community as a physician, a philanthropist, and a community leader. The gala will take place on Saturday, May 10 at the Sheraton Centre, and aims to raise \$2 million with all proceeds designated for the Cancer Care Program.

TSH POSTS LEADING RESULTS IN PROVINCIAL OBSTETRICAL REGISTRY

The Scarborough Hospital's (TSH) performance in Ontario's pregnancy, birth and childhood registry not only exceeds our peer hospitals, but in many cases also rates ahead of the entire province.

The Better Outcomes Registry and Network (BORN) was established in 2009 to collect, share and rigorously protect critical data about each child born in the province. It is funded by the Ministry of Health and Long-Term Care and administered by the Children's Hospital of Eastern Ontario (CHEO). The BORN database includes information from every birthing hospital and midwifery practice in Ontario.

TSH receives regular "dashboards" documenting our results over a three month period in key performance indicators, including episiotomy, induction, c-section and breastfeeding rates, as well as pre-natal and newborn screening. The dashboards show how TSH compares to benchmark targets, both with the provincial rate and with peer hospitals in the Greater Toronto Area (GTA) that

provide the same level of neonatal care and have the same number of deliveries.

The Family Maternity Centres at the General and Birchmount campuses posted outstanding results in the latest dashboards covering the period of November 1, 2013 to January 31, 2014. Some of these results included:

- No women had to be induced for non-medical reasons before 41 weeks gestation at either the Birchmount or General campus. This was considerably lower than GTA peer hospitals, as well as the provincial rate of 18.6%.
- The number of women with low-risk pregnancies who had a repeat caesarean section at 37 to 39 weeks gestation was just 2.4% at the General campus and 6.3% at the Birchmount campus. This was considerably lower than GTA peer hospitals, as well as the provincial rate of 35.5%.
- Only 8.9% of women at the General campus and 7.8% of women at the Birchmount campus who delivered vaginally had an episiotomy. This is a better rate than the benchmark target of 13%. "Our performance in these

key quality metrics is a result of a collaborative effort by everyone in the Maternal Newborn and Child Care program at The Scarborough Hospital to deliver safe, evidence-based care to our patients," said Barb Scott, Patient Care Director of the MNCC program.

"By monitoring and reporting on best practices in obstetrical care, BORN is setting a high standard for all hospitals and midwives across the province," adds Georgina Wilcock, Chief of Obstetrics at The Scarborough Hospital's General campus.

"We are proud that the BORN results reflect the excellent care we provide to women and their babies at our hospital." This is not the first time TSH's Maternal Newborn and Child Care program has achieved such exceptional results. For the last two years, the hospital has had the best rates in the GTA for proving women with a successful vaginal birth after caesarean section, as measured by the Canadian Institute of Health Information's (CIHI) Canadian Health Reporting Project (CHRP).

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The Scarborough Hospital Call for Annual Members 2014-2015

Are you concerned about issues that impact your community? Are you interested in helping The Scarborough Hospital become a stronger organization to meet the health care needs of residents now and into the future?

If so, you may be interested in becoming an Annual Member of The Scarborough Hospital Corporation. Annual Members play an important oversight role in the governance structure of The Scarborough Hospital.

Annual Members of the Corporation are admitted by resolution of the Board and consist of individuals who meet the eligibility requirements contained in the hospital by-law and who pay an annual membership fee of \$20. Membership is for one year, and those individuals whose completed application is received before April 24, 2014 will be eligible to vote at the next Annual General Meeting to be held on June 24, 2014, at 7 p.m. at The Scarborough Hospital, General campus, 3050 Lawrence Ave. E. in the Auditorium.

Current members wishing to vote at the Annual Meeting of the Members on June 24 must renew their memberships before April 24.

Any person interested in becoming a member of The Scarborough Hospital Corporation can obtain additional information and a membership application in one of the following ways:

INTERNET:

Download an application from the hospital's website at www.tsh.to

IN PERSON:

- Administration, The Scarborough Hospital, General campus, 3050 Lawrence Avenue East
- Administration, The Scarborough Hospital, Birchmount campus, 3030 Birchmount Road

FAX, MAIL OR E-MAIL:

Yvonne Ragnitz
Corporate Executive Assistant, The Scarborough Hospital
3030 Birchmount Road, Scarborough, Ontario M1W 3W3
Telephone: (416) 495-2406
Fax: (416) 495-2598
E-Mail: yragnitz@tsh.to

Please note that completed applications, with the membership fee, must be received by April 24, 2014.

Website: www.tsh.to

Twitter: www.twitter.com/scarboroughhosp

Facebook: www.facebook.com (search The Scarborough Hospital - Toronto)

THE SCARBOROUGH HOSPITAL LAUNCHES AN INNOVATIVE CAREER DEVELOPMENT PROGRAM

The excitement that radiated from Annabelle Alberton, Grade 9 student, as she looked through a microscope in The Scarborough Hospital's (TSH) lab, confirmed the success of the first-ever #careercruze. On March 7, Annabelle #careercruzed through TSH with approximately 50 other students to explore the many career opportunities available in a hospital setting.

#careercruze is part of TSH's new and innovative Code Career program – a first-of-its-kind program among hospitals in Ontario – geared towards the career development of current and future employees. The #careercruze aspect guides students through the many facets of health care – from clinical to administrative to support services – and provides them with an opportunity to match their current interests with a potential career or perhaps discover a new path. A complementary aspect of this program is #volunteercruze, which is a unique initiative designed to ignite the passion of volunteering in these students while at the same time sustaining their interest in health care careers.

"I would definitely come back again next year," says Annabelle. "It was great to see so many different places. I didn't even think about finance being a job in a hospital and it was so cool being in the lab. It gave me a look at so many options."

The students participated in one of four scenarios, which led them through different departments, including the Emergency Department, Operating Rooms, a Dialysis Unit, Finance, Information Systems, the Laboratory, Diagnostic Imaging and more. At each stop, staff members showcased how they supported patient care,

as well as the educational path they took to achieve their current role. Whether beginning a new career, continuing one's journey or changing direction, there is a lot to consider. Code Career supports all areas of career planning, building and advancement.

Its four components; #careercruze, #volunteercruze, Career Directions and Succession Management provide an integrated approach to supporting a passionate and engaged workforce – from student to volunteer to staff member – and encouraging professional growth at all stages in between.

"At TSH, we believe in the value of life-long learning," says Rhonda Lewis, Vice-President, Human Resources and Patient Relations.

"We are very excited about Code Career because it has multiple benefits in terms of employee attraction and engagement. We are assisting students in making informed choices about their future, creating an ongoing pipeline of new talent and supporting our staff in learning new skills and achieving their career goals."

The students also received a robust Career Directions package, which provides

roadmaps that outline specific health care roles. It details what to expect, how to qualify, useful resources for short- and long-term planning, possible sources for financial support and links to resources for internationally educated professionals.

"There are a multitude of careers available in health care," says Robert Biron, President and CEO. "Each role is not only unique, but essential in building a solid organization. Code Career helps students and staff explore their options so that together we can continue providing the best care for our community."



VOLUNTEERS AT THE SCARBOROUGH HOSPITAL ARE OUT OF THIS WORLD

"A different world cannot be built by indifferent people"

– Nelson Mandela

Volunteers have a special place at The Scarborough Hospital (TSH) and a special place in our hearts. They give selflessly of their time and talents to support the hospital and their efforts are reflected every day in our patients' happiness, well-being and recovery.

They are living examples of the core values we embody here at TSH – Integrity, Compassion, Accountability, Respect and Excellence – and their kindness, understanding and commitment enhance the quality of care we provide to our patients.

April 6 to 12 is National Volunteer Week, and while the hospital appreciates the hard work and dedication of our volunteers every day, we are celebrating their remarkable commitment throughout the week with special events and displays. If a volunteer at TSH has touched your heart, share your story with us by sending an email to communications@tsh.to.

Together, with our staff and physicians, our volunteers are building a different world; one with a bright future for the



hospital, our patients and the community.

Some notable volunteer highlights over the past year include:

- 51,432 hours of volunteer service for 2013-2014 (welcomed 175 new volunteers)
- Helping to raise funds (\$16,000) for the first – Score for your Floor venture
- A constant supply of baby outfits and bonnets for both gift shops, as well as the Maternal Newborn and Child Care program
- Implementing Call Ahead for Volunteer

Assistance (CAVA) program to assist patients with special needs to navigate the hospital

- Volunteer Cruze, which is part of innovative new Human Resources program to ignite the passion of volunteering in high school students, while at the same time introducing them to the career opportunities available in health care
- Continuing to "Hang Art, and Lift Hearts" through ongoing galleries in the Artists' Walkway
- Continuing to recognize and preserve TSH's rich heritage through the ongoing efforts of our Archive Committee

TSH Declines to Proceed with Merger at this time

On March 15 at a special meeting, the Board of Directors of The Scarborough Hospital (TSH) decided that it would not proceed with a proposed merger with Rouge Valley Health System (RVHS) at this time.

At its meeting on March 4, the TSH Board approved the proposed merger in principle, conditional on obtaining the Ontario government's approval of capital planning grants to start the feasibility, planning and design work for facility renewal (one in Scarborough and one in west Durham) and on financial support being provided by the Central East Local Health Integration Network (Central East LHIN) and/or the Ministry of Health and Long-Term Care (MOHLTC) to address unavoidable one-time costs and ongoing operating costs associated with the merger.

The hospitals requested \$29.5 million, and received word on March 14 from the MOHLTC that they would receive \$3 million, intended to assist with capital planning processes.

Mergers take time and money. The upfront investments, in full, were needed to ensure that the merged hospital would have been set-up for long-term success. TSH and RVHS by themselves do not have the financial capacity to make the necessary investments to successfully implement the merger.

At the Board meeting, TSH accepted the Province of Ontario's \$3 million in one-time funding and will participate with RVHS in the capital planning process to address the infrastructure deficiencies and modernization of the hospital facilities that will lead to a MOHLTC Stage 1 capital planning process approval.

At the direction of the Central East LHIN, through a facilitated integration process, the hospitals worked closely with their stakeholders over the past year to explore ways to create an integrated system of health care services that would deliver outstanding care to meet the needs of the people in our community while using resources more effectively.

"A big part of this process has been listening to our patients, the community, and stakeholder groups," said Stephen Smith, TSH Board Chair, "We received a broad range of feedback and ideas that have guided our work, which has been focused on putting patients first."

"The hospitals have gained tremendous support for the merger from our many stakeholders," said Robert Biron, TSH President and CEO, "The value proposition of the proposed merger is sound – it's all about improving patient care and sustaining our local health care system for future generations."

After completing a comprehensive preferred integration plan, legal and financial due diligence, and extensive stakeholder engagement activities, the hospitals came to the conclusion that a merger was the best way to continue delivering quality patient care for many years to come.

The proposed merger was aligned with the province's transformation agenda, as outlined in their Action Plan for Health Care, and would ultimately improve care delivery for the communities served.

If circumstances change in the future, TSH will reconsider the opportunity. TSH will continue to work with the Central East LHIN, RVHS, physicians and other health service providers to advance health care delivery for the Scarborough community.

TSH thanks its partners at RVHS, community, Board members, physicians, staff and all health care partners for their work, support and contributions throughout this process.



Special Feature

By: Raymond Rajabalan

STORY HIGHLIGHTS

This is not the first time a plane has vanished without a trace

Eleven years ago, a Boeing 727 went missing in Angola

In 1945, five Navy bombers disappeared on the Florida coast, never to be seen again

While wreckage of some has been found, mysteries remain on the causes of the crashes

While such situations are rare, the puzzling disappearance of Malaysia Flight 370 is not the first time a plane has vanished without a trace. Here are nine cases of mysterious plane disappearances and disasters. Some remain unsolved, decades later.



A Vietnamese military official looks out a plane above Vietnam's sea in the search for the Malaysian Airlines Jet

cy theories of a government cover-up abound.

1947: British Stardust

Sixty-seven years ago, a British aircraft vanished in the Argentine Andes after takeoff from Buenos Aires, headed to Chile. After searches for the plane named Stardust turned up nothing for more than 50 years, conspiracy theorists jumped into action. But theories of aliens, among others, were invalidated in 2000, when the wreckage of the plane was found buried deep in a glacier

The crash on August 2, 1947, killed 11 people, the BBC reported Stardust's final Morse code transmission was the word "Stendec". Decades later, the meaning of

Nine aviation mysteries highlight long history of plane disappearances

pearances and disasters. Some remain unsolved, decades later.

2014: Malaysia Airlines Flight 370

The Boeing 777 passenger jet vanished early Saturday March 08th, about an hour into its flight from the Malaysian



Capital to Beijing. There was no distress call before contact with it was lost over the sea between Malaysia and Vietnam. Search teams from various nations are combing the waters on the Malay Peninsula for traces of it, but so far, nothing has been found. The mystery over the fate of the jet and the 239 people aboard has baffled government officials and aviation experts.

2009: Air France Flight 447



Crew members from the Brazilian frigate *Constituicao* recover pieces of Air France Flight 447 from the Atlantic in June 2009.

The Airbus A330 took off from Rio de Janeiro en route to Paris on May 31, 2009. A few hours later, as it crossed the Atlantic, it told control center its position. That was the last contact with the plane. Its last known position -- two to four days

by ship from the nearest ports -- and the ocean's depth hindered searches. It took almost two years before the bulk of the wreckage, the majority of bodies, and the voice and data recorders were recovered. All 228 aboard died.

In 2012, French authorities said ice crystals disrupted the system used to determine the plane's airspeed, causing the autopilot to disconnect. The plane plunged into the ocean.

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2003: Boeing 727

Eleven years ago, a Boeing 727 vanished in the Angolan capital of Luanda. The plane took off from the Quatro de Fevereiro International Airport on May 25, 2003, headed for Burkina Faso. It departed with its lights off and a dysfunctional transponder. There are conflicting reports on the number of people in the company jet, but flight engineer Bem Charles Padilla is believed to be one of them. Some reports say he was alone, while others say three people were aboard.

The plane has not been heard from since. Its whereabouts are unknown to this day.

1999: Egypt Air Flight 990

Fifteen years ago, EgyptAir Flight 990 made a rapid descent, plunging almost 14,000 feet in 36 seconds.

The 767 jet, en route to Cairo from



Members of the media photograph possible EgyptAir Flight 990 debris in Nantucket, Massachusetts, in November 1999.

New York City, crashed into the Atlantic Ocean off the coast. Though its debris was later found, speculation remains on the cause of the October 1999 crash that killed all 217 people aboard. Theories by the pilot or co-pilot, complete with tales of a chaotic struggle for controls in the cockpit. Egypt said it was a mechanical failure.

1996: TWA Flight 800



A wing section of TWA Flight 800 floats in the Atlantic Ocean off Long Island, New York, in July 1996.

The Paris-bound plane exploded in midair shortly after takeoff from New York City, killing all 230 people aboard. Witnesses said they saw a streak of light and a fireball, leading to suspicions that terrorists struck the plane with a rocket. Others blamed a meteor or a missile.

The National Transportation Safety Board ruled that the explosion was caused by an electrical short circuit, which detonated the fuel tank and caused the Boeing 747 to break into pieces in the waters off Long Island.

Despite the explanation, conspira-

the word remains a mystery.

1945: Flight 19 Navy bombers

Flight 19 does not refer to a single plane, but to five Navy bombers that dis-



Members of the Navy pose in front of one of the Flight 19 planes that disappeared in 1945.

appeared off the Florida coast on December 5, 1945.

A flight instructor flew one plane, and qualified pilots with 350 to 400 hours of flight time were in the others. According to the Naval History and Heritage Command

Radio transmissions indicated that the instructor got lost when compasses malfunctioned. Radio contact was lost before the exact problem was determined, and no traces of the planes were ever found.

Adding to the mystery, a search aircraft sent to look for Flight 19 also disappeared. The patrol plane, which took off later that day, has not been seen or heard from since.

Flight 19 was reported in the area informally known as the Bermuda Triangle.

1942: British fighter

A stray Royal Air Force fighter crashed in the blistering sands of the Egyptian Sahara on June 28, 1942.

Its pilot was never heard from again, and the damaged P-40 Kittyhawk was presumed lost forever.

Contd. Next Page ...

Nine Aviation Mysteries ...

But two years ago, an oil company worker discovered it 70 years after the accident. Surprisingly, it was extraordinarily well-preserved, and most of its fuselage, wings, tail and cockpit instruments were intact.

Back then, experts say, planes flew with basic supplies, so its pilot's chances of survival were not good.

1937: Amelia Earhart

The disappearance of Amelia Earhart is possibly the most famous unsolved aircraft mystery.

The groundbreaking aviator was on her most ambitious flight, vying to become the first woman to fly around the world.

In 1937, she attempted the voyage in her twin-engine Lockheed Electra. With about 7,000 miles left to go, she made a challenging landing at Howland Island in the mid-Pacific.

Her radio transmissions became un-



In a photo taken in the 1930s, Amelia Earhart looks through the cockpit window of her plane.

clear, and the last thing she reported over her radio was, "We are running north and south," according to her biography.

After spending \$4 million and searching 250,000 square miles of ocean, the U.S. called off its search.

Many theories exist today, but her fate and that of navigator Fred Noonan remain unknown.

Based on information from CNN (Faith Karimi and Mariano Castillo, CNN)



THE BLISS OF SPRING

*I'm immersed in a delightful fascination:
Caught in the allure of the spring,
Neither hot nor cold, a season
Of pleasant view surrounding.
Relieved of the winter's freeze
Breathing the sweet, fresh breeze.*

*When the greens around laugh with joy:
And the buds of flowers open by.
Then the air does laugh with high spirit
And its surroundings laugh with the beauty of it.
The garden gleams with lovely colours:
The migrant birds chirp and coo in adorable chous.*

*When young and old enjoy the power of spring,
Where men and women charming thoughts bring.
Come, enter and are merry and join with me
To sing sweet songs of delightful glee.
Enjoy the breeze; find comfort under the sun;
And prepare to meet the summer sun.*

- Kingsley



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SADHGURU:

Sadhguru looks at what it takes to hold a relationship with the existence that goes beyond just the body, mind and emotion.

Sadhguru: Every creature here, however small or big, is continually in a relationship with the rest of creation and also with the source of creation. If there already is an inevitable relationship, what is there to do? Just change the quality of the relationship. You can sit here cursing this planet or you can sit here blessing this planet because it is giving you a piece of place to sit down upon. It is a big difference in the way you hold the relationship.

It is about changing the relationship. If the relationship is just physical, you will know certain things. If it is mental, you will know certain other things. If it is emotional, you will know different kinds of things. But you will still not know what it is. Do you see, from your birth to now, many things about your body have changed and are continuing to change. Similarly, many things about your mind and emotion are changing and continuing to change. Even if you have “frozen” it, still it is changing.

In a way, the whole spiritual process is just this – changing your relationship with the existence from being just of body, mind and emotion, to a subtler dimension of existence. All knowing comes just from this.

It is like this:

**A scoundrel is knowledgeable
A fool will know
But a sage is an empty page**

Because a sage is an empty page, just about anything can be grasped. If you already wrote something else upon it, it would be confusion.

All the big, elaborate and confusing talk about karma that is going on just means that you are not an empty page. Too much is written already so whatever else is written is going to be lost. It does not matter what is written on a page which is already full of stuff; whatever you write and however valuable what you write is, it is going to be messed. That is why in this country, people look at you and say, “Karma.”

All the spiritual sadhana is not to become knowledgeable, but just to become an empty page so that just anything can be projected. If you become an empty page and remain one, you can project life upon it. If you have been to the local theater, any number of movies have been played upon that screen, but it does not distort anything because light is a subtle thing. If they had used a crayon or a paint brush, those screens would have



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



been discarded a long time ago.

So it is about moving your relationship with the existence from that which is physical, mental, and emotional – which will leave marks and never allow you to have an empty page – into an etheric state, where your relationship is far deeper and much more profound, but subtle in such a way that you can play any kind of cinema on it. The moment it is off, it is off; not a trace left. The previous movie, if it left even a little bit of trace upon the screen, the next movie would be a disaster. That is all that is happening right now. The previous movies have left impressions.

Are you ready for a joke? Shankaran Pillai went to the United States. He was sightseeing in Washington D.C. Particularly when you go on tour and when you go sightseeing, for many couples, that is when big arguments come because of all the suppressed aspirations the wife wants to express at that time. She wants to do this, she wants to see that, she wants to eat this, she wants to go here. Suddenly the husband is having problems with this new woman. This couple was walking on two sides of the street. As usual some long-haired people were pro-

testing against the war in Iraq. Always there is some war and so, “Make love, not war” boards are everywhere in the city. Shankaran Pillai went and looked at it. He said, “Get married, you’ll have both.”

You just have to change your relationship with the existence and with the creator. How? You need to understand, this is not a relationship of choice. Whichever way, you have to hold a relationship; you cannot help it. Can you sit here not connected with any aspect of creation or creator? You may be unaware of it, but there is no way – unless you transcend everything that is physical absolutely. Otherwise, whichever way you sit, stand, or sleep, you are holding a relationship. You don’t have to try to hold a relationship. So fifty percent of the problem is solved. The other half is very simple – you do not make too much of yourself.

I am not giving a teaching, I am only giving a method. Do you know the distinction between the two? A teaching can be analyzed and understood. A method has to simply be used. It cannot be analyzed or understood. This is just a method. It does not take much effort. You just constantly see how small a creature you are in this existence.

Look at the mountain and see how small you are, look at the sky and see how small you are. Look at the distance into the sky and see how poor your vision is. Like this, put yourself into the right place. I am not saying depreciate yourself, I am saying be realistic as to who the hell you are in this Creation. You do not have to appreciate or depreciate; you do not have to lie to yourself. Simply see what is your place in the existence and constantly keep reminding yourself, “This is all I am, a speck of nothing in nothing.” Who the hell you are, what you think of yourself, your greatness – these do not mean anything. Even if you disappear tomorrow morning, the whole world will be fine. This is so for you, this is so for me, this is so for everyone. The more people do not understand this, the more idiotic their lives will be. The more they come to terms with it, the more intelligently they will live.

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

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Reflect our efforts to resolve current human rights crises, both in their embryonic and their advanced stages

UN High Commissioner for Human Rights Navi Pillay on the International Day of Reflection on the 1994 Genocide in Rwanda 7 April 2014

Twenty years after the beginning of the genocide in Rwanda, the horror has not diminished. As a former judge for over eight years on the International Criminal Tribunal for Rwanda (ICTR), I am still haunted by the testimony I heard from victims and witnesses, of the brutal violence, the killings, rapes and maiming.

The figures are so vast that they are difficult to fathom. More than 800,000 dead and many more injured, scarred, orphaned, widowed and severely traumatised. We must remember, on this day, that each of those individuals experienced unthinkable atrocities – the mothers who saw their children being butchered by their neighbours, the children forced to hide under cover of dead bodies in order to survive.

On this anniversary, we must reflect not only on the massive scale of the killings and other atrocities during those 100 days of genocide, but also on what led to the annihilation of social values, and law and order, which allowed genocide to occur.

As well as examining why the horrific violations took place, we must continue to reflect on our collective failure to stop them. At the ICTR, we made a point of



ensuring that our judgements laid out the root causes of the genocide, which were grounded in the manipulation and exploitation of ethnic differences by political and military leaders. It is crucial on this day to reflect on how the ethnic tensions were slowly and steadily stoked by such leaders, as well as media such as Radio Mille Collines, until the country exploded into mass violence.

The ICTR's judgements also acknowledged many instances when Hutus risked their lives to protect Tutsis from the tide of genocide sweeping across the country. And the question remains, why do some

people manage to resist the collective frenzy, and why do so many others fail to do so, or zealously take an active role in it? It is not simply a question of bravery.

We must ensure that we persist with efforts to bring perpetrators to justice, both within Rwanda and outside. Impunity adds insult to the grave injury, physical and emotional, suffered by the victims. It is important to note that shortly after the genocide, the new Government of Rwanda itself prioritised justice and accountability, not least by asking the Security Council to establish an international tribunal. They recognised that jus-

tice and accountability are indispensable for long-term stability.

We must support Rwandan efforts to ensure the promotion and protection of human rights for all, and efforts to move towards reconciliation and rehabilitation.

We must also reflect, on this day, upon the adequacy of our efforts to resolve current human rights crises, both in their embryonic and their advanced stages, so that we are not doomed to go on repeating the chronic failures of the past.



Navy Pillay, United Nations, High Commissioner for Human Rights speaks at a International Women's Day during of the 25th Session of the Human Rights Council. 7 March 2014. UN Photo / Jean-Marc Ferré



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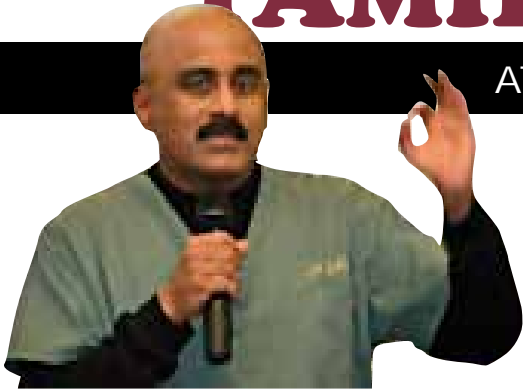
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DR. VARAGUNAN MAHADEVAN ENTHRALLS TAMIL SENIOR CITIZENS

AT A MEETING HELD IN SYDNEY, AUSTRALIA



By: C. Kamalaharan

During his interaction with Tamil Senior Citizens, organized by the Tamil Auburn Society, Dr. Varagunan Mahadevan, Asst. Professor at the University of Toronto, held the audience spellbound, through the perfect articulation of his ideas. Dr. Varagunan is not new to the Sydney audience. His popular 'Hello Doctor' programme of the Tamil vision International, Canada is being telecast in Global Tamil Vision, Australia (GTV). Owing to its popularity Senior Citizens attended the meeting in large numbers, even the sick came tottering with walking sticks and crutches, in wheel chairs and a few trudged on foot. Being a familiar personality, his arrival was received with tumultuous ovation. The subjects he chose to speak were

the doctor with complain of chest pain, fever, headache." and posed the question, "Do we go to the doctor for feeling sad?" He himself replied. "No, not at all because mental health is not in our culture."

He continued, "Like sickness to the body there is also sickness to the

conscience, emotional upset, getting irritated for anything, getting angry every now and then and being frustrated even for trivial matters are indirect symptoms. Summarizing he said the Mother of all the symptoms is the thought of suicide which is referred to as suicidal idealism. He pinpointed that

instant answers, moving about entertaining them with anecdotes and jokes. It was a real treat for the participants who burst into peals of laughter. Regarding the question on meditation, he said that meditation is mentioned in all religions and that it definitely helps to cure depression. To a question about enjoying a cup of



1. Healthy life and depression 2. Diabetes

For Dr. Varagunan, a stage actor, a good singer, a Miruthanga Vidwan, interacting with an elite audience was child's play. He was forthright in his views, spoke with grace, humour, ready wit and without mincing words. His memory power is so amazing that his speech was a mere flow of thoughts, without any prepared notes or other reading materials in hand. He enlivened the audience with amusing anecdotes, exhilarating jokes and sang film songs interspersed with philosophy of life. As almost all the participants were in the evening of their life, to boost their low morale he thrilled them by rendering the ever popular P.B. Srinivas number, Mayakkama Kalakkama Manathile Kulappama... reminding that the lyricist Kannadasan had already referred to depression through this song.

He began his speech, "We go to

mind. When both the body and mind are healthy, a person is considered healthy. He reminded this too through the evergreen Kannadasan's number from the movie Thillana Mohanambal 'Nalanthana Nalanthana Udalum Ullamum Nalanthana.'

Dr. Varagunan was at ease, smiling all the way as he moved among the audience, interacting with them. He stressed that depression is a disease of the mind and reminded not to confuse failure in love, failure in exam, death of a close one and incurring loss as depression. It is grieving. And when grieving prolongs it is known as extended grieving which may lead to depression.

He dwelt in detail the salient features when dealing with the symptoms of depression. Listing them, he said unknown fear and persistent fear of death are direct symptoms, while pleasurable activities becoming unpleasurable, excessive sleeping, feeling of guilty

it should be considered seriously. The patient should be provided the utmost care, love, solace and proper consultation. If neglected it will lead to suicide, murder or the patient will succumb to a heart attack. The patient must be taken to the Family Doctor who is well trained in depression and who is in a position to prescribe ante-depression tablets. According to Dr. Varagunan depression can come to anyone and if the disease is found early and treatment given, the person can lead a happy life.

Almost all Senior Citizens have an awareness on diabetes, as it is a common disease prevalent everywhere. Unlike those days, now no one worries much about diabetes, as effective treatment is available. He also reminded that there is no cure for diabetes and that it can be kept under control. But if neglected it may lead to depression and other serious problems.

During the Question and Answers session, Dr. Varagunan gave

tea while watching television, he said that in television one comes across scenes depicting crime, murder, sex and all other immoral activities that pollute the mind, thereby leading to depression. To cure depression besides taking ante-depression tablets, daily walking, swimming, yoga will help. Regarding restriction in the taking of food he said anything can be taken in moderation. Throughout the interaction Dr. Varagunan's friendly gesture and affability served to maintain a good rapport with the audience.

In the end a member paid a fitting tribute to Dr. Varagunan, "We really appreciate you. a young doctor elucidating everything with ease, making us laugh. You have shown us how a doctor should be. We wish you long life and continue your noble service."

As the meeting came to a close, in a distinct upbeat manner, the audience left the hall smiling as though they had enjoyed a sumptuous meal.





WORDS OF PEACE

A Simple Greeting



A casual greeting used all over the globe actually requires an answer to a serious question with profound implications, says Prem Rawat, who speaks to audiences worldwide about an experience of peace and fulfillment available to anyone alive.

"Wherever we go," Mr. Rawat "when we see a friend, what is the first thing said? 'How are you?'"

A truthful answer to that question, he says, requires knowing something else.

"First," he suggests, "realize not how you are, but who you are, because we are asked that question a lot—and what is our answer? 'Fine.' No way! You may think that you're the most truthful person, but that's not really truthful, because even when you're not fine, you say, 'Oh, I'm fine.'"

"To me, the first priority should be to know who you are, so you can answer that question of how you are."

Who are we human beings? "We are vessels that should be in peace," Mr. Rawat says. "We are seeds that should be blooming, but without knowing your own self, there cannot be peace—and peace begins, not with the world, but with you."

Finding that peace, he says, is simple. It's a question of knowing where to look. "If you are thirsty, drink water. Don't chant water, water, water—that's not

going to do it. If you want to attract a bee, you can put out some sugar-water—something sweet. If you want to attract peace, you need to put out the allurements of consciousness and awareness."

Peace, he says, lives within the heart of every human being. "These are not empty words," he adds, "but words that I stand behind. If you want that peace, if you want to feel that peace in this life, I can help you feel that peace."

During his presentations, Mr. Rawat often answers questions from the audience.

Q: Why is there such a lack of peace and goodwill in the world today?

PR: Do you think there is a shortage of people with goodwill on this planet? There's no shortage. So then why are there all these wars? Why are there all these problems? It's simple. There's no consciousness. There's no awareness of what each individual means to each one of us, and what our fellow human beings mean to us. There's only awareness of a cause. "We should kill them all," people say, because the cause has become more important than the human being.

Q: Sometimes I seem to be drowning in doubt and pain. How can I get to peace in the midst of such overwhelming negativity?

PR: If you are looking for peace, con-

gratulations. Where is peace? It's in you. The process of discovering peace is not about trying to create peace. The process of discovering peace is to take away all the things that are in its way.

Confusion, doubt, pain and suffering are all related. When one arrives, they all arrive. They're uninvited, of course, but they all appear. Confusion brings doubt, which brings suffering, agony, misery. They all arrive, not only one of them. They all show up together.

Be alive. Be who you are. Are you going to be here always? If you live for 70 years, that's only 25,550 days. If you live to be 100, that's only 36,500 days. It's not very much. All so many people think about is death—and they miss this life. Is

that a tragedy? It's tragedy in the truest sense of the word. You should be infatuated by life, not by death. You should be ecstatic about the miracle that is happening in life, every single day.

Q: Don't most people simply want to be entertained?

PR: Have you heard that rhythm, the beat that plays inside of you? If not, you've not been entertained. When you listen to that beauty inside, the entertainment is called peace—and when you are at peace, you are truly alive.

To learn more about Prem Rawat,
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LOVE OF GOD AND THE REPOSE OF THE HUMAN SOUL



By: JJ Atputharajah

Love of God is indispensable for the repose of the human soul. One cannot find peace of mind or rest without the communion with the Almighty. The love and communion with God, give humans a kind of strength and confidence which cannot be found in any other source. Hence several saints and holy men went in search of God in their own way.

A. Divine Love in Tamil Literature

Tamil literature abounds with vast amounts of bhakthi geethas which give expression to man's love of God. During the Pallava period of Tamil literature both the Hindu nayanmars and Vaishnavite alvars sang numerous bhakthi geethas outpouring the love of God and the need for the souls to embrace the union with the almighty. Nayanmars like Sunderar, Sambanthar and Manicavasagar were reputed for their excellent thevarams which gave expression to their love of God and the need for communicating with him. Manicavasagar's Thiruvagasam brims with thevarams that depict the need for the soul to commune with God. He sang that the soul thirsts for the love of God like the deer that pants for water in a mirage. Appar and Suderar with their thevarams like thiruvempavai and thirupuhai expressed the love of God in a similar fashion. They inspired later devotees to sing: 'Aparum Sunderarum, Aaludai Pillayum, Arunagirinatharum Arudchothi Vallalum, Eppadip Paadiranro, Appadi Paada Naan Aasai Konden Sivame!'. So also are the 'Nalayira thivya Pirapanthangal' by the aalvars. Aalavars are Vaishnavite saints who got fully immersed in the love and dedication to God. They wrote holy messages to God and they were called 'pirapanthangal'. Nam Alvar said, "Enrum Maran thariyen en nenjanthe vaithu ninrum irunthum

nedumalai." (I will never forget my God, whom I have in my heart.). Such was the dedication of the alvars to God and his love.

B. The Bible and Divine Love

The Bible has several accounts of people who expressed the love of God in many ways. David through his psalms expressed his love for God gallantly. For generations readers have found resonating declarations of praise for God's character, comfort in times of trouble, similar cries of frustration, and safety in His refuge amidst life's turmoil and chaos- all because David and other like-minded poets and musicians sought to honestly capture the realism of life spent in fellowship with the creator. The compositions within the book highlights man's vulnerability and attempts to reconcile a life filled with anguish and joys, enemies and friends, but most importantly, a God whose proclaimed love and faithfulness covers all people and circumstances. The psalms provide great encouragement and reassurance of His promises.

Some of the excellent words of assurance in the psalms are

- ♥ Your goodness and love follow me all the days of my life.
- ♥ Thy love is ever before me and I walk continually in your truth.
- ♥ I will be glad and rejoice in your love.
- ♥ Save me in your unfailing love
- ♥ The Lord loves righteousness and justice.
- ♥ Your love reaches to the heavens, your faithfulness to the skies.
- ♥ You are my fortress and refuge in times of trouble.
- ♥ Your love is greater than life and my lips will glorify you.
- ♥ You have not rejected my prayer or withheld your love from me.

- ♥ You are forgiving and good and abounding in love to all who call to you.
- ♥ You are a compassionate and gracious God, slow to anger, abounding in love and faithfulness.
- ♥ The Lord is good and his love endures forever.
- ♥ He will not always accuse, nor will he harbour his anger forever.
- ♥ The Lord delights in those who fear him, who put their hope in his unfailing love.

The New Testament tells about how God sent his son Jesus as a manifestation of his love to show the world, the way, the truth and the life. St. Paul enlisted the fruits of a loving spirit as peace, patience, kindness, faithfulness, gentleness and self-control.

C. Quran and Divine Love:

Christianity and Islam differ in their views of God. The best verse in the Quran that tells a little about the love of God is - 'Allah will love and forgive you your sins'. Men must have pure love for God without any expectation forgiveness or reward. Allah wants man to do good." Spend your wealth for the cause of Allah. Allah loveth the beneficent. The filial love that a father has for his own children and the revelation of that love is not found in the relationship between God and man in the Quran.

D. God's love through the medium of hymns and lyrics.

Most of our Christian hymns and lyrics express the love of God and articulate praises for him. They express praises for God and acknowledgement of his manifold

support for human needs.

- ♥ Amazing grace! ♥ My soul longs after you ♥ Blessed Assurance
- ♥ How Great Thou Art! ♥ To God be the glory great things he hath done ♥ Rock of Ages cleft for thee ♥ What a friend we have in Jesus ♥ Thevanpin Verlam, Thevanpin verlam thevai, Konjam rushitha then ullam, kenjuthe innum thevai' (We need the love of God, Having tasted his love, I yearn for more' - are some samples of first lines of hymns and lyrics that are brimming with adoring love for the Almighty. Most hymns are profound, inspiring, encouraging, sacred and precious expressions of God's immaculate love. The Rock of Ages cleft for me was requested by Prince Albert to be sung at his death bed. They grant solace to the suffering and peace to the troubled minds.

E. Fasting and Divine Love

Almost all religions consider and practice fasting as a way of focussing on God and his love for humanity. It is basically the denial of the physical needs of the body for the sake of spiritual gains. It creates an atonement with the Almighty by establishing a harmonious relationship between the body and the soul. The main fasting period of the Christians is the lent season, the Muslims have Ramadan and the Hindus exercise fasting to appease certain deities eg. mahasivarathiri, kiruthigai, ekathasi, amavasai.

God's love is essential for all human-beings to lead a peaceful and confident life. One of the greatest need for a human being is to be loved. God's love is the most sublime, uplifting, reassuring truth ever known to mankind. It generates a desire for us to love life and we become part and parcel of his benevolent all-surpassing love. It encourages us to love life and live it abundantly.



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TAMILculture

TamilCulture, the 1st Online Tamil Lifestyle Media Brand, has collaborated with Monsoon Journal to bring you some of their most popular articles. We hope you enjoy this spread!

International Women's Day 2014

Author: Nive Thambithurai

Abi Jeyaratnam, Career Mentor Program Facilitator



"Mentors can be handpicked, sometimes assigned and even titled. But true mentors are selected not by choice and sometimes are not even aware that they have been chosen. Because somewhere along the way their mentee chose them. Because they lived life by example, they are someone who dared to dream and lived to inspire."

Ahalya Kumaran, Leadership Consultant



"Ahalya's advice to young entrepreneurs, which is fundamental to what she does and her brand, is to spend time discovering your 'innerOli', the unique light that only you have to offer the world. Ahalya cautions that sometimes you know what it is but you are afraid to admit it and accept it because of what others may think. Other times, you don't have a clue what your innerOli is because you've never asked yourself the important questions. Once you gain clarity on your innerOli and what you truly want, Ahalya affirms that 'opportunities will come your way, you will feel more confident and it will be easy to be courageous, you'll meet the right people, and you'll continue to gain more clarity on what to do next'."

Caroline Jeba, CEO, Catur Agency



Once a television journalist, Caroline Jeba is a household name in Toronto. It all began with her passion to pursue her dream at OMNI TV, and later at the local CTV-CFTO newsroom where she was the first South Asian woman to report in that newsroom. In her words, "This was my passion. No one was going to say no to me. And if they did I was going to find someone who was going to say yes."

Geetha Moorthy, Founder and Executive Director, SAWAC



"For me success is about setting goals and being committed to working hard to achieve those goals. Honestly, for me, there is no ultimate goal. I believe there are always opportunities to grow to do better or to do more; once you've achieved a goal, set a new one a little higher a little further. Life is about continuing to push yourself and a series of setting new goals, working towards them, and then setting new ones."

Indira Nooyi, CEO, Pepsi Co.



"To be a CEO is a calling. You should not do it because it is a job. It is a calling and you have got to be involved in it with your head, heart and hands. Your heart has got to be in the job, you got to love what you do, and it consumes you. And if you are not willing to get into the CEO job that way, there is no point getting into it. And I love the job, I love the company, I love the people. I loved it when I was president and love it as much as CEO today."

Kali Arulpragasam, Founder and Creative Director, Super Fertile



"I just want to bring awareness to issues, ask difficult questions. Demand answers. To bring unity and promote peace and progress. To capture the times we live in. I think my role here is to keep the issues on the table. Also push the system and open doors for others."

Kirthiga Rajanayagam, Fashion PR Specialist



"Breaking into the world of PR can be difficult and unfortunately it is currently filled with unpaid internships. However you can, get experience. Volunteer if you have to. Employers need to see that you have been exposed to the environment before and that you can handle it...Be hungry. Always want more."

Meena Kandasamy, Writer, Activist, Poet, Translator



"I started writing first on these bulletin board kind of places that the internet in the late 1990s was famous for. You would get instant response from total strangers, and sometimes, it would let you have faith in yourself. It was very anonymous in those days, not like the personality-driven social media cult of today."

When asked what inspired her writing she responded "Dis-sent. Protest. Rebellion. The need to speak out. The need to show support. It is a long time since I wrote anything merely for it to look beautiful."

Meena Serendib, Actress, Dancer, Magician



"When I applied to universities, I actually planned to be a French and International Studies double major. I was going to work for the UN or something and change the world. In the middle of my senior year, I won a drama competition and the result was that I got to perform my piece in front of 1,600 people. The piece I performed was an excerpt of an eye-witness account of the '83 riots. My heart was so alive in that moment and I was struck by how dynamic storytelling can be as an agent of change. I wanted to feel that alive, always."

Nayani Thiagarajah, Storyteller



"Trust your vision. Believe that if something came to you it came to you for a reason. Trust your work. Believe that if you are doing the work, things will work out as they are meant to. Trust the struggles. Remember there are learning curves everywhere along the road, and that the struggles are also part of the story. Trust the process. Make peace with the fact that the process rarely goes as planned, but it always leads you to exactly where you need to go. Trust yourself. Be kind, be tender, and be patient with yourself. You are everything you need – believe that with all your being."



Abi Jeyaratnam, Career Mentor Program Facilitator

Ahalya Kumaran, Leadership Consultant

Caroline Jeba, CEO, Catur Agency

Geetha Moorthy, Founder and Executive Director, SAWAC

Indira Nooyi, CEO, Pepsi Co.

Kali Arulpragasam, Founder and Creative Director, Super Fertile

Kirthiga Rajanayagam, Fashion PR Specialist

Meena Kandasamy, Writer, Activist, Poet, Translator

Meena Serendib, Actress, Dancer, Magician

Nayani Thiagarajah, Storyteller

Renuka I, Writer

Vipoosita Gnanenthra, Photographer

V.V. Ganesananthan, Writer

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Renuka I, Writer



"Stay true to yourself: ensure that your work is a reflection of who you are and what you wish to share with the world. Stand by your convictions: you already know what your final product is meant to look like – you have an image of it in your head. You already know what you're willing to do and what you're not willing to do in order to make it happen. Don't give up on any of it simply because someone asked you to. Never write to gain popularity: if your hope is to get as many followers as possible or write to please the public and the current trend they're following, you're doing it for the wrong reasons. Write from the heart...what you end up creating is far more beautiful."

Vipoosita Gnanenthra, Photographer



"Do not wait for the perfect moment and allow your work to collect dust. I have seen many artists who are afraid to showcase their creative work because they believe it is not perfect. There is no better time than the present time to allow the community an opportunity to react to your work. However, realize that in the first few innings of your creative work, it is important to embrace the process of constant improvement to move forward."

V.V. Ganesananthan, Writer

"If you really want to do something, always say yes to yourself; other people will offer up plenty of NO and it's good to be in the habit of not listening to that."

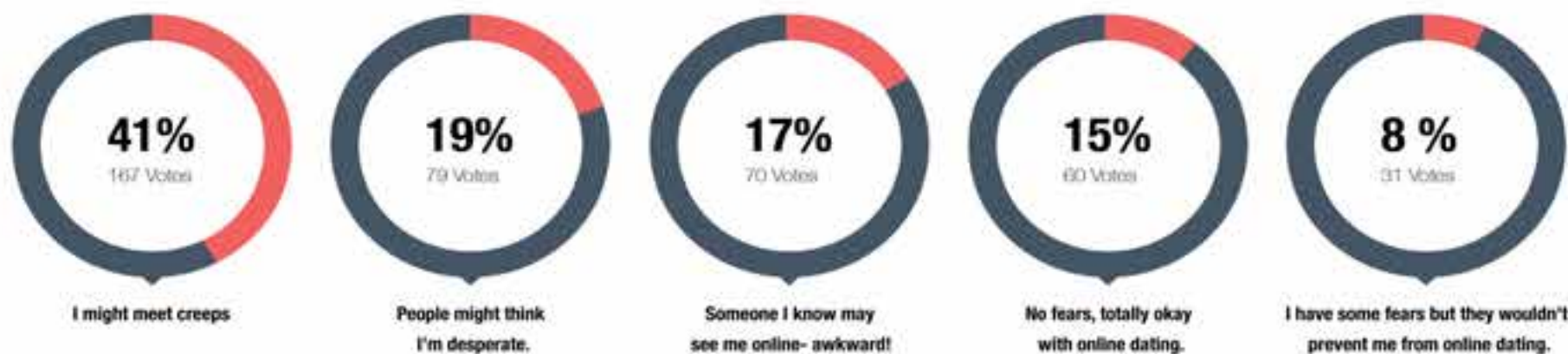




myTamilDate Wants To Change How Tamil Singles View Online Dating

myTamilDate is a dating website that aims to help Tamil singles from around the world connect with one another at their own time and pace. Whether you're looking to meet someone special from your city or in a different continent altogether, they help make the connection. The highly anticipated site is expected to launch next month.

What is your biggest fear about online dating?



With features such as blocking profiles and request to connect functionalities for individuals who are not your matches, myTamilDate plans to give you control of who can and cannot access your profile. Furthermore, they hope to increase their membership mainly through a 'friends of friends' strategy, by tapping into their personal networks and allowing existing members to easily invite their friends to the site, to ensure good quality candidates are signing up. After all, the saying goes 'birds of a feather flock together'!

The site was inspired by a group of Tamil, young professionals. In their words:

"Some of us are single and will be members of myTamilDate, while some of us are in relationships and off the market. Our common ground? Given the busy lifestyle of Tamil singles, we get how hard it can be to meet that special someone who shares in our values, beliefs and upbringing. With our full time jobs, family obligations, volunteer work, hobbies, traveling and social outings with friends, finding that special someone using traditional dating methods can be challenging. And the 'meet this great girl' and 'meet this great guy' setups from family and friends can leave singles feeling pressured and overwhelmed. This shared sentiment amongst us led to the creation of myTamilDate."

Here are the faces & inspiration behind myTamilDate.



You can register your e-mail at myTamilDate.com now to get notified of when the site goes live. Be sure to share this info with your single, Tamil friends – you just might be the reason behind an epic love story in the making!



Dreaming With His Eyes Wide Open: Ratheesan Yoganathan

Author: **Nive Thambithurai**

Today Ratheesan Yoganathan is the co-founder and CEO of Lebara Group, one of Europe's leading telecoms operators for ethnic and migrant communities. But in 2001 while travelling in Norway with his two friends, and soon-to-be business partners, Lebara was just a business venture waiting to happen.

"I believe it's not necessarily what you know, or what you don't know—it's about what you believe in that's important. If you pour your heart into your dreams you can make it happen."

Leon R. Ranjith, Baskaran Kandiah and Ratheesan were "inspired by the imposing sight of the Telenor building on the road to Bergen airport" and got to talking about establishing a business that they could be proud of. They wanted to serve customers first and foremost through international calling services that would enable ethnic and migrant communities to stay in touch with their families and friends back home. The guiding principles for developing their products? Always keeping quality high, and the cost to customers low.

Lebara has become one of the world's fastest growing mobile companies with more than 3 million active customers, over 1,000 employees worldwide, and operations in seven European countries as well as Australia. The company is also the 3 time winner of the "Best Mobile Virtual Network Operator (MVNO)" award, which recognizes excellence, best-practice and innovation in the UK's mobile telecommunications industry.

TC had the chance to connect with the entrepreneur extraordinaire who helped to spearhead this success story. Check out our interview with Ratheesan below!

TamilCulture: Tell us a bit about yourself.

Ratheesan Yoganathan: I was born in Jaffna, went to boarding school in India and came to the UK when I was 15. After school I studied aeronautical engineering at Kingston University in Surrey. I chose aeronautical engineering because I have always been very numbers oriented and it involved more numbers than any other subject. After university I then worked selling calling cards in a shop in East London to fund my Masters. I was always interested in starting my own business so actually didn't finish the Masters by the time I decided to set up Lebara when I was 25 years old along with 2 friends.

TC: How has your education impacted your career?

RY: I have been very fortunate with the opportunities I have had. Access to a strong education system has provided me with the skills to set up my own business. My parents taught me the importance of morals and values and my teachers taught me the basic academic principals but it is our experiences that then give us the confidence to choose the path for our future.

I wanted to apply the basic principles I learnt from my parents and my teachers and from there build a company that I could be proud of. I have done this with the support of my co-founders, Leon and Karan and the employees of Lebara who have worked hard to help make our dream a reality. It has not been easy but it has been deeply satisfying.



I believe that education is so important to young children by providing the skills and knowledge for a better future. I feel very fortunate for the opportunities that I have had and I feel privileged to be in a position now to help others who are less fortunate through the Lebara Foundation. Education, along with the provision of food, water and shelter are the main ways that the Lebara Foundation aims to assist communities around the world.

TC: What inspired the formation of Lebara?

RY: In 2001 we founded Lebara because we wanted to provide a better quality of service for customers calling their friends and family internationally. 10 years later we have more than 3 million active customers around the world. I am particularly passionate about the work of the Lebara Foundation which was set up in 2008. We have already helped over 200,000 children and I have great ambitions to look after many more disadvantaged children around the world.

TC: How does the Lebara Foundation fit within the Lebara Group's goals?

RY: The Lebara Foundation is very close to my heart and a fundamental part of Lebara's values and culture. I am passionate about giving back and making a difference to the communities of our customers and their families and friends.

We first had the idea for the Lebara Foundation in 2005 after I saw for myself the impact that the 2004 Tsunami had on young children and their communities who were no longer able to access water, food, shelter and education. Children are the future of communities and for the thousands of kids around the world who live in poverty without access to education, their future and that of their communities seems very bleak. That's why it's so important that countries and companies work together to deliver opportunities for better, more sustainable futures.

The aim of the Lebara Foundation is to provide sustainable solutions to help displaced children around the world by giving them access to housing, food, clean water and education.

TC: What would you consider to be milestones in your career so far?

RY: A key moment for me was when we signed our first MVNO (Mobile Virtual Network Operator) contract with mobile network operator Telfort in the Netherlands in 2004.

Last year we celebrated our 10th anniversary with over 1,000 employees at a special event and this was another significant milestone for me in terms of recognising how the company has grown and developed over this time.

Of course the other major moment for me was setting up the Lebara Foundation in 2008. In three years we have already supported over 200,000 vulnerable children around the world. We donated €10million to the Foundation in 2011 as part of our 10th Anniversary celebrations.

TC: Is there an ultimate goal that you aspire to for Lebara and for yourself?

RY: From a business perspective, our goal is to be the brand of choice for one billion people by 2020. We want to diversify and expand geographically, by continuing to help make our customers' lives better. Any new product that we launch in the future must help us with this ambition by touching both people in the transaction. For example, if you are a Lebara Money customer, then both the person transferring the money and the recipient know they have benefited from the service that Lebara offers.

My personal ambition is to continue to grow the work of the Lebara Foundation and in particular I want to support 100,000 children on a daily basis by providing them with basic needs such as food and water, shelter and education.



TC: What advice can you share with those who are pursuing their own business?

RY: My father always said that I should get a proper job – he wanted me to be a pilot! I remember him sitting me down after Lebara's 5th year anniversary celebration, where he met many of the staff, saying that it's good that I didn't become a pilot. At this point, all the hard work felt worthwhile. I had finally managed to convince my father that I had a real job and that it was better than being a pilot.

The point I want to make is this. We get a lot of advice from our parents, teachers and other role models in life and while it's important to respect this advice it might not be right for you and if you have a dream you should work hard to make it a reality.

I believe it's not necessarily what you know, or what you don't know—it's about what you believe in that's important. If you pour your heart into your dreams you can make it happen. Everything is possible as long as you put your heart and mind to it. I often tell people to learn to dream with their eyes wide open because dreams do come true.

Listening, understanding and leading by example are also important to the way I approach my business. Customers must always come first. At Lebara, I encourage all staff to spend one day every month out in the market talking directly to customers. It's this customer knowledge and understanding that will help us continue to serve our customers in the best possible way.

Finally, you can learn skills and acquire knowledge but cannot learn ethics and attitudes that are right for your organisation. Our culture is the set of characteristics that uniquely defines Lebara. Anyone starting their own business needs to know what values and ethics are important to them and will define them as a brand.

Quick Six

TC: Who would you consider to be the most inspiring person you've met or worked with?

RY: My grandfather.

TC: A quote that inspires you:

RY: "We must be the change we want to see in the world". Mahatma Gandhi

TC: If you were stranded on an island, what 3 things would you need to have with you?

RY: A mobile phone, a pillow and water

TC: If you could live anywhere in the world, where would you?

RY: My hometown where I was born – Point Pedro in Sri-Lanka

TC: When you're not working, what are you doing?

RY: When I'm not working, I play golf with friends and spend time with my family. I particularly enjoy cooking.

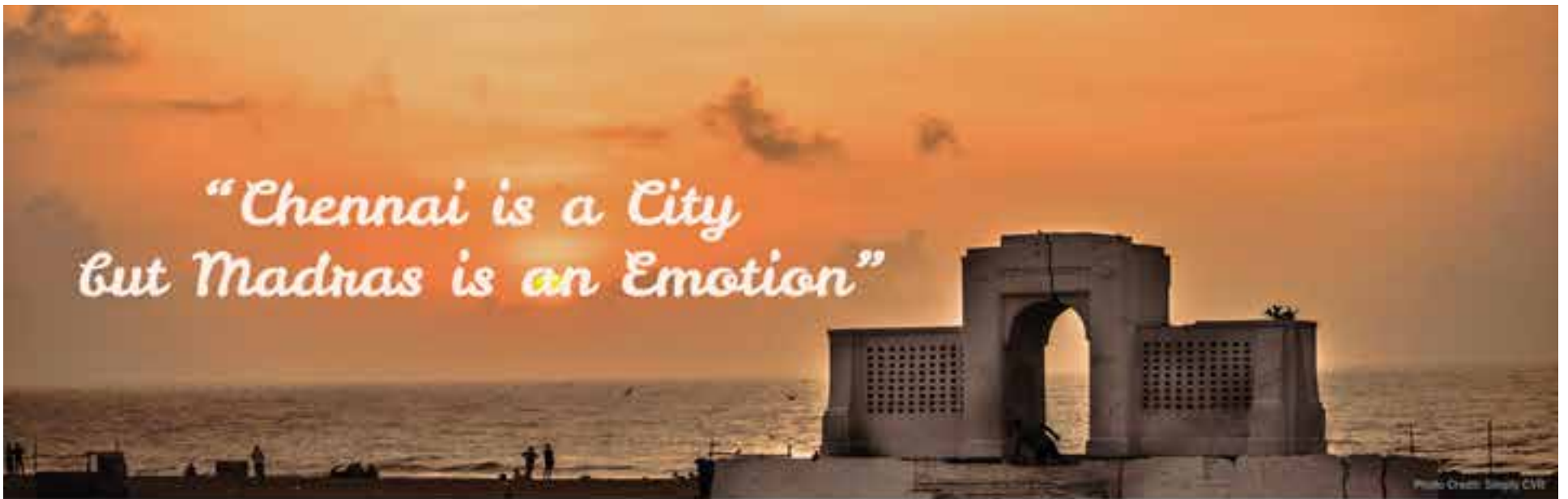
TC: "To me Tamil culture is":

RY: A set of principles consisting of respect, values and family

Full article can be read at
TamilCulture.ca



"Chennai is a City But Madras is an Emotion"



Even when I first arrived in Chennai as a five-year-old in 1987, I remember my mother being grateful to have found a safe but uncertain shelter for her children. The civil war in Sri Lanka was becoming increasingly violent ironically as a result of the finally overt involvement of India's own special military contingent, the Indian Peace Keeping Force. This irony may have been lost on her because she was simply relieved, as were many Tamils from Sri Lanka who sought refuge in the city since 1983 and even before then, to find herself in the relative safety of a place what she and others proclaimed to be

சிங்கப்பூர் சிவஞானம் "Beautiful Chennai"

A quick Google search easily tells the story of Chennai the city. It is India's fourth most populous metropolitan area with a ballooning middle class that has led to skyrocketing real estate prices. It is the country's second largest exporter of human capital in Information Technology and Business Process Outsourcing. It boasts many booming industries most notably automotive manufacturing making it the "Detroit of India", and is India's second largest financial hub after Mumbai. Chennai is also the primary global site for production of "Tamil culture" being the mecca for Carnatic music, Bharathanatyam dance, and the Kollywood film industry. The city also remains a key political force in the country whether it was the Congress politics of pre-independence India or the pro-Dra vidian politics since the late 1950s. Indeed, the current Chief Minister is widely regarded as one of the most influential politicians in the country and is considered a king-maker in New Delhi, the hallowed seat of India's central government.

This article, however, is meant to be a personal meditation and not a political treatise.

For a young boy in 1987, the city was a wonder – pure and simple. My childhood memories are the sharpest here because it was not, at that time, Chennai the city I now intellectually understand but Madras that gave emotional shape to experiences that define me: The streets were wider than in Jaffna, albeit not as clean, which provided an excellent venue to bat about a tennis ball or race around in bicycles often crashing and scraping knees; Elliot's Beach was just a stone's throw away and my grandmother kept watch as my siblings and I ran up and down the shoreline dodging the crashing waves of the Indian Ocean; Amul butter, Kissan jam and Kwality ice-cream became the unforgiving standards by which we would judge every other brand of butter, jam and ice-cream in our lives; the armful of Amar Chitra Katha comics introduced me to the Indian freedom movement and Hindu mythology which hardwired in me, concepts

of seva, dharma and karma; the unmistakable sounds and smells of Indian firecrackers that were set off for celebrations especially during the deepavazhi festival; the jasmine-scented stalls paving the way to the Ashtalakshmi temple; bowing dutifully over a candle lit for Annai Velankanni; the sound of M.S. Subbulakshmi's iconic rendition of Sri Venkateswara Subrabatham that would be our alarm clock in the mornings; the sound of mrudangam practice in the evenings from the neighbour's flat upstairs; chocolate éclairs and fruit bread from Adyar Bakery; watching Superstar's films in theatres; He-Man and Shazam cartoons followed by tele-dramas of Ramayanam, Mahabharatham and Param Vir Chakra interspersed with patriotic Doordarshan commercials such as "Torch Run" and "Mile Sur Mera Tumhara"; trying to make the live statue man at VGP Golden Beach laugh; learning Tamil penmanship at home to write letters to relatives left behind in Sri Lanka; the excitement when our father visited us on vacation from work overseas since it meant foreign chocolates to lord over friends and long drives in Ambassador taxis on pilgrimage to Madurai, Trichy, Thirunallar, Kumbakonam; and so on. Madras is also where I fell in love for the first time. It was a sweeping, serious affair as most childhood romances go. Priya was a bubbly TamBram, pigtailed and clutching on to her tiffin carrier as she boarded the school bus every day. The fatal blow, though, came the day I realized she was also the smartest person in the classroom and a heady mix of romance and academic competition soon overtook me. Funnily enough, I cannot recall any conversation between us but when I became the teacher's pet, I knew she knew of my existence and that knowledge was sufficient consummation of our relationship.

Many years later, I returned to Madras in 2008 chasing love again which opened up new emotional vistas as an adult: long conversations with Balu mama about "that man Prabhakaran"; idli-podi-sesame oil breakfast combos; pouring over "The Hindu" with a cup of Kumbakonam degree coffee in hand; arguing with territorial mamis over coveted seats at the Madras Music Academy; haggling with auto rickshaw drivers when sabha hopping in pursuit of the old masters and emerging superstars; competing to guess the rAgam from the first notes of the Aalapana; staring spellbound at the Kalakshetra bani of Bharathanatyam; speculating real estate; exploring new business ventures; discovering a knack for spotting quality Kanjivaramsaris in the silk houses that dotted T. Nagar; immersing myself in the bubble of fancy clubs and expensive restaurants; and so on. Above all else, Madras was also where I first seriously considered marriage and was able to visualize, for the first time in my life, my place in a personal constellation of people, places and personal bonds that I was determined to make my future. It seemed fitting at the time that this realization would dawn on me in the place of my childhood

thus taking on a more spiritual, "it is destined to be" tone edging out any latent fears and doubts I had. This, of course, was long before I was informed that love was not enough to make marriages last.

This time – my fourth return to Madras – I came chasing myself: to retrace old streets; to walk on the beach that remains unchanged; to lose myself in kutcheris that I attend alone; to avoid sari shops; to travel beyond the social and geographical boundaries of Besant Nagar, Adyar and Tiruvannamur that circumscribed much of my childhood; to extract myself from the Carnatic-Bharathanatyam bubble and search out other experiences; to learn about the struggles of dalits and caste politics that still dominate; to seek out new spaces for progressive arts, literature and theatre; to recognize my upper-caste, middle-class privileges of growing up in Besant Nagar and making active attempts to learn more about the plight of Sri Lankan Tamil refugees who still live in (im)permanent camps in Tamil Nadu; to understand that begging here is also sometimes just business; to recognize the disparity between pavement shops that sit cheek-by-jowl with fancy new Italian coffee shops; and observe portly middle-aged men in fancy shorts and shoes jogging past a mother washing her child on the roadside using a single Bisleri bottle of water.

The Madras that I see now is free of mere nostalgia. It is not just the innocent, happy-go-lucky Madras of my childhood nor is it only the hopeful, love-struck Madras of my first return. This "new" Madras has acquired hues and shapes that reflect the realities and contradictions that we grapple with about the identity and relationship between Tamil and culture. It is also a Madras that personally embodies the doubts, hopes, despair, and gratitude that toss me around from one experience to another, one place to the next. However, this has only made Madras even more of a beautiful, rounded emotion for me to experience. I have come back to another one of my homes – to tell these walls and waves of my pain but to also confide in them my hopes for the future. Madras has welcomed me back to her with open arms, and reassures me that it is okay to let go and create anew

சிங்கப்பூர் சிவஞானம்
was, is and will always be
Magical Madras to me.

Author: Navarasan





Bollywood Star studded cast for Elections in India

A general election will be held in nine phases, the longest election in the country's history, from 7 April to 12 May 2014 to constitute the 16th Lok Sabha in India. Several Film stars as well are contesting the elections.



'Dream Girl' Hema Malini is dreaming that her loyal fans in Mathura will give her their votes this time. She is contesting for the BJP: PTI



Kirron Kher may be best known for her performance in plays and films like Dostana, but now she wants to ride the Modi wave too. Kher is the BJP candidate from Chandigarh: PTI



Congress candidate Nagma talking to media after filing her nomination papers. (PTI)

On Receiving Padma Bhushan

By Kamal Haasan

(Kamal Haasan has won several Indian film awards including four National Film Awards and 19 Filmfare Awards. With seven submissions, Kamal Haasan has starred in the highest number of films submitted by India for the Best Foreign Language Film Oscar. Kamal Haasan's production company, Rajkamal International, has produced several of his films. Kamal Haasan received the Padma Shri in 1990 and the Padma Bhushan in 2014. He made the following remarks on his FaceBook Fan page, on receiving Padma Bhushan:)

I was once again standing among stalwarts.

At The (President's residence) Rashtrapathi Bhawan, I thought since I've been there and done it once I would not be as moved as I was the first time. I was in for a surprise. I felt even more emotional this time. Age, I thought would've brought about the required pragmatism or even skepticism.

After all politicians are also involved in this selection process but I felt myself moved to tears. I fully believed in my country's intellectual bounty as I saw stalwarts of various fields rubbing shoulders with me. Champions who were individually moving the country in their respective fields, in the right direction forward, as the national anthem played I once again forgot all the corruption, horse trading, rapes and other misdemeanors of some of my fellow countrymen.

The good parts stood out, the faces of the naive and honest people who loved this country ran like a movie montage in my mind. I



Kamal Haasan Receiving Padma Bhushan, March 31, 2014

was glad to see my siblings and parents face in that montage. I looked around me proud to be among champions absolutely humbled by all the talent and achievement they stood for. I once again pledged my commitment to the country and hoped I won't have to leave it in anger in future. I found myself to be positive. I am proud to be an Indian. It has all to do with Indians and nothing to do with state of Indian politics and politicians.

Some of my heroes were there at Rashtrapathi Bhawan and many more faceless heroes whom I am yet to Aquitaine myself with are out there doing their duty to the country. Most unsung and some getting a mere recognition or none at all, I mentally saluted those true Indians as my national anthem came to an end.

If someone had read this piece to me before my visit to The Rashtrapathi Bhawan I would have rated the writing as mushy. But being there is another experience which makes you sort of sentimental.

I guess that was and is the purpose of these ceremonies.

I want to raise hope for people who don't have hope - Manisha Koirala

Actress Manisha Koirala, who was earlier diagnosed with ovarian cancer and has now recovered, says there is always a fear the disease may recur but she believes in being positive in life.

"I did not take care of my health earlier. I was not looking after myself. It (cancer) made me realize health is important, eating right is important and exercise is required. There is a fear that it can come back any time. But one must be positive," Koirala told reporters here Apr. 3 at the launch of Prevention magazine, on whose cover she features.

Koirala, 43, was diagnosed in 2012 with ovarian cancer, a type of cancer that is difficult to diagnose and may often be detected late as it does not have typical symptoms.

"Cancer is a huge challenge, a huge test — some of us survive and some don't due to various reasons. There is a lot of stigma attached to it; you lose all hope, your family is also living in a negative environment, you feel there is a dead end. But I was fortunate to have people around me who helped me and were there with me emotionally," Koirala said.

The actress plans to do something for those suffering from the disease.

"Cancer is not the death sentence — there is hope. Science has changed by leaps and bounds. Today, we are able to deal with the treatment. I want to raise hope for people who don't have hope, who don't have ac-



Manisha Koirala on April 4, 2014 (pic: twitter.com/mkoirala)

cess, resources. I will do something through certain platforms, in certain ways. I want to repay the needy," she said.

Koirala said some Bollywood celebrities like Shatrughan Sinha, Tabu and Gulshan Grover had enquired about her well-being during her testing times.

She said she is looking forward to making a comeback in films but is not interested in doing small roles.

Koirala is known for her performances in films like "Khamoshi," "1942: A Love Story," "Bombay," and "Dil Se" among others.

"I want to see myself onscreen. I want to be back. I do get offers. I get roles like important ones in the film, but I am there for two scenes or so. I don't want that. I am waiting for a good director and a good role," said the actress

— PTI



Special Feature

May the rains fall correctly in the right seasons... goes an ancient Tamil prayer. The Tamils have always been an agrarian community and still are, in most areas of Sri Lanka and India. The rains however did not fall 'correctly' this season. Drought has hit Sri Lanka and the worst hit areas are the North and East.

"Our harvest this season has been particularly bad due to the drought. We are very far from our targeted achievement in harvest outputs and fear food insecurity. However we are confident the Central Government will step in to supply the deficit," says P. Ayngaranesan, Minister of Agriculture of the Northern

might get used to that ceiling price and not bring it back down even if the potential shortfall was made up for. "We also don't want to fear-monger in case it gives rise to hoarding of the rice by the traders – which thankfully hasn't happened yet," he added.

Rice bowl of the North

The worst hit district is Mannar, the 'rice-bowl' of the North, which for some years now has been a 'begging-bowl'. Unfortunately for Mannar, it is situated such that both extremes of flood and

or gave up half-way. The total target area of cultivation in Mannar was 20,815 hectares, out of which only 4800 were actually cultivated. Of those cultivated, farmers reported only a 25 percent yield across some of the worst hit areas. They however mostly said that this was enough to recover costs if not profits, so they hadn't 'lost' anything.

An Aid worker in the area didn't agree. "They are only thinking of their material input costs, not they and their family's labour costs, when saying there was no loss."

consumption. "Usually I could expect 40 sacks of rice (50kg per sack on average) from one acre of land. This time the returns were 11 sacks per acre. Considering that I nearly gave up half-way and didn't apply weedicide and pesticide as needed, the yield is better than what I had expected," said one farmer.

On the ground, the people of Mannar, a hardy lot, are not panicking. Farmers who had not cultivated or lost their cultivation shrugged when asked about their food security. "We will just have to buy from the store, what to do?" Asked if they had sufficient income to buy from the store they shrugged again and smiled.

by Thulasi Muttulingam

Climate Change; the Sri Lankan Farmer's nightmare *"Vaanmuhil valaathu peiha..."*

Provincial Council.

The Minister of Agriculture of the Central Government, Mahinda Yapa Abeywardena is not worried. "We have enough bumper stocks to supply the shortfall already. We don't foresee the need to even import, at the moment," he said.

Sri Lanka is usually self-sufficient in its rice production although it both imports and exports rice. According to a recent report released by the Socio Economics and Planning Center of the Department of Agriculture, if the next paddy season (May- September) is normal, there will be enough from this year's harvests alone to feed the nation till the end of January 2015. If the next season falls to the worst levels forecast, the combined harvests would still be enough to feed the nation till early December 2014, they maintain.

In the North however, rice prices have already started to rise steeply. A kilogram of parboiled red rice, traditionally consumed in Jaffna is now Rs. 89 as opposed to Rs.65 just a month ago. According to P. Ayngaranesan, his ministry is taking steps to avert exorbitant price hikes by buying up all the harvested grain through the state's co-operative stores. The idea is to enforce price controls.

"However the initiative is not as successful as we had hoped. During the war years, the Northern co-operatives made a name for themselves as corrupt so the Government Agents refused to release funds to them to buy paddy when requested. I have been in talks with the GAs however, and they are slowly releasing funds now, which means we are buying the rice but not as much and as fast as we had hoped," says Ayngaranesan.

He said they might try to cap the price at Rs.90/kg but were reluctant to take that measure as yet, because traders



Harvesting of Paddy in Kilinochchi, Sri Lanka (2011)

drought affect it the worst.

"Mannar is dependent on outside water; rains from Anuradhapura and Vavuniya fill our Giants Tank (a major reservoir). So if there is no rain, we have no tank water. Conversely if there is too much rain, our province gets the most flooded. We are the basin into which the surrounding area's waters flow," says P. Atputhachandran, Deputy Director of Agriculture (DDA), Mannar district.

According to him, 15,154 hectares was the target to be cultivated around the Giants tank area but only 2000 of it was achieved. Most farmers seeing the drought conditions either didn't cultivate

Quite a few farming families (and these are the worst affected) have only 1-2 acres of paddy-land and depended on quite a bit of their produce for their own consumption, thus taking care of a significant portion of their food expenditure. Those who didn't cultivate at all fearing the drought or those who gave up half-way are now dependant on store-bought rice. The price being likely to increase steeply is going to affect them badly.

The fields dependant on rain alone for their water have frazzled. However, farmers who had access to irrigation from tanks or wells, reported that the 25 percent yield was enough for their own

"Debt has become a way of life to these people" says another Aid worker familiar with the terrain. "As to why they don't appear devastated, it could be the shock of trauma or resilience after too much trauma; it is hard to say. They have been through a brutal war, came back with nothing to a devastated landscape and have been consistently hit with droughts and floods since resettling. They are past the stage of wailing about their problems."

While Aid agencies working in the sector fear for the food security of the more vulnerable farmers, there are yet farmers who also reported profits, and scoffed



at the lack of initiative of others dependant only on rain. "I spent my own money to put in a well on four acres of land I lease," said Yogaraja, from Vattakandal, Mannar. "That was a good investment. I managed to water my fields adequately and expect a profit of Rs.30,000 per acre. Farmers whinging about rains failing are too used to NGO hand-outs."

Others didn't agree. V. Malliganthan, an agri-expert working in the area noted that this farmer was in the vicinity of a feeder tank of Giant's tank. People who didn't have access to tank water like these have had to suffer.

Consumption Patterns

Rice is the staple food of the area, and that is not likely to change. "Many families are used to cultivating at least their own consumption's worth of yearly rice. The poorer families consume only rice & curry for their three meals a day as it is often the cheapest option. Now that the crops have failed and they have to buy from the market, it is still unlikely that they will shift to another food. What is out there cheaper than rice, to act as a substitute?" noted one social worker.

While there might not be other food products cheaper than rice at the mo-



Sri Lanka Rice take-out packet sold at
- Udumbara JU Caterers, 62 Havelock Road,
Colombo 5 - pic: yamu.lk

think a change is possible in the short term. "For some decades now, we have switched to hybrid rice due to their better yields," says P. Atputhachandran, the Mannar DDA. "In Jaffna for example, they still cultivate the traditional red rice breeds of Mottakaruppan and Murunkan, which are more drought resistant. So they fared better than us. The government told us to cultivate the shorter term rice too but farmers are still going for the 3.5 month keeri samba (hybrid white rice) which they are used to now, for their

25th of this month (March) to take advantage of what available water there is."

Spectre of Climate Change

As the seasons come and go, only one thing is looming clear; climate change. Many a Northern farmer, even knowing that the season was bad, celebrated Thai Pongal, the mid January harvest festival in their temples and fields. Thai Pongal, a centuries old agrarian Tamil festival is supposed to occur well after harvest. Instead, it now falls well before harvest. To some Northerners, this is a good indication of climate change having taken place over centuries.

According to Professor Mihunthan, Senior lecture of the Faculty of Agriculture, Jaffna University, climate change is a huge problem affecting the agri-sector of Sri Lanka. "Climate change is a global phenomenon, not a Sri Lankan phenomenon; but the problem is, we are far behind many other countries in developing scientists and technology to combat the issue. Today, agriculture can't be done other than in conjunction with meteorology and climatology. In Tamil Nadu for example, climate scientists forecast to their farmers what crops to grow for the coming seasons, based on climate patterns, which they are able to predict with 75 percent accuracy. We urgently need services like that here too," he said.

L. Chandrapala, the Director General of Meteorology however insists that Sri Lanka already has climate scientists working in tandem with the department of Agriculture and other stakeholders to predict seasons. "Every year, we have two Monsoon Forums, held just before the start of each season (Sri Lanka has two monsoon seasons), to share with relevant stakeholders our findings. The Departments of Agriculture, irrigation, electricity and Mahaweli authority are all invited. It is then their job to pass on the information to the average citizen that they are in charge of," he said. "And yes, at the last Monsoon forum, we did predict less rainfall than was expected for the season. Sri Lanka receives 30 percent of its rainfall from October to December. Last year, we got only half of that expect-

ed 30 percent," he added.

Water Conservation and the way forward

Badra Kamaladasa, the Director General of Irrigation, contacted for her views, said that Sri Lanka had reached saturation point when it came to major reservoirs, although her department was continuing to help provincial councils build minor tanks around the country. "The only way to combat the problem of drought is to store water but Sri Lanka is a small country with limited land resources. To build a major reservoir would mean to either inundate forest land (which we are not allowed to do anymore) or displace settlements of people. An idea which we have not explored yet however is the potential to tap into ground water reservoirs, as some other countries have successfully done. Studies have not been done on whether this is feasible for Sri Lanka yet, although we do have a serious problem with water conservation in times of drought."

Irrigation of tanks comes under the provincial councils and the North recently had a well publicized flare-up from within on the diverting of Iranamadu tank water from Kilinochchi to Jaffna. Jaffna does have reserves of ground water, but they have been heavily polluted – mostly due to indiscriminate use of agrochemicals.

P. Aygaranesan, the Northern Province's Minister of Agriculture, Livestock, Irrigation and Environment said that it was wrong for the Kilinochchi farmer's water to be diverted to Jaffna when that farmer was limited already in his farming capacity by the water. "When we in the government agri-sector actually destroy the excess paddy the Kilinochchi farmer plants citing not enough water, we have no right to take the water he already has. We had an expert committee to review this; five of the experts said one thing, ten another. The ten recommended not to tap into Iranamadu, to find another solution. These are problems we have internally in the North but we are working on them and are confident we can find solutions to them."

In closing, he said that the way forward for his province was to adopt with the times and engage in the latest technologies of eco-friendly farming; "Especially in farming, the world is changing. There are new systems of irrigation which require less water. New systems of agriculture with less weedicides and agrochemicals, or at least more eco friendly ones. The solution is to step up and change too instead of stick to what we know of as traditional farming."

(Thulasi Muttulingam is a writer based in the North of Sri Lanka. Ideas and opinions expressed are her own and not of any organizations affiliated to her.)



Pongal-pic: facebook.com/TasteOfTamils

ment, within rice itself, there are varying varieties with differing prices. However, it is not foreseen that the people, known to be stuck in their ways would change their consumption patterns.

"There are rice varieties that can be grown in two to two and a half months instead of the current three and a half to four month varieties we are used to," says Shaila Banu, the Deputy Director of Agriculture (DDA), Vavuniya district. "The government is recommending we grow the shorter-term varieties for the next season as they would require less water. However our people are used to red rice and will not easily change their consumption pattern."

Even in Mannar, which harvests a variety of hybrid rice, their DDA does not

consumption."

Short term rice is not the only option the government is offering either. It is also urging farmers to switch to other crops like blackgram and cowpea for the next season. In the meantime, it has also come up with another innovation; an intermediate paddy season.

"Traditionally we have only two seasons. The Maha bhogam (major season) from October to January and Sirrum bhogam (small season) from May to August says Atputhachandran. "Some rains have fallen recently however and the water thus collected might evaporate from the tanks if we wait till May, so the government is introducing an 'idda bhogam' (intermediate season). We have given seed paddy to farmers to start planting on the



Special Feature

Intelligence has been defined in many different ways including logic, abstract thought, understanding, self-awareness, communication, learning, having emotional knowledge, retaining, planning, and problem solving.

Intelligence is most widely studied in humans, but has also been observed in animals and in plants. Artificial intelligence is the simulation of intelligence in machines.

Within the discipline of psychology, various approaches to human intelligence have been adopted. The psychometric approach is especially familiar to the general public, as well as being the most researched and by far the most widely used



← **S. Pathmanathan, B.A. (Hons) Cey**

Revised and translated by

S. Raymond Rajabalan, B.Sc. (Hons) Cey →



there are nine types of intelligence.

1. Naturalist Intelligence ("Nature Smart")

Designates the human ability to discriminate among living things (plants, animals) as well as sensitivity to other features of the natural world (clouds, rock configurations). This ability was clearly of value in our evolutionary past as hunters, gatherers, and farmers; it continues to be central in such roles as

2. Musical Intelligence ("Musical Smart")

Musical intelligence is the capacity to discern pitch, rhythm, timbre, and tone. This intelligence enables us to recognize, create, reproduce, and reflect on music, as demonstrated by composers, conductors, musicians, vocalist, and sensitive listeners. Interestingly, there is often an affective connection between music and the emotions; and mathematical and

miss.

3. Logical-Mathematical Intelligence (Number/Reasoning Smart)

Logical-mathematical intelligence is the ability to calculate, quantify, consider propositions and hypotheses, and carry out complete mathematical operations. It enables us to perceive relationships and connections and to use abstract, symbolic thought; sequential reasoning skills; and inductive and deductive thinking patterns. Logical intelligence is usually well developed in mathematicians, scientists, and detectives. Young adults with lots of logical intelligence are interested in patterns, categories, and relationships. They are drawn to arithmetic problems,

Intelligence



Knowledge is having the right answer.
Intelligence is asking the right question.

in practical settings.

History of the term

Intelligence derives from the Latin verb intelligere, to comprehend or perceive. A form of this verb, intellectus, became the medieval technical term for understanding, and a translation for the Greek philosophical term nous. This term was however strongly linked to the metaphysical and cosmological theories of teleological scholasticism, including theories of the immortality of the soul, and the concept of the Active Intellect. This entire approach to the study of nature was strongly rejected by the early modern philosophers such as Francis Bacon, Thomas Hobbes, John Locke, and David Hume, all of whom preferred the word "understanding" in their English philosophical works. Hobbes for example, in his Latin *De Corpore*, used "intellectus intelligit" as a typical example of a logical absurdity. The term "intelligence" has therefore become less common in English language philosophy, but it has later been taken up in more contemporary psychology.

Hermann Ebbinghaus (January 24, 1850 — February 26, 1909) was a German psychologist who pioneered the experimental study of memory, and is known for his discovery of the forgetting curve and the spacing effect. He was also the first person to describe the learning curve. He was the father of the eminent neo-Kantian philosopher Julius Ebbinghaus.

The Nine Types of Intelligence

Howard Gardner, American developmental psychologist, has proposed that



botanist or chef. It is also speculated that much of our consumer society exploits the naturalist intelligences, which can be mobilized in the discrimination among cars, sneakers, kinds of makeup, and the like.

musical intelligences may share common thinking processes. Young adults with this kind of intelligence are usually singing or drumming to themselves. They are usually quite aware of sounds others may

strategy games and experiments.

4. Existential Intelligence

Sensitivity and capacity to tackle deep questions about human existence,

Contd. next page...



Sri Lanka dedicate World T20 title to Mahela and Sangakkara

It was a fitting farewell for Mahela Jayawardene and Kumar Sangakkara who pulled the curtains on their T20 careers with a memorable triumph at the ICC World T20 and their teammates today dedicated it to the two retiring legends of Sri Lankan cricket.

A gutsy Sri Lanka produced a clinical display on April 6th to win their maiden ICC World T20 trophy with a convincing six-wicket victory over India in the summit clash at the Sher-e-Bangla National Stadium.

Sri Lanka's ODI captain Angelo Mathews led the tribute, saying the entire team was focused to lift the trophy for the retiring duo.

"Sri Lanka this is for you. It was a great game. The win is a tribute to Mahela and Sanga. I am glad the whole team did it for Sanga and Mahela," Mathews said after the win.

Another senior member of the Sri Lankan side, Tillakaratne Dilshan echoed similar feelings.

"Today one of the three guys put their head up to do something for the team. It was a fantastic win for Sri Lanka.

Good farewell for the two happy guys (Jayawardene and Sangakkara)," he said.

"I think Sangakkara struggled a bit in the tournament but today he used all his experience and showed his character."

Sri Lanka thus became third time lucky in a ICC World T20 summit clash.

"It is a special night. It's an amazing feeling after losing the last World Cup. Last five world cups we lost, but today is a great feeling to come back and win it," Dilshan said

Left-arm spinner Rangana Herath added: "It's an amazing feeling. This is the best send off for Sanga and Mahela. After 18 years, this is a different high."

Jayawardene, on his part, dedicated the victory to the cricket crazy fans of Sri Lanka and thanked all and sundry for standing by his side during his memorable career.

"We finally managed to break the jinx. Thanks so much to family and friends but this one is for Sri Lankan fans who have been waiting since 1996," he said.

"It wasn't a normal match. Lot of emotions as this was the last T20 (match). The feeling hasn't sunk in yet and it will take a couple of days to get the feeling," an emotional Jayawardene said.

In their last T20 innings, Jayawardene made a sweet little 24 which set the



**Mahela Jayawardene and Kumar Sangakkara after victory on April 6:
A perfect send off to legends- (pic: facebook.com/srilankacricket)**

tempo while Sangakkara anchored it to perfection with an unbeaten 52.

As Thisara Perera hit the winning runs off Ravichandran Ashwin in 17.5 overs, the entire Sri Lankan team charged down the pitch and grabbed Sangakkara. Captain Lasith Malinga was not to be left far behind as he just rushed in and jumped over the lot.

There were hugs all around as each and every member of the side hugged

Jayawardene and Sangakkara, who were later carried on their shoulders by their team-mates for a lap of honour.

India's Virat Kohli, who made a beligerent 77 in a losing cause, displayed tremendous sportsman spirit as he was seen hugging Sangakkara and exchanging a few pleasantries with the cricketer. – PTI

Intelligence

Contd. from page 38

such as the meaning of life, why do we die, and how did we get here.

5. Interpersonal Intelligence (People Smart)

Interpersonal intelligence is the ability to understand and interact effectively with others. It involves effective verbal and nonverbal communication, the ability to note distinctions among others, sensitivity to the moods and temperaments of others, and the ability to entertain multiple perspectives. Teachers, social workers, actors, and politicians all exhibit interpersonal intelligence. Young adults with this kind of intelligence are leaders among their peers, are good at communicating, and seem to understand others' feelings and motives.

6. Bodily-Kinesthetic Intelligence ("Body Smart")

Bodily kinesthetic intelligence is the capacity to manipulate objects and use a variety of physical skills. This intelligence also involves a sense of timing and the perfection of skills through mind-body union. Athletes, dancers, surgeons, and craftspeople exhibit well-developed bodily kinesthetic intelligence.

7. Linguistic Intelligence (Word Smart)

Linguistic intelligence is the ability to think in words and to use language to express and appreciate complex meanings. Linguistic intelligence allows us to un-

derstand the order and meaning of words and to apply meta-linguistic skills to reflect on our use of language. Linguistic intelligence is the most widely shared human competence and is evident in poets, novelists, journalists, and effective public speakers. Young adults with this kind of intelligence enjoy writing, reading, telling stories or doing crossword puzzles.

8. Intra-personal Intelligence (Self Smart)

Intra-personal intelligence is the capacity to understand oneself and one's thoughts and feelings, and to use such knowledge in planning and directioning one's life. Intra-personal intelligence involves not only an appreciation of the self, but also of the human condition. It is evident in psychologist, spiritual leaders, and philosophers. These young adults may be shy. They are very aware of their own feelings and are self-motivated.

9. Spatial Intelligence ("Picture Smart")

Spatial intelligence is the ability to think in three dimensions. Core capacities include mental imagery, spatial reasoning, image manipulation, graphic and artistic skills, and an active imagination. Sailors, pilots, sculptors, painters, and architects all exhibit spatial intelligence. Young adults with this kind of intelligence may be fascinated with mazes or jigsaw puzzles, or spend free time draw-

ing or daydreaming.

Human intelligence

Human intelligence is the intellectual capacity of humans, which is characterized by perception, consciousness, self-awareness, and volition.

Through their intelligence humans possess the cognitive abilities to learn, form concepts, understand, and reason, including the capacities to recognize patterns, comprehend ideas, plan, problem solve, and use language to communicate. Intelligence enables humans to experience and think.

Animal and plant intelligence

The common chimpanzee can use tools. This chimpanzee is using a stick to get food.

Although humans have been the primary focus of intelligence researchers, scientists have also attempted to investigate animal intelligence, or more broadly, animal cognition. These researchers are interested in studying both mental ability in a particular species, and comparing abilities between species. They study various measures of problem solving, as well as mathematical and language abilities. Some challenges in this area are defining intelligence so that it means the same thing across species (e.g. comparing intelligence between literate humans and illiterate animals), and then operationalizing a measure that accurately compares mental ability across different species and contexts.

Wolfgang Köhler's pioneering research on the intelligence of apes is a classic example of research in this area. Stanley Coren's book, *The Intelligence of Dogs* is a notable popular book on the topic. Nonhuman animals particularly noted and studied for their intelligence include chimpanzees, bonobos and other great apes, dolphins, elephants and to some extent parrots, rats and ravens.

Cephalopod intelligence also provides important comparative study. Cephalopods appear to exhibit characteristics of significant intelligence, yet their nervous systems differ radically from those of backboneed animals. Vertebrates such as mammals, birds, reptiles and fish have shown a fairly high degree of intellect that varies according to each species. The same is true with arthropods.

It has been argued that plants should also be classified as being in some sense intelligent based on their ability to sense the environment and adjust their morphology, physiology and phenotype accordingly.

Factors determining the level of intelligence

Psychologists such as Sir Cyril Lodowic, Burt Raymond Bernard Cattell and Lewis Terman were of the opinion that one's intelligence is determined by factors such as Heredity, Environment, Family size and racial differences. However some others are of the opinion that Environment alone determines one's intelligence.



2014 RBC TOP 25 CANADIAN IMMIGRANT AWARDS

Canada can now vote for the nation's most inspiring Immigrants



TORONTO, March 25, 2014 – Canadian Immigrant magazine has officially begun the voting stage for the sixth annual RBC Top 25 Canadian Immigrant Awards. The program serves to uncover and celebrate the inspiring stories of Canadian immigrants who have made a significant contribution to Canada since their arrival. The program draws nominations from across Canada and is proudly supported by the title sponsor RBC Royal Bank and associate sponsor Chevrolet.

A call for nominations garnered more than 630 entries over the past two months. The nominations were reviewed by a diverse judging panel, comprised of several past winners and contributors to the magazine. The judges had the difficult task of sorting through hundreds of worthy nominations to determine a shortlist of 75 inspiring immigrants, who represent diverse ethnic communities, cities and industries across Canada.

"This is the sixth year of our awards, and it just gets better every year," says Margaret Jetelina, editor of Canadian Immigrant. "The calibre of the shortlisted nominees this year is as impressive as ever. From entrepreneurs to community leaders to artists, the top 75 is an inspiring bunch and it's now up to the public to vote and help us choose the Top 25 of 2014."

Canadians can now vote for up to three of their favourite finalists online at www.canadianimmigrant.ca/rbctop25 until May 15, 2014.

"The RBC Top 25 Canadian Immigrant awards recognize outstanding individuals from diverse communities who

enrich Canada and make it a better place to live. We encourage all Canadians to support and vote for these extraordinary individuals who are making a difference in their country and communities," said Christine Shisler, director, Multicultural Markets, RBC. "It will be tough to choose, given the incredible nominees we've seen this year, and we are very excited to see the end result."

More than 30,000 Canadians voted in last year's awards program. The winners included: basketball star Steve Nash, Justice Michael Tulloch, who is the first black judge appointed to the Ontario Court of Appeal; dancer/choreographer Wen Wei Wang; and many more!

Returning this year, Associate Sponsor Chevrolet will recognize one of the 25 winners with the Chevrolet Ingenuity Award, designed to recognize exceptional creativity and skills on the road to success.

"The Canadians recognized by the RBC Top 25 Canadian Immigrant Awards are passionate, innovative and resourceful," said Paul Bailey, advertising integration and launch manager for Chevrolet in Canada. "At Chevrolet, we are proud to celebrate these remarkable individuals and their ability, their accomplishments and hope they will continue to inspire others to reach for their dreams."

The Top 25 winners will be announced in June 2014, at the end of the voting phase, and will be recognized on canadianimmigrant.ca and in Canadian Immigrant magazine. They will also receive a commemorative plaque and \$500 toward a charity of their choice provided by RBC.



TAX ADVICE

Newcomers 2014



Newcomers to Canada experience a number of firsts when they arrive to Canada. For many, this includes first winter, first credit card, and first mortgage, but after their first year in the country, they also get to experience another first: filing a tax return. While RBC does not provide tax services, in order to help newcomers better understand their options and the specific requirements, Christine Shisler, director, multicultural markets, RBC, is providing some quick tips on avoiding any stress when it comes to your first tax filing.

1. Speak to a professional. Filing your first-ever tax return can be a stressful time, it is best to leave it to a professional who can help you through all the necessary steps for a successful filing.

2. Know your options – there are a number of different ways to file, so be sure you know all the options that are available to you.

3. What tax deductions do you qualify for? There are a number of tax credits available to newcomers that you need to ask your accountant about.

4. Speak to your financial planner about the benefits of an RRSP or TSFA before you file your taxes this year – you could save more than you think!

5. Eligible for a tax return? Make sure to take it into your financial planner to discuss how best to spend your return.

For more information on RBC and Newcomers to Canada, please visit <http://www.rbc.com/canada/> or visit any RBC Royal Bank Branch.



MANAGING YOUR MONEY



David Joseph, M.A.(Economics), CFP®, CLU

Having life insurance coverage is a very important decision for you and your beneficiaries. But there are many life insurance products to choose from. Which is right for you? Which is the best fit for your personal situation, budget and long-term financial, retirement and estate goals? A professional financial advisor will be able to analyze your insurance needs and make recommendation about the appropriate insurance products to cover your insurance needs.

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- I want an investment component included with my insurance coverage that provides the potential for tax-deferred growth, a level premium and for the policy to become paid up over a number of years.
- I don't want the burden of the day-to-day management of the investment component of my life insurance policy.
- I want built-in tax-advantaged savings I can easily and quickly draw on if I need the funds for personal or business reasons (although I do recognize that any cash values I withdraw from the policy may be subject to tax).

Participating life insurance combines life insurance with an investment component that also pays dividends. Here's how

participating whole life (Par) works:

- Your premiums go into an account, called the PAR account, along with the premiums paid by everyone else holding a participating policy with the life insurance company you choose.
 - The premiums you pay and the policy coverage are calculated based on long-term assumptions for death claims, investment returns and other factors. Your premiums, the guaranteed cash surrender value schedule and the basic death benefit are based on these factors and are guaranteed for the life of your policy. Paid up additions, determined by the dividends you have paid, are eligible to earn future dividends – that's what provides for the compounding of a Whole Life policy – a great feature, and it's tax sheltered.
 - The pooled premiums within the PAR account of all policyholders who own PAR policies are invested in a balanced portfolio managed by investment professionals.
 - When a profit is earned on a participating policy, a significant portion is distributed to the policyholders in the form of a dividend that is credited to your policy and owned by you.
- Although dividends are not guaranteed, participating policies have historically earned profits and returned dividends. You can use the dividends to increase the policy's cash value on a tax-advantaged basis, withdraw the cash from your policy or borrow against it, buy additional insurance without the need to prove your insurability, or to lower your out-of-pocket premiums.

David Joseph, M.A.,CFP, CLU. Financial Consultant
Investors Group Financial Services

300-200 Yorkland Blvd. North York, Ontario M2J 5C1

david.joseph@investorsgroup.com

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Metamorphosis

- Book Review by Thuraiyooran

This book is an anthology of poems, short stories and memoirs of a group of four women in their eighties and nineties, who have formed a group called The Older Women's Network Writers Group. The title is very appropriate to their transformation from a girl to a married woman and now as a grandmother. All of them are skilled writers with their own unique style of writing.

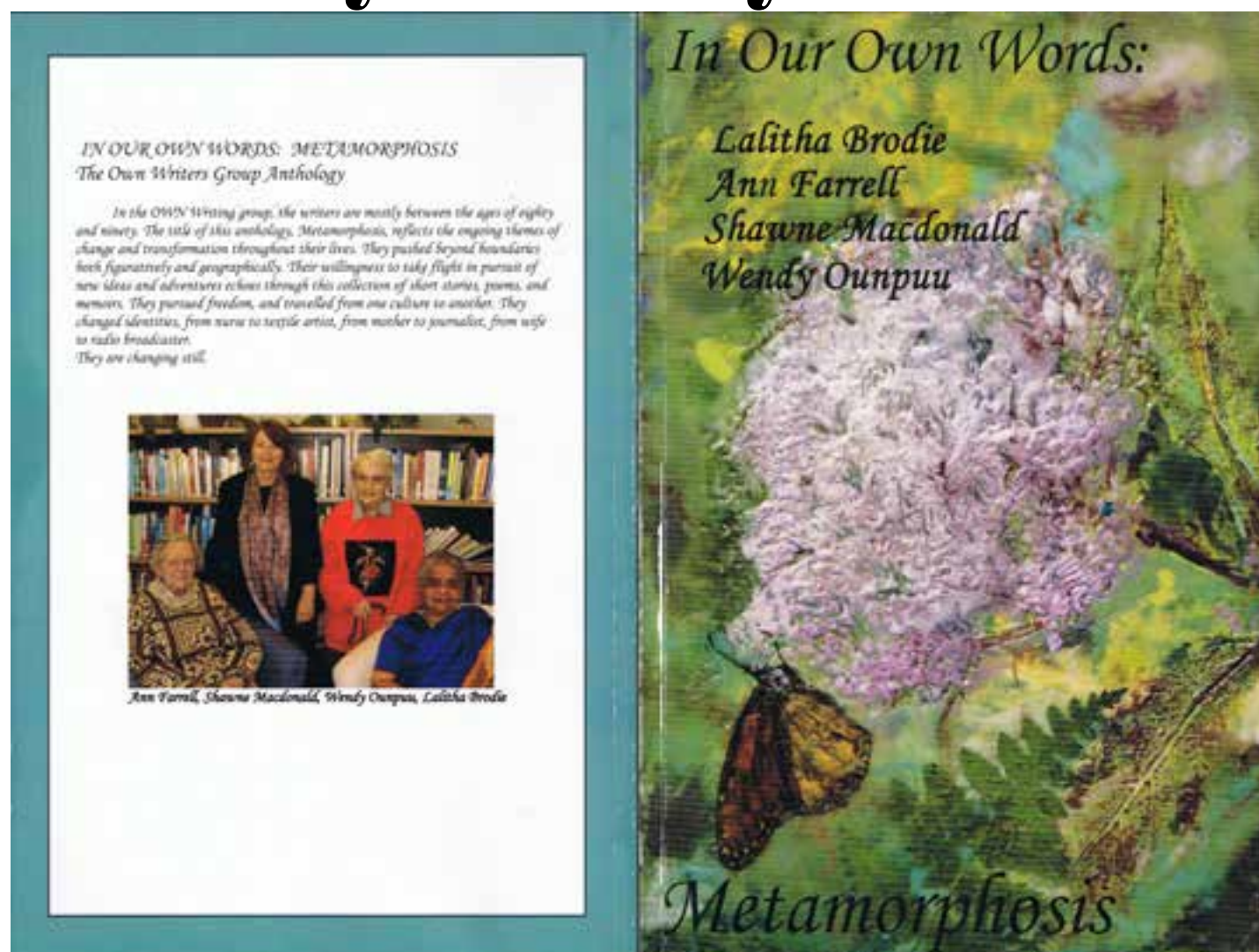
The first lady of the group as it appears in the book is Mrs. Lalitha Brodie, who is well known to me and to the Tamil Community as a bilingual writer and Broadcaster. She is a multitasking lady with plenty of skills and zest to be emulated by others young and old. Like the life cycle of a butterfly, which emerges from an egg as a caterpillar and then metamorphoses into a multi colored butterfly, this lady has developed her hidden skills after coming to Canada into a prolific writer of poems and articles.

She is now in her butterfly stage enjoying life, doing what he likes best and moves around freely without much encumbrances. Even though she studied grade ten, her poems and articles reveals her profound knowledge of the language. The high standard of English education she received in a missionary school some seventy years back, is helping her in such a flawless style of writing. Now the standard of English in most of the Sri Lankan schools have gone down. I remember we used English readers like "Everyday classics" and grammar book written by Wren and Martin in lower classes, imported from England. Even though Tamil was only one subject taught in schools those days, as the medium of instruction was English, some of us were good in both Tamil and English.

Her poems written in the free verse style, are captivating and evokes emotions in the minds of the readers. She has used the philosophical ideas abundant in our Hindu faith successfully in her poems. A good example is the poem titled "Demand". She has also written about the civil war which ravaged Sri Lanka for over three decades and the atrocities committed on the innocent civilians. She has written five poems and 4 articles about her life and legacy in this anthology. I wish her well in her future endeavors.

Ann Farrell

Her writings appear after Lalitha's work. Ann an English lady in her nineties with a wealth of knowledge about the world war 11, working as a radar operator. She moved to Canada in 1949 with her husband after a short stay in Ger-



many. She has written and edited many dailies.

She has written eleven articles in this book. Most of them are her personal experiences as a boarder in a boarding school in England and the rest are some unforgettable events in England and Canada. She has also written about God and laughter in an interesting manner. Her style of writing is funny and amusing at times. Especially the article on Landlords is a good example.

Shawne Macdonald

She is a lady from Chatham, Ontario with a Master's Degree and worked with special needs children for 32 years and now retired.

She has written six short stories in this anthology and they are imaginative and interesting. She has an uncanny way of storytelling which attracts the attention of the reader. The story titled "Defender" is a very good example. It looks real and interestingly written. She shines as a good story teller. Hope she will continue her good work of writing short stories.

Wendy Ounpu

She is also from England and in her eighties. From her autobiography we are able to have a glimpse of her troubled childhood days. After her father left the family, her mother was left with two children to look after. She found it difficult and

sent them to an orphanage. After some years Wendy joined her father in Canada, who was remarried with two children. Wendy is a trained nurse and retired after 30 years of service.

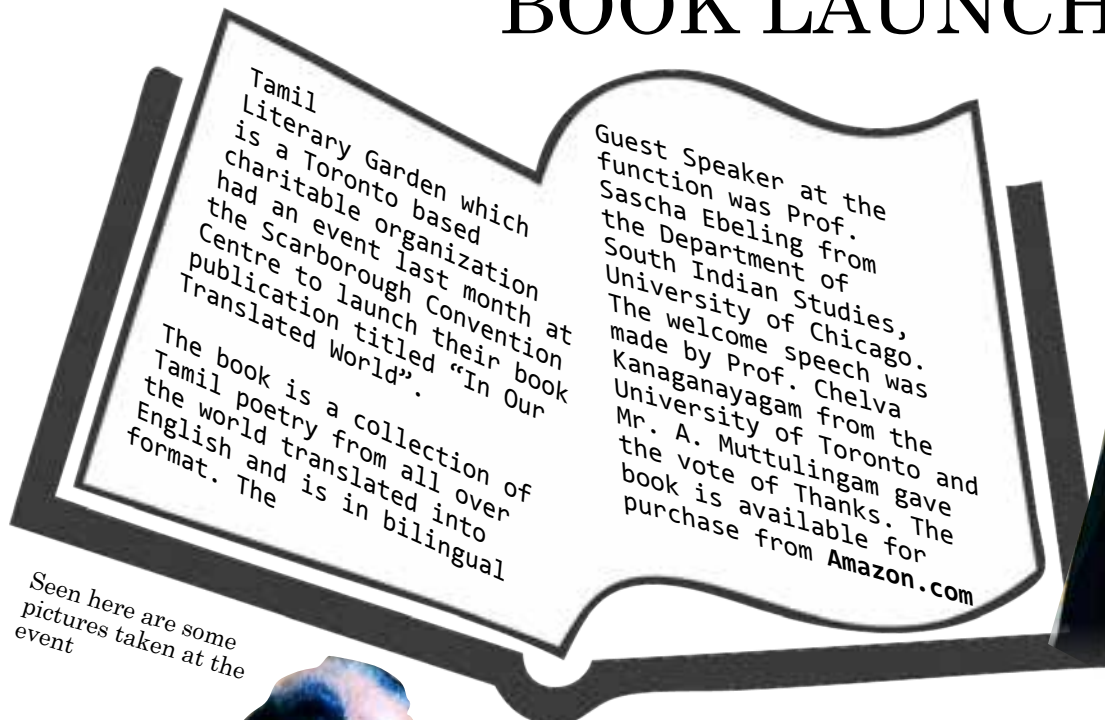
She has written 9 articles in this anthology and most of them are her memoirs of her life in England and Canada. I have a feeling that her troubled childhood days have left an indelible mark on her mind and may be still haunting her. Her last article reveals her despair and unhappiness. She is reminded of her journey in a war ship to Canada with her brother and the life with her family in Montreal.

The memoirs of some of these ladies are really touching and sometimes evoke sympathy and sadness in the minds of the reader. I suppose they are all enjoying their retired life and engaging themselves in peaceful pursuits. I have a feeling that out of the four women Mrs. Brodie may have had a wonderful married and contented life. This may be due to the extended family life of Asian families.

I find this anthology interesting and informative. The cover design and the layout of the book is well done. I congratulate the OOWN group for their valuable contribution to the society and wish them well.



TAMIL LITERARY GARDEN “IN OUR TRANSLATED WORLD” BOOK LAUNCH EVENT



Seen here are some pictures taken at the event



Mr. Muttulingam from the Markham Literary Garden with Ms. Savi Singh from the Trillium Foundation



Professor Chelva Kanaganayagam delivering the welcome speech



A section of the guests present at the event



Neeraja Ramani performing a dance



Prof. Cheran from the University of Windsor



Lawyer Manuel Jesudasan addressing the audience



Maithili Thayanithy speaking at the event



Mr. Gangatharan with participants of the event



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Rajan Tharmarajah, CGA, CA (Sri Lanka), Chairman Accountants' Forum 2014 addressing the participants at Monte Carlo Inn.



Mathi Kandiah CGA, CPA (Delaware-USA), President -SAAC addressing the Forum participants



Cindy Kottoor, CPA, CA presenting the "Top 10 Essential Professional Skills" to participants at the Forum



Raj Rajasri MBA, CGA- VP SAAC, introducing Professor Richard Leblanc, MBA, PhD. LLB. who presented "Corporate Governance"



Janani Sivasudan, CGA-Treasurer SAAC, introducing Cindy Kottoor, CPA, CA who presented Essential Professional Skills, the accountants need to succeed at the Forum



Ram Thirugnanam, CGA, past president SAAC introducing the keynote speaker Tom MacCallum, FCGA, CBV



Mano Thillainathan, Manager Scotiabank - Forum co-sponsor presenting a memento to keynote speaker Tom MacCallum



Tom MacCallum FCGA, CBV presenting, all aspects of "Corporate Re-Organization" at the Forum



Vicki Liederman, Vice-President Business Development - CGA(Ontario), Carmen Jacques, CGA- Business Development Manager -CGA (Ontario), Forum co-sponsors with Keynote speaker Tom Macallum FCGA,CBV (Former Chairman CGA (Ontario)), and Rajan Tharmarajah, CGA, CA (Sri Lanka).



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IN MEMORY OF **KANAPATHIPILLAI VELUMAILUM**



**Mr. Kanapathipillai
Velumailum**

31 July 1918 - 25 March 2014

The family of the late Kanapathipillai Velumailum thank and express deep appreciation to all of you for the kindness, support, messages of sympathy, flowers and donations to The Scarborough Hospital Foundation in bringing solace during our bereavement.

The Velumailum Family, Children, Daughters & Sons-in-law, Grandchildren & Great Grandchildren



The passing of my nonagenarian grandfather

A PIONEER IN THE INSURANCE INDUSTRY OF SRI LANKA

THE LEGACY OF MR KANAPATHIPILLAI VELUMAILUM WRITTEN IN STONE

By Sanju Pandya,
Granddaughter (U.S.A.)

For nine days he had no food nor water while in and out of consciousness in the hospital. Nurses, doctors and family members wondered how he was still holding on. Most of his family had seen him and had stood by his side waiting for the inevitable.



Parvathy Kanapathipillai
Mother of K. Velumailum

On March 25th 2014, the last two sons who had yet to see him had finally arrived to his room and Mr. Kanapathipillai Velumailum, 95 year old father, grandfather, great grandfather at that moment let go of his last breath and surrendered to his saviour, Lord Krishna. His soul passed away peacefully leaving his legacy behind.

A man of strong will, Kanapathipillai Velumailum, was not only able to hold on to his last day with determination but he also changed the course of his life. Born on July 31st 1918 in a village called Vallipuram near Point Pedro, Sri Lanka, he was the only child to Kandiah Kanapathipillai and



K. Velumailum
in his twenties

Parvathy of Vallipuram. He had lost his father at the tender age of 4 but that did not stop him on the road to success. His journey as a young child to a widowed mother was difficult, one that was full of obstacles and hardships yet he accomplished a lot more than one can imagine. This is the story of Mr Kanapathipillai



K. Velumailum
working from home

Velumailum, a dear father and grandfather.

At the age of 4, Mr. Velumailum's mother Parvathy used money from their lands and paddy fields to support herself and her son. He had figured out at a young age that his and his mother's future depended on him. Velumailum studied hard and in his teens went to a teacher's training school that was about 15 miles away from home. He was able to stay with someone and attend the training. Whenever he went to see his mother during the weekends and he ran out of money, he would just walk those 15 miles home. He had too much self pride to borrow money from his friends.

With Lord Krishna in his mind, he was able to make the impossible possible. To Mr. Velumailum, Lord Krishna was everything to him, his hope and his saviour. With every obstacle he conquered he owed it to his faith and devotion to Lord Krishna. At the age of 17 he finally became a math teacher and worked 5 miles away from home. In his early years of teaching he walked those 5



K. Velumailum receiving Sri Lankan President's Award for his performance in Insurance Industry

miles until he finally bought himself his first bike. His remarkable strength of mind and hunger to do his best was absolutely amazing and had henceforth shaped his life.

In his early 20s, he got married but also suffered another tragedy of losing his wife during childbirth. As a single father of a little girl, he was once again at the crossroads of losing a loving family member. This could have caused a setback in his life but his motivation to move forward never failed. He remarried few years later to Vallinayaki and had several kids with her. One thing that

was always a negative aspect in his life was his feeling of loneliness of being the only child. He would always say to his wife that he wants a large family where his kids will have many brothers and sisters so that in time of need his kids will never be alone. How beautifully he had predicted because today his kids who are all dispersed in different



K. Velumailum receiving Sri Lankan President's Award for his performance in Insurance Industry

parts of the world will flock to each other in time of need.

Again this was not how his life was going to proceed, a married

Life Insurance of India. And then finally he joined Insurance Corporation of Sri Lanka, the sole

“Mr. Velumailum ended up working for Sun Life of Canada, National Mutual of Australia, and Oriental Life Insurance of India. And then finally he joined Insurance Corporation of Sri Lanka, the sole insurance company that was established in 1962 by Sri Lankan Govt after nationalising all other insurance companies.”

insurance company that was established in 1962 by Sri Lankan Govt after nationalising all other insurance companies. He swarmed to the top, right from the beginning and had eventually over a thousand agents working for him which had ranked him number one organizer for sales island wide in Sri Lanka for several years. He had also received 5 major awards for highest production from 5 different presidents of Sri Lanka. He went on to acquiring lands, houses and business buildings. Yes, this is the story of that 4 year old who lost his father and walked 17 miles home from school. He was truly a man who decided his fate and did not let fate decide him.

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Balu Mahendra's genius lay in recognizing what was good with our cinema and what was not

By Kamal Hassan

.....

In a village full of wise men, an educated man is more useful. Balu Mahendra was that educated man. Not that we didn't have cinema knowledge, but it was a new medium, and people were trying to superimpose their previously acquired knowledge of theatre and literature on an absolutely new medium, that had another kind of glamour.

Everybody learnt that grammar at their own peril, at their own expense... sometimes at other people's expense. And there were masters who were there in Tamil cinema who made themselves what they were through sheer hard work. But it was still a gurukulam kind of pattern that we were following.

When Balu and his friends came from the Film and Television Institute of India (FTII), Pune, it was not only a breath of fresh air, but it changed Indian cinema. There were some of them who looked at the existing industry, their place of work with derision because they were all trained internationally. They went on to alienate themselves. Balu Mahendra was not one of them. He was proud of being a Tamil. He wanted to give something back to Tamil cinema instead of ridiculing it. He was like an educated man returning to his village, knowing fully well what was wrong with it, and where its strength lay. That's what worked and that's why we became friends.

Even before we attained fame, I remember my surprise upon seeing him when he came in as a young man, full of confidence. I remember asking, "Where is this guy from? His writing style is so different." He wasn't working in the regular pattern. I liked the way he lit his shots. I was told that he would be working with the famous Malayalam director Ramu Kariat and that he might be collaborating with filmmaker Sethumadhavan as well. He was the new lad on the block. I was surprised to see director Sukhdev Ahluwalia coming to visit him on sets. Sukhdev was a kind of hero for me. I used to watch his ad films, which had their own style. I then realised what kind of peers Balu had. And so I made myself his friend.

The first time Balu wanted to direct a film on his own, he told me that I would be the hero. I thought he was just being friendly, that it was just conversational bonhomie. But he really did live up to his word and we made Kokila.

It was a dream we were all talking about and it became true. We were a team and we worked together. He has been a cinematographer on many films in which I acted. We constantly met and spoke about cinema. Even the gossip was about what went wrong in the making of a classic, never about personalities.

There are so many memories of him

that I have. There's this time we used to take dips by the Hogenakkal waterfall, some 200 metres away from it. We used to dare each other to swim across the falls. The current would be tugging at you and you had to quickly make that 100-metre dash. And we did.

We also spoke a lot about the camera, which he knew all about. Since there was no universal methodology of how the projections would be in Tamil Nadu, the cameraman's framing could go haphazard at any point of time. What you frame in your film may not be there in the theatre, because each theatre had its own dimensions of projection.

There was no universal code or measurement. What happens to be an inch on the projection frame would become a foot by the time it projects it on the screen. When you have a very tight frame showing, say just the lips and the top of the nose, then most probably, in a rural theatre, you may not find the lips, or you may find half of it.

Balu Mahendra corrected these projection errors with a very simple innovation that nobody dared to use. He put a gate in the camera. Instead of correcting the rest of the world, he reduced his space of operation. Nobody could tamper with his universal framing, which would never go wrong. Even when you overproject it, you would have a black frame. And you can't shrink it too far. Others talked about it, but he acted on it. So he was always a forerunner. This was the way he held sway over his department.

His travels are astounding. By the time we met, he had seen most of the classics by the masters of world cinema. He had even met some of the filmmakers. Balu built the first bridge between a box office hit and good cinema. Moondram Pirai [the Kamal-Sridevi starrer] was a silver jubilee hit and it won the national award. The unspoken rule was that most award-winning films would be art films which wouldn't run. He broke that.

He was absolutely instrumental in my growth as a filmmaker, of course not like the other B, Mr K Balachander, which is another story altogether. My biggest complaint with Balu was that he could have done more films, 20 more at the very least. He began playing it safe, but he could have done more, continued with his work on cinematography at least.

When he narrated the story of Moondram Pirai to me for the very first time, I listened to him for 20 minutes and then told him I was on board. But I added that we need to work on the climax. We pushed the idea of the broken-hearted man to its extreme. We got my character crawling on the ground and soaking in the rain, which became quite the iconic image. In fact, the rain was so hard to come by during the filming of the climax of the Hindi remake Sadma, we almost



Balanathan Benjamin Mahendran

Born: 20 May 1939, in Batticaloa, Sri Lanka

Passed Away: 13 February 2014, in Chennai, Tamil Nadu, India

looked at the clouds and said we could do with a little help. And thankfully it rained for the climax scene. Balu said it was all a moment of magic.

We used to meet on and off. I am not flabbergasted by his death as I know this will come to all of us. My only worry is that he could have done more films. But it's all compensated by the students he has left in his wake. I think more than

the sad part of missing a man like Balu Mahendra, what supersedes that is the great moments I had with him. I would rather celebrate those moments than mourn his death.

Had I met him on his deathbed, I would have told him, "Don't worry Balu, your work will live on."

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Community Watch

We join countless other Canadians in commending the honourable work of the Truth and Reconciliation Commission to bring to light the personal experiences and untold stories of lives affected by the residential schools. In making this submission, the Bahá'í Community of Canada wishes to express its gratitude to the Commission for inviting our reflections. These arise from a sincere desire to participate in the promotion of justice, reconciliation and healing that will emerge from efforts made by the Commission, those survivors who testify before it, and all who participate in its work.

The establishment of the Commission represents another important step in the process of cultural reconciliation in Canada. Its work builds on the important report of the Royal Commission on Aboriginal Peoples. A submission made by the Bahá'í community acknowledged that the suffering of human beings during the twentieth century has been acutely felt in the lives, families, and communities of the world's Aboriginal or Indigenous Peoples. To right the wrongs experienced by Aboriginal peoples is a daunting challenge.



The National Spiritual Assembly of the Baha'is of Canada, presents Submission to the Truth and Reconciliation Commission. The Baha'i Community submission and gift being placed in the Brentwood box by the three Commissioners, members of the Baha'i Community of Canada, and a member of the Survivors Committee. Deloria Bighorn, Chair of the Canadian National Spiritual Assembly, the National Governing body of the Baha'i community of Canada, accompanied by her daughter Jelana, presented the Baha'i submission to Canada's Truth and Reconciliation Commission on Friday 20th September 2013 in Vancouver.

trauma, the institutions they represented must bear a degree of historical responsibility.

Justice also involves the provision of reparations or awards to those who have suffered unjustly. While this is difficult in practice because of the passage of time, this element of reconciliation is being addressed to some degree through material means that symbolize what society owes to those who have been dealt with in cruel and devastating ways. Such reparations have included, for example, support for education that respects Aboriginal language and culture and allows Aboriginal people to participate fully in the economy and life of society.

Acknowledging past wounds and offering apologies are essential to reconciliation. The responsibility lies with the perpetrators of injustice; however, where those directly accountable have passed on, the Canadian government and its representatives have spoken on behalf of those who carried out past harmful actions, by which racism, hatred and immorality were either promoted, or duties to protect people were neglected and ignored. Of course, apologies are most

SUBMISSION OF THE BAHÁ'Í COMMUNITY OF CANADA TO THE TRUTH AND RECONCILIATION COMMISSION

By bringing to light the suffering and injustice inflicted by the Residential School system, the Truth and Reconciliation Commission will help to right those wrongs experienced by Aboriginal Peoples in Canada. It is essential for us to understand the history and legacy of the Residential School system so that we can heal its deep wounds on our country and its peoples, and build new relationships based on justice and the fundamental oneness of humanity.

TRUTH, JUSTICE, AND RECONCILIATION

The grievous, ongoing consequences of the residential schools established within Canada deserve the attention of all Canadians. We are grateful for the testimony of survivors who have shared their experience so that we may know more of the truth about these systematic efforts to dismantle Aboriginal cultures, families and relationships.

The abuses of the Residential School system stand as an affront to its victims' human dignity and inherent nobility. Recent revelations about nutritional experiments conducted on young children reflect the inhumane attitudes that enabled these abuses. The Residential School system was informed by racial ideas that denied the full humanity of Aboriginal people, and it damaged relationships between individuals, families and communities. It remains a painful irony that while this system claimed to be "civilizing" Aboriginal children, often in the name of religion, it promoted igno-

rance of their culture and spirituality. The purpose of religion, the Bahá'í teachings explain, "is to safeguard the interests and promote the unity of the human race, and to foster the spirit of love and fellowship." The abuses perpetrated by the Residential School system violated the very nature and purpose of religion.

We believe that the pursuit of truth and reconciliation is intimately connected with the principle of justice. Justice is essential to truth and reconciliation alike. Justice is, first, made possible by developing the capacity to seek truth through our own eyes – and not through mere opinion, conventional wisdom, or one-sided views of others. Second, justice is made evident to the degree that unity and reconciliation is reflected in our relationships and social structures. In other words, we must seek to recognize injustice and then see that justice is restored within our society and institutions. Justice also requires that capabilities be developed for universal participation in the process of building a better world.

As the survivors who testify before the Commission help us to understand the truth of what happened within the Residential Schools, we also need to consider how to come to terms with this history. Among other essential elements, the process of reconciliation should involve a clear acknowledgement of responsibility for past crimes. The Residential Schools were also a form of political injustice, and while it is not possible to hold personally accountable those who took decisions that led to violence and



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effective when followed by actions intended to bring about the restoration of justice within communities and institutions.

The process of reconciliation is aided by magnanimity on the part of all concerned: perpetrators, victims, and even newcomers — all in Canada who have to learn to live together. Without forgetting the injustices of the past, we need a sense of solidarity and resolve as we face the present and the future together. This may be helped by expressions of forgiveness on the part of victims, although no one has the right to require this. Without erasing the memories of past injustice and pain, forgiveness can be a gesture of magnanimity and resilience that reinforces the nobility and courage of those who have suffered.

THE SPIRITUAL PROCESS OF RECONCILIATION

When we speak of reconciliation we are referring to the movement towards peace and unity, and the

individual and collective transformation that is required in order to achieve that goal. Reconciliation

involves a process that contributes to the achievement of progressively greater degrees of unity and trust. Fundamentally, reconciliation is a spiritual process. It is the process of realizing the essential oneness of humanity in all dimensions of human life.

The pursuit of reconciliation cannot be based upon prejudiced attitudes, achieved through legislation, or undertaken out of fear. It requires engaging with one another in a spirit of selfless love, where misunderstandings are overcome through patient and respectful dialogue, and cultural differences provide an occasion to learn from one another. The Bahá'í teachings call on us to "shut your eyes to estrangement, then fix your gaze upon unity." We should "not be content with showing friendship in words alone," rather, our hearts should "burn with loving kindness for all who may cross your path."

To achieve this goal of unity and reconciliation, we recognize that social divisions need to be healed.

We are all part of the same human family. This vision of oneness, and an appreciation of the beauty of our diversity, can guide a process of healing. A passage from the Bahá'í writings illustrates this idea of oneness and harmony:

...let us strive like flowers of the same divine garden to live together in harmony. Even though each soul has its own individual perfume and colour, all are reflecting the same light, all contributing fragrance to the same breeze which blows through the garden, all continuing to grow in complete harmony and accord.

Aboriginal peoples across this continent have long recognized that the natural world is a reflection of attributes of the Creator. We might look to the organic processes of nature for inspiration about the promise of renewal. The winter months are a period of hardship, when a once-vibrant landscape lies dormant and apparently lifeless. However, this period is necessary for the appearance of springtime, when the sweet smells of the earth are regenerated and renewed. The purpose of winter is made clear by the beauty of the spring. Now in this spiritual springtime, when humanity aspires to new



Deloria Bighorn

standards that reflect the oneness of the human family, our eyes remain focused on the potential of children and youth. Young people have the capacity to bring about constructive change during this bright period of one's life — a time of abundant energy and a desire to contribute to society. Despite the many social forces that would hold them back from pursuing their ideals, they are the fresh and verdant shoots that will flourish and propagate, bringing to life the earnest hopes of their ancestors who endured the winter season.

REBUILDING SOCIAL RELATIONSHIPS

We understand the current, troubled period in human life on this planet, during which Aboriginal peoples have been disproportionately harmed by the destructive forces of history, to be one in which there are also growing constructive forces. These forces are bringing long-separated peoples together into new relationships, where dynamics of prejudice and domination are replaced by the powers of cooperation, reciprocity and genuine love and harmony among diverse peoples. We must do our part to promote those constructive forces while never being so naïve as to ignore the destructive forces that have brought such sorrow and pain to so many.

The process of reconciliation will help us to re-conceptualize and transform the basic relationships that sustain society, to create an environment that promotes individual and collective well-being. Our present relationship with the natural world, based on an unlimited appetite for resources, has produced a deepening environmental crisis. We must recover a balanced and sustainable relationship with the environment, based on moderation and respect for the Earth. The deterioration of the family and home environment has been accompanied by the rise in exploitation of women and children, calling for the need to rethink proper relations within the family unit. The concentration of wealth and power in the hands of the few, while others suffer in conditions of poverty and neglect, reflects ill-conceived relationships that persist within our own country. To truly apply the principle of the oneness of humanity to our common life, then, we need an organic change in the structure of our society.

To talk about rebuilding society, we must also consider the issue of power. Power is often described as a means of domination, or a way of seizing control from someone

else. When politics is described as a game, contest or competition, it is often with the goal of seeking power. This model of politics has often proved divisive and destructive. We need to consider a broader view of power that includes the power of unity, of love, of humble service, of pure deeds. These powers of the human spirit can be released and guided to build social relationships based on cooperation and reciprocity, rather than an endless struggle between competing interests. Such a view of power can also inform our approach to politics.


Noble goals cannot be achieved by unworthy means. If we seek to build a society based on mutual respect, justice and unity, the means by which social and political change is pursued should reflect these high ideals.

Canada shares the challenge of reconciliation with the rest of the human family. In our international relations, just as in our domestic ones, we need to recognize that we are all parts of an organic whole.


How do we forge bonds of unity that respect and draw strength from our diversity? How can we overcome the forces of paternalism and prejudice with the powers of love and justice? What changes do we need to make to the structures of governance and the use of material resources in order to redress past injustices and social inequalities? These are questions that we ask ourselves as citizens of a country that seeks reconciliation. And as we walk this path together in Canada, we will learn lessons and practical measures that will help to guide the healing of other divisions between the world's peoples.

Respectfully submitted by the Bahá'í Community of Canada on September 20, 2013

Central to the Bahá'í teachings is the principle of the fundamental oneness of humankind, which affirms the inherent nobility of every person and calls for the removal of all social divisions and prejudices. In Canada, our challenge is the achievement of unity and reconciliation between the diverse peoples and cultures of this country. Around the world, the Bahá'í community counts members of some 2,100 Indigenous groups, including First Nations, Inuit and Métis, among its adherents. We believe that the creation of a materially and spiritually prosperous global society requires the participation and empowerment of all of humanity.



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Durham Tamil Association gave a farewell to the Chief of Police Mike Ewles



On March 10th, some of the community groups including Durham Tamil Association, ICCAD, Philippines, Bangladesh, Italians, Turkish, Albanian and Chinese community groups of Durham Region gave a farewell to the Chief of Police Mike Ewles of Durham Regional Police Service. This farewell was organized by Mrs. Shashi Bhatia, Chair Person of ICCAD at the Durham Regional Head Quarters in Whitby. MP Corneliu Chisu addressed this farewell followed by the Presidents of the community groups. Durham Regional Chair Roger Anderson, Mayors and Councillors of Durham and many other Police Service Officials witnessed this farewell. Chief Mike Ewles was honored by the Presidents of the

groups with a plaque, thanking him for his untiring service to Durham community. On behalf of DTA, President of Durham Tamil Association Josh Suresh honored the Chief with a sandalwood garland and a Swan Statue symbolizing peace, harmony and prosperity. Josh in his speech stated that he has interacted with several front line police officers on behalf of our members and found they are focused on diffusing the issues. They did not stereotype, brand or trivialize issues. Credit for their exemplary performance really goes to the Chief and the Board. Josh thanked Chief Mike Ewles for his service to Durham Community and appreciated his dedication to diversity and equality.



This farewell was followed by a meeting with the Regional Chair & CEO Roger Anderson, in which he explained the growth of Durham Region and the importance and role of the community groups. He also appreciated the community based initiatives hosted by the community groups,



DTA partnered with WMRCC in hosting One Billion Rising for Justice

DTA pitched in WMRCC's One Billion Rising program that was hosted in the Pickering Town Center. It was a great event that helped to boost the spirits of women who participated. Mr. Martyn Beckett, Director of Education - DDSB was invited by Uma Suresh, Board of Director - WMRCC and he expressed his support to distressed women and children.



Durham Tamil Association's contribution to International Women's Day



The vibrant women and youth of DTA drew Henna designs and applied nail art to other women guests to honor International Women's Day, that was hosted by various service organisations in UOIT, Oshawa. This helped the women guests to look and feel good. Our youth volunteers were on their feet helping various service organisations in setting up of their booths. They also helped in decorating and handed out information booklets.



MPP Tracy MacCharles' Community Appreciation



Tracy Mac Charles, MPP for Pickering - Scarborough East, celebrated Second Annual New Year's Levee at Petticoat Creek Library & Community Center. At this occasion Tracy awarded & recognized many individuals and organisations for their outstanding service to the community. Vice President of Durham Tamil Association Mr. Kanga Sivanathan was respectfully chosen by all for his dedication in serving the community. Being the backbone of DTA, Kanga was one of the founder member who has helped many individuals whenever he can, behind the screen.

On the other hand, our Program / Membership Coordinator Mrs. Uma Suresh was one of the three award recipients chosen by Mrs. Esther Enyolu, the Executive Director of WMRCC of Durham. MPP Tracy MacCharles awarded Uma Suresh (Board of Director), Kishwar Umar (Vice President) and Shivana Choos Singh (Secretary) for their outstanding community work representing WMRCC.

Sincere thanks to MPP Tracy MacCharles for identifying and appreciating community helpers and organisations.

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The International Women's day

Several members of the Tamil Cultural and Academic Society of Durham attended the International Women's day event hosted by Canadian Tamil Women Development organization (CTWDO) at Delta Hotel, Toronto on March 1, 2014.

International Women's Day is traditionally celebrated on March 8th of each year, a day in celebration for women's economic, political, and social achievements. In addition, it is a day for the political and social awareness of the struggles of women worldwide to be brought out and examined in a hopeful manner.

The event was a great success, with profoundly moving and inspiring accounts by excellent presenters and experts. TCASD members were one amongst many, passionate in their participation at the event by sharing their questions and thoughts with the diverse knowledge and experience of the Panel experts.

Among some questions the TCASD Executive members, were able to raise were the immediate medical help that could be made available to victims of political abuse, what the Tamil Canadian woman




could do immediately and effectively to support the marginalized in Sri Lanka, and how best to channel help directly to those in need. TCASD also expanded on their ideas on how to support the seniors

in Canada, who are often lonely in their new adopted home country and in need of attention and mental support.

Thanks to the initiative of our wonderful hosts, TCASD was able to take


back to their community, an increased awareness and a wealth of information to make effective change in the lives of women. Many thanks to CTWDO for their wonderful efforts.



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BRAMPTON-SPRINGDALE HUNGRY FOR CHANGE

NOMINATES LOCAL YOUTH ORGANIZER AND BASKETBALL STAR GURPREET DHILLON

Today, a crowd of over 250 including MPP Jagmeet Singh (Bramalea-Gore-Malton) officially nominated community activist and local basketball star Gurpreet Dhillon to be the Ontario NDP candidate in Brampton-Springdale.

"Skyrocketing insurance rates and temporary job agencies are hurting families here; Brampton-Springdale is ready for change," said Dhillon. "With the rising cost of living, parents are struggling to make ends meet -- this needs to end -- no parent should have to choose between putting food on the table and spending time with their children."

Dhillon, a father of two, husband, youth organizer and

athlete, is known to the community as a strong voice for social programs. While serving on the Toronto Police South Asian Consultative, Dhillon founded and ran a series of basketball camps and training schools in an effort to keep youth off the streets and away from gangs.

"Gurpreet Dhillon is exactly what Brampton-Springdale needs—a refreshing change, a youthful presence and most importantly, someone dedicated to fighting for the residents in Brampton-Springdale," explained Singh. "For the last decade, Gurpreet has dedicated himself to working with at-risk youth through sports. He understands the value of working with others and he will fight for our home team—

Brampton."

Mussawar Ahmed, a young attendee, explained that he recently joined the NDP because he felt that the Liberals were too busy trying to cover-up scandal after scandal while the PCs had a history of cutting social programming, including cuts in the healthcare and education sector.



Gurpreet Dhillon

OSLER NAMES WINNER OF KISS MY APP CONTEST AND UNVEILS SOON-TO-BE-LAUNCHED APP

Student app contest winner awarded \$10,000 at star-studded event



April 4, 2014 BRAMPTON/ETOBICOKE – Atinderpal (Atinder) Singh Multani can tell others to "Kiss My App" after winning William Osler Health System's (Osler) national student app contest and receiving \$10,000 for his mobile app focused on improving the patient experience at the hospital. Osler hosted the Kiss My App

awards where Atinder's app, HosNav, was unveiled before a standing-room only crowd in Brampton Civic Hospital's Atrium. Evan Hadfield, the man behind his father's (Chris Hadfield) astronomical social media campaign; and Marc Saltzman, tech expert and host of Gear Guide were on hand to host and speak at the event, and helped to

announce the winning app. Slated for launch in a few months' time, HosNav's approach to wayfinding and diagnostic imaging prep will help to transform the Osler hospital experience by providing better, more personalized service for patients and families.

"We have been completely blown away by the ingenuity and out-of-the box thinking demonstrated by our student teams, and the creativity in how they have presented their ideas throughout this competition," said Matthew Anderson, Osler President and CEO. "These students have different educational backgrounds, but they all have a single passion for improving health care."

"Atinder's HosNav app will be a tremendous help to the thousands of patients and families that come through our doors each and every day," he added. "We are looking forward to working with him in the time ahead to make it available to our community."

One of the first contests of its kind in Canada, Osler launched Kiss My App in September 2013 and

challenged undergraduate students to come up with innovative ways to identify and address what they see as perceived issues in health care through the development of a mobile app. Four finalist teams were in the running for the top prize.

The prize money is donated by Osler's Student Volunteer Youth Committee, which is a group of passionate young leaders committed to improving Osler's hospitals by raising funds for equipment and providing student bursaries.

"We are thrilled to be involved with Kiss My App," said Yamna Ali, President of Osler's Student Volunteer Youth Committee. "To be able to support this contest and an idea that will help improve the patient experience at this hospital is an honour, and something our Committee can proudly stand beside."

OSLER'S COLOURFUL, NEW MULTICULTURAL FUNDRAISING GALA ATTRACTS HUNDREDS

William Osler Health System (Osler) Foundation looked toward a centuries-old tradition for a fresh way to raise funds for modern community health care at Osler hospitals, bringing a vibrant new fundraising gala to the community.

The Grand Empire Banquet and Convention Centre was alight with colour on March 28 as 700 people turned out for the unique, new event: Holi Gala – The Festival of Colours. Guests enjoyed gourmet foods, an array of entertainment and fun in celebration of the renewal of springtime. Dating back to the seventh century, Holi festivals celebrate the colourful arrival of spring.

During the event, guests were entertained by magician Raman Sharma, dancing sensation Broken Dance, and popular vocalist Sukhsinder Shinda.

The gala raised \$150,000 for redevelopment initiatives progressing simultaneously at Osler's Etobicoke General Hospital and the new Peel Memorial Centre for Integrated Health and Wellness, as well as equipment needs at Brampton Civic Hospital.

Kulvir Singh Gill, Osler Foundation

Board Chair, gave credit to an enthusiastic event steering committee for its dedicated efforts on behalf of the Foundation. He gratefully acknowledged sponsors for having faith in this new addition to the Foundation's Signature Event line-up and helping seed the fundraiser to grow community investment into building and equipment needs at Osler.

"Thank you to our sponsors, committee members and guests for joining Osler Foundation in its quest to support our fabulous community hospitals," said Gill. "Tonight's Holi Gala is a bold first and speaks to the uniqueness and rich fabric of this community. Its success speaks to a passion and dedication of a community that cares."

Matthew Anderson, Osler's President and CEO, updated guests on redevelopment at Osler and where the evening's funds will flow.

"Tonight you are helping Brampton Civic continue to expand programs and fund new equipment, supporting Peel Memorial redevelopment progress leading to ground-breaking on the site later this spring, and investing in a new four-storey expansion at Etobicoke



Inaugural Holi Gala Committee Members include (l-r): Jatinder (Jenny) Gill, Dolly Singh, Nikki Gill-Burns, Manpreet K. Brar, Rajeev Misra, Debbie Ghosh, Harsh Bibra, Manan Gupta, Dr. Gurjit Bajwa, Maureen Sheahan, Panveer Singh Lachhar, Lavinder Malhotra, Colette Thomson and Gurwinder Gill. Missing from the photo is: Amrit Dhawan, Dinesh Vig, Pal Ghumman, Rajesh Sharma, Prabhjeet (Bob) S. Garewal, Kulvir Singh Gill, Pawanjeet Garewal, Suresh Tejpal, Harpreet Hansra and Dr. Sunny Handa

General to provide greater access to the services its community needs most," Anderson told guests.

Sponsorship was led by TD Bank, CIBC, RBC, BMO, National Bank and Scotiabank. The Grand Empire Banquet and Convention Centre, ATN and the Punjabi Press Club lent generous support to the event's venue and media needs.

To give a donation to William Osler Health System or to see photos from Holi Gala, visit www.oslerfoundation.org.

ABOUT WILLIAM OSLER HEALTH SYSTEM:

William Osler Health System is a hospital system 'Accredited with Exemplary Standing' that serves 1.3 million residents of Brampton, Etobicoke, and surrounding communities within the Central West Local Health Integration Network. Osler's emergency departments are

among the busiest in Ontario and its labour and delivery program is one of the largest in the province. William Osler Health System Foundation builds and fosters relationships in order to raise funds to support William Osler Health System's capital, education and research priorities at Brampton Civic Hospital, Etobicoke General Hospital and the new Peel Memorial Centre for Integrated Health & Wellness.

ABOUT OSLER FOUNDATION'S HOLI GALA – THE FESTIVAL OF COLOURS:

As part of Osler Foundation's Signature event line-up, Holi Gala joins a benefit concert, ski event and golf tournaments to build relationships in the community and raise funds for William Osler Health System. 2014 marked the inauguration of the event, which celebrates the tradition of Holi and festivities that date back to 7th century India. The event aims to raise thousands of dollars for redevelopment at Osler's Etobicoke General Hospital and the new Peel Memorial Centre for Integrated Health and Wellness, and new diagnostic equipment at Brampton Civic Hospital. Details are online at www.oslerfoundation.org

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UCMAS Kitchener held their annual show case event on March 22 at the Kingsdale community center in Kitchener. The event that provided a platform for our students to showcase their talents in a friendly environment. Next, both parents and our students had a hilarious time listening to the speech from our motivational speaker Mr. Sunjay Nath.



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Waterloo student helps deliver babies in Uganda

Work term in a country where mothers die in childbirth everyday, affirms Waterloo student's dream of becoming a doctor

By Christine Bezruki

When Christina Marchand went to Uganda last summer on a work term, she expected to be doing administrative work for a non-profit organization. By the time she boarded a flight back to Canada, she had helped deliver more than 200 babies.

"I haven't really had a chance to process it," Marchand says of the experience. "In Canada we lose 16 mothers a year due to birth-related complications. In Uganda, they lose more than 16 a day. I did what I had to do to help."

Lack of skilled birth attendants for African mothers

A fourth-year health studies student, Marchand sought out her own work term with Save the Mothers, an organization that seeks to improve the health of mothers and babies in developing countries.

Although the organization typically only offers work placements to university graduates, they made an exception for Marchand.

"I was incredibly persistent. I wanted this placement," says Marchand, who first learned of the organization through a family friend who had spent time in Africa.

Her tenacity paid off. In April, she was invited to Uganda to help with ad-

ministrative work for the organization's Master of Public Health Leadership program run in collaboration with United Nations University.

While she found her placement work fulfilling, it wasn't long before the prospective medical student found her way to a local clinic.

"I waited a few weeks before going into a clinic, because I knew I had to prepare myself for what I would see," says Marchand.

She was right.

Student learns from midwife

In Uganda, 97 percent of health facilities do not offer emergency obstetric care services. A shortage of medical staff and a lack of facilities means about half of all African women don't have a skilled birth attendant at their delivery.

The night Marchand walked into the clinic there was one midwife on duty and three women in labour. Ready or not, she knew she had to help.

Under the watchful eye of the midwife, Marchand learned how to deliver a baby, give an episiotomy and even conduct a cesarean section.

"I was nervous," says Marchand recalling her first time delivering a baby. "But the midwife said, 'If you weren't here, there would be nobody.' I had never thought of it like that."

As Marchand's confidence grew, so did her hours at the clinic. She began working days at the university and evenings at the clinic. Sometimes she would de-



Christina Marchand with a mother and baby in Uganda

liver 16 or 17 babies in one evening, often under less than ideal conditions.

"There were instances when women couldn't receive surgery because we were out of supplies. In Uganda something like a supply of rubber gloves can mean the difference between life and death. It's horrible, but it's reality," she says.

Yet Marchand was astounded at the strength of the women who arrived at the clinic. Many had travelled for days.

"The strength of the women and the Ugandan people is amazing. It reaffirmed my passion for medicine, reaffirmed why I want to help."

Now back in Canada and applying to medical schools, Marchand has plans to someday return to Uganda.

"I know I'll be back at some point. Africa touches you in a way and doesn't let go."



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Regional News

WHITBY RANKS 10TH BEST MEDIUM-SIZED CITY IN CANADA

Each year, MoneySense magazine ranks municipalities across the country to determine Canada's Best Places to Live. This year, the Town of Whitby ranked 10th Best Medium-Sized City with populations between 100,000 and 400,000 and 27th overall.

Canada's Best Places to Live compiles data from 201 cities and towns and ranks each community on its liveability. A total of 34 factors including commuting, weather, demographics, wealth, housing, crime, taxation, amenities, health care and culture were considered in the 2014 analysis.

Whitby is a youth and senior friendly community. Whitby is recognized as one of the few Platinum Youth Friendly communities in Ontario. Its culture, sports, and recreational and leisure programs contribute to making Whitby one of Canada's best places to live.

For more information on the 2014 MoneySense report, please visit www.moneysense.ca.

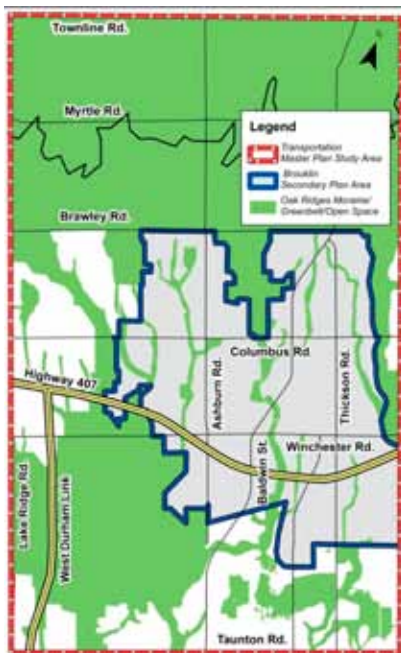
LEADERSHIP IN DIVERSITY AND SOCIAL JUSTICE AWARD

DEADLINE: APRIL 28, 2014

The Ethno-cultural and Diversity Advisory Committee invites graduating Whitby Secondary School Students who demonstrate leadership in the areas of diversity and social justice within their school and/or the Whitby community to apply for this award. Up to four \$500 scholarships will be granted to students who meet the eligibility criteria and are attending a post-secondary institution in a full time capacity in September 2014.

Full details, including submission criteria and application forms, can be found online at www.whitby.ca/diversity. Questions can be emailed to diversity@whitby.ca.

BROOKLIN SECONDARY PLAN AND TRANSPORTATION



The Town of Whitby is undertaking a comprehensive study to prepare a Secondary Plan and Transportation Master Plan to enable the Town to guide and manage growth in the Brooklin area.

The purpose of the Secondary Plan is to determine the land use designations for the urban expansion areas north and west of Brooklin, the industrial lands adjacent to the future Highway 407 and the lands in the vicinity of the Conlin Road/Anderson Street intersection, as well as to update the existing Brooklin Community Secondary Plan.

The purpose of the Transportation Master Plan (TMP) is to determine

transportation infrastructure and mobility requirements to support existing and future transportation needs for the Brooklin area. The study will address the requirements of the Municipal Class Environmental Assessment process.

Information will be posted on the Town's website at www.whitby.ca/brooklinstudy as it becomes available. Comments from the public are encouraged now and throughout the Brooklin Study.

Should you wish to receive further notification regarding the Brooklin Study, please submit your request, including your name, address, postal code, telephone number, and email to the Study email address brooklinstudy@whitby.ca or by mail to Town of Whitby, 575 Rossland Road East, Whitby, ON L1N 2M8. Please quote file OPA-2013-W/02.

April Events

www.whitby.ca/calendar

Event Name	Location	Time
Newcomers Welcome Program for Seniors	Thursday, April 3	1:00-3:30 p.m.
Committee of Adjustment Meeting	Thursday, April 3	4:00 p.m.
Planning and Development Committee Meeting	Tuesday, April 7	7:00 p.m.
Newcomers Welcome Program for Seniors	Thursday, April 10	1:00-3:30 p.m.
Youth Dance	Friday, April 11	7:00-10:00 p.m.
Operations Committee Meeting	Monday, April 14	7:00 p.m.
Management Committee Meeting	Tuesday, April 15	2:00 p.m.
Newcomers Welcome Program for Seniors	Thursday, April 17	1:00-3:30 p.m.
Regular Meeting of Council	Monday, April 22	7:00 p.m.
Newcomers Welcome Program for Seniors	Thursday, April 24	1:00-3:30 p.m.
Youth Dance	Friday, April 25	7:00-10:00 p.m.
Earth Week	Please see the ad for all Earth Week events	
Planning and Development Committee Meeting	Tuesday, April 28	7:00 p.m.

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The Town of Whitby Celebrates Earth Week

Pitch-In-Brooklin

Saturday, April 26 - 9:00-11:00 a.m.

Join your neighbours at every park in Brooklin to help clean up your parks for the 12th Annual Pitch-In-Brooklin!

Whitby Environmental Youth Alliance Tree Planting

Saturday, April 26 - 9:00 a.m.

The Whitby Environmental Youth Alliance (WEYA) will be planting bare root native coniferous trees and shrubs at Cullen Central Park and need your help!

Project Property Sweep

Tuesday, April 22-Saturday, April 26

Help keep Whitby clean and green! Join forces with family, friends and neighbours to clean up your property, local parks and surrounding areas. Clean up supplies are available. Information on proper sorting and disposal can be found at: www.durham.ca/waste

Whitby In Bloom School Program

Tuesday, April 22-Friday, April 25

This program, initiated by Whitby In Bloom, invites students to clean up their school yard. Students are also encouraged to participate in other activities such as litter-less lunch, school material recycling or book/toy swaps. Participating schools receive Earth Day Certificates as well as an environmentally themed book for their libraries to recognize their efforts.

Scout Tree Planting

Saturday, May 3 - 9:00 a.m.

Whitby District Scouting are planting cedar and pine trees at Cullen Central Park and need your help! Clean up the planting area or other sections of the park. Please use the Cochrane Street parking lot only.



Contact Community and Marketing Services Department

Phone: 905.430.4310

Email: parks.rec@whitby.ca

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MARKHAM



Regional News

2014 Clarkson Cup and Women's Hockey Grows Momentum in Markham Successful weekend culminates in Cup Games returning next year

The Clarkson Cup hosted in the City of Markham spirited a rise in community engagement and interest in professional women's hockey after four days of closely matched games and a thrilling overtime finish to the final game.

Five competing teams from Canada and the US, including many players from the Canadian Women's Gold Medal and U.S. Silver Medal players from the 2014 Sochi Olympics, filled the roster. Saturday's championship game between the Toronto Furries and Boston Blades kept a sold-out audience cheering with an overtime goal by Britni Smith earned the championship for the Toronto Furries.

honoured to have Prime Minister Stephen Harper, Her Excellency the Right Honourable Adrienne Clarkson, along with other past Olympians and NHL players in Markham to attend prestigious CWHL awards gala."

The Clarkson Cup is named after former Governor General of Canada Adrienne Clarkson and is widely regarded as The Stanley Cup of women's hockey. For more information on the 2014 Clarkson Cup and the Canadian Women's Hockey league visit www.cwhl.ca.

Mayor Scarpitti added, "2015 will be another big year for international sports in Markham. We'll proudly host the Clarkson Cup in March, and



Mayor Frank Scarpitti, The Right Honourable Adrienne Clarkson, CWHL Chair Brad Morris and CWHL Commissioner Brenda Address at the Clarkson Cup championship game in Markham.



Markham Mayor Frank Scarpitti celebrates with Toronto furries following their overtime win of the 2014 Clarkson Cup.

This was the second consecutive year the Clarkson Cup Championship was held in Markham, and there's already a commitment to bring the Cup back again next year to continue to build on community momentum and support.

Mayor Frank Scarpitti said, "We're very proud of our partnership with the CWHL and the success of growing the Clarkson Cup in Markham. Hosting seven world-class games over four days with Olympic and elite players is a privilege, and I am very proud that we delivered record attendance to give the recognition and profile these elite hockey players deserve."

Markham also hosted of the annual Canadian Women's Hockey League (CWHL) Awards Gala.

Mayor Scarpitti added, "We were

Pan Am/Parapan American Games in the summer."

About CIBC Taste of Asia Festival

"TASTE OF ASIA" is an annual multicultural event hosted by the Federation of Chinese Canadians in Markham (FCCM), the Association of Progressive Muslims of Ontario (APMO) and the City of Markham. The event was first introduced in 2003 during

the SARS outbreak with a mandate of boosting the local economy. The first Taste of Asia Festival also provided a platform for the community to

Be Inspired by Book as Muse 2014

Markham Public Library is calling

all Markham youth (ages 13-24) to submit an original piece of art for the 4th annual Book as Muse Contest (#BAM14). The art, inspired by a book, will be critiqued by professionals from the Markham Arts community and exhibited at Markham Village Library to celebrate National Youth Week and National Youth Arts Week. There will be 2 judging categories; ages 13-17 & 18-24. Prizes will be awarded to 2 artists (1 in each age group), and 2 special People's Choice Awards (1 in each age group) will be selected by Markham Public Library's customers. Look for Book as Muse on Twitter and Facebook #BAM14.

Submission deadline: Sunday, April 22nd, 2014

Art Exhibition: May 1-7th @ Markham Village Library

Awards Ceremony: Wednesday, May 7th, 7-8:00PM @ Markham Village Branch

**Pan Am Games:
July 10 - 26, 2015**

**Parapan Am Games:
August 7 - 14, 2015**

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