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MAY 2012

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Governor General OF Canada Underlines 50 Years of Bilateral Relations with Trinidad and Tobago As the Country Celebrates 50 years of Independence

PORT OF SPAIN—Their Excellencies the Right Honourable David Johnston, Governor General of Canada, and Mrs. Sharon Johnston concluded their State visit to the Republic of Trinidad and Tobago on May 2, 2012, where they marked 50 years of bilateral relations between the two Commonwealth countries and congratulated Trinidad and Tobago for celebrating its 50th anniversary of independence this year.



Their Excellencies the Right Honourable David Johnston, Governor General of Canada, and Mrs. Sharon Johnston met with His Excellency George Maxwell Richards, President of the Republic of Trinidad and Tobago, May 1, 2012-Pic by: MCpl Dany Veillette, Rideau Hall Spain.

Their Excellencies were officially welcomed by His Excellency George Maxwell Richards, President of the Republic of Trinidad and Tobago, and the Honourable Kamla Persad-Bissessar, Prime Minister of the Republic of Trinidad and Tobago. In honour of 50 years of bilateral relations, the Governor General presented a commemorative coin to the President and Prime Minister to mark this milestone. His Excellency also unveiled a plaque outlining this long-lasting friendship between both countries at the High Commission of Canada in Port of

On behalf of all Canadians, the Governor General paid his respects to Canadian servicemen who paid the ultimate sacrifice during World War II by laying a wreath at the St. James Commonwealth Military Cemetery. His Excellency also participated in an exchange about Canada's corporate social responsibility efforts and commercial relationship with Trinidad and Tobago. Present at the networking meeting were leaders of the Canadian business community, as well as heads of business associations

and key government officials. The State visit concluded with a keynote address by His Excellency on "Educating and Innovating in a Connected World" at the University of the West Indies:

"Education is the primary means by which we can increase our choices and thrive as human beings. In Canada, we have worked together throughout our history to build a strong public education system, understanding that education is a great social and economic equalizer.

Contd. on page 4...

NDP Leader and Parliamentarian at Canadian Tamils' Chamber of Commerce Annual Gala Champions of Entrepreneurship

By Siva Sivapragasam

"Entrepreneurship will become a core skill which all our young people will need to exploit the opportunities emerging from science and technology, culture and communications" - Tony Blair (Former British Prime Minister)

Full details and photos on pages 30, 31 & 32



Ontario's NDP Leader Andrea Horwath, Chief Guest at Canadian Tamils' Chamber's 14th Annual Awards Gala



Canadian First Tamil MP Rathika Sitsabaiesan with President of Canadian Tamils' Chamber's Chamber, Mike Ahilan at 14th Annual Awards Gala

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Canada News

Messages for South Asian Heritage Month


 Premier of Ontario - Premier ministre de l'Ontario

May 2012

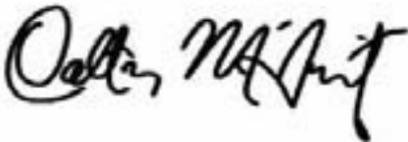
A PERSONAL MESSAGE FROM THE PREMIER

On behalf of the Government of Ontario, I am delighted to extend warm greetings to everyone marking South Asian Heritage Month.

Ontario's strength lies in the diversity of its communities. South Asian Canadians have done much to enhance the social, cultural and economic life of our province. Your rich heritage, strong family and social ties, and successful businesses have helped create the dynamic, vibrant society we enjoy today.

This month of recognition is an ideal time to reflect on, and pay tribute to, the countless ways in which South Asian Canadians have helped shape our collective culture and identity. It also gives Ontarians from all backgrounds the chance to celebrate the history, customs and traditions of our province's vibrant South Asian community.

Please accept my sincere best wishes for a memorable South Asian Heritage Month.


Dalton McGuinty
 Premier



May 2012

STATEMENT ON ASIAN HERITAGE MONTH

The following is a statement by Ontario PC Leader Tim Hudak on Asian Heritage Month:

“This month marks the 10th Anniversary of Asian Heritage Month. Across the country, people will commemorate the history of Asian Canadians and celebrate their numerous contributions to our communities.

“Over 100 years ago, Asians began immigrating to Ontario to build a better future for their families. The road to prosperity was not easy, yet success would come because of the skills and values they brought to this country and instilled in their children.

“Asian Canadians have played a large role in shaping our province's economic, political and social character. I see this every day when I speak to community leaders who have set up businesses, served in politics and volunteered their time to help all citizens succeed.

“On behalf of the Ontario PC Party, I join Ontarians in celebrating Asian Heritage Month.”

Tim Hudak
Ontario PC Leader





Communiqué

FOR IMMEDIATE RELEASE
MAY 2, 2012

STATEMENT BY RATHIKA SITSABAIESAN ON ASIAN HERITAGE MONTH

OTTAWA – To mark Asian Heritage Month, I invite all residents of Scarborough–Rouge River to join me in acknowledging the many contributions to our community by Canadians of Asian heritage.

Cultural diversity enriches our community culturally, politically and economically. Asian Heritage Month is an opportunity to promote dialogue, break intercultural barriers and create solidarity between Canadians of all cultures.

Hope to see you all at community celebrations to learn more about the contribution of Canadians of Asian origin to our country and about their history, heritage and traditions.

-30-

For more information, please contact:
 Rachele Aldrich, Parliamentary Assistant to Rathika Sitsabaiesan, 613-219-4350 or rathika.sitsabaiesan.a2@parl.gc.ca



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- "Holy Mother" Sarada Devi
(1853-1920)

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"Source for Multi Ethnic Exposure"

from the publisher's desk

International Day of Families – Ensuring Work Family Balance

By Tashvir Narine

In Canada, some provinces celebrate Family Day in February by granting individuals with a statutory holiday. However, the United Nations also observes this significance worldwide, by raising family awareness without the time away from work. Annually, the 15th of May is known by the UN as the International Day of Families, a proclamation that has continued since its inception in 1993. On such an occasion, the importance of families in the global community is promoted, with each year focusing on different themes.

Last year, discussions on this day revolved around poverty and social exclusion while 2012 will emphasize the balance of family and work life, another relevant topic for a strong family dynamic. The Division for Social Policy and Development (DSPD) is part of the United Nations Secretariat and is responsible for increasing

international involvement of social development. This year, the DSPD has themed the International Day of Families as "Ensuring work family balance".

Over the past decades, family life has seen a decline due to the changes in work lifestyles. Organizations are requiring more involvement from employees, which has taken away from the extension of family systems. In North America the working hours have been fairly consistent during this time, however countries around the world elsewhere have seen increasing work accountabilities as well as required working hours.

Likewise, studies are showing that longer working hours can also lead to illness or lower output, which is detrimental to the employer who is expecting the opposite of results. On the other hand, working extra hours also takes away time that a family needs to develop values. These can then be nurtured into

actions that could be used outside of the household in society and the workplace for example, so this balance holds greater significance.

As such, it is important also for organizations to focus on ensuring that employees can manage their work-life commitments. Policies such as parental leaves, flexible hours, child benefits and childcare are now becoming key attractions in benefits that are presented to employees. Such compensations are important towards balancing lifestyles however this is not always the complete solution.

The employee should also keep into consideration that work does not trump family. When this happens, a habitual dependence on the job and income is created. Furthermore, economic and social trends in the working world today have shown that a person's employment is no longer guaranteed to remain constant as was the trend in the

olden days. Employers can manipulate tasks and eliminate jobs easier due to the advancements in technology and the global workforce. Thus, when an employee's traditional work life is changed or eliminated, family life becomes the foundation that keeps the individual secure during this transition.

Hence, it is important to promote such awareness of these issues to the global community. This can only increase the information of these processes and the families that are affected. On this day, it can even become a great opportunity to have an annual conversation with your employer to discuss potential solutions to issues arising from your work-life commitments. Having this balance can only lead to a greater and healthier lifestyle overall.

On May 15, 2012, Monsoon Journal joins together in marking International Day of Families.

Governor General OF Canada Underlines 50 Years of Bilateral Relations with Trinidad and Tobago

Contd. from page 4

Education and human development are inexorably linked. In the 21st century, the well-being of whole societies will be determined by their ability to learn and innovate, as well as to share the knowledge they have gathered. This type of sharing results in what I like to call the diplomacy of knowledge," said His Excellency.

While in Trinidad and Tobago, security co-operation announcements were made by the Honourable Diane Ablonczy, Minister of Foreign Affairs (Americas and Consular

Affairs). The Governor General witnessed the signature of a Corrections Memorandum of Understanding to facilitate information and personnel exchanges with Trinidad and Tobago, and of a Technical Framework Arrangement that will allow qualified Canadian companies to access commercial opportunities in the health sector. His Excellency also attended the launch of a Canadian Corporate Social Responsibility Booklet and Website by the Canadian business community and the High Commission of Canada.

Throughout the State visit to Trinidad and Tobago, His Excellency was joined by the Honourable Diane Ablonczy, Minister of State of Foreign Affairs (Americas and Consular Affairs); Deepak Obhrai, Parliamentary Secretary to the

Minister of Foreign Affairs; and an accompanying delegation of Canadians who enhanced people-to-people ties with their Trinidadian counterparts. These exchanges provided greater visibility for bilateral co-operation initiatives in various sectors, particularly in strategies promoting education and economic development.

Their Excellencies had undertaken the State visit to the Republic of Trinidad and Tobago on May 1 and 2, 2012.



Her Excellency Sharon Johnston visited Naparima Girls College as it celebrates its 100th anniversary on May 2, 2012

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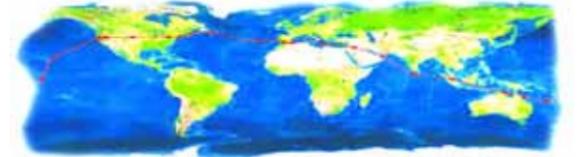


Special Feature

IMHO 9th Annual Convention held in Toronto on April 27th & 28th



Around the world



USTPAC Condemns Attack on Mosque in Sri Lanka and Calls for Protection of Religious Freedom

United States Tamil Political Action Council (USTPAC) condemns attack on Muslim mosque in Sri Lanka by Buddhist extremists, denounces government complicity, and calls for tolerance and protection of religious freedom for minority communities.

United States Tamil Political Action Council (USTPAC) denounces the recent violent attack on a mosque in Dambulla, Sri Lanka by a large group of Sinhala hardliners led by some Buddhist monks. "Tamils all over the world are united in solidarity with their Muslim brethren in Sri Lanka in roundly condemning the attack on Dambulla Mosque, and call upon Sri Lanka to halt its attempts to dislocate the Muslim worship place," said USTPAC spokesperson, Dr. Elias Jeyarajah.

BBC reported that on Friday the 20th of April 2012 a tense situation arose as regular Friday prayer at the mosque was prevented by a 2,000 strong gang led by Buddhist monks who claimed that it was an illegal construction. The mob claimed that both the mosque and a nearby Hindu temple were built on sacred Buddhist ground. The mosque was also fire-bombed the night before. Local Muslim leaders confirmed that the Dambulla Mosque had been in existence for over 60 years and the trustees have legal documents regarding its construc-



tion.

This incident in Dambulla is not an isolated one. There are numerous reports including one by the International Crisis Group describing the destruction of Hindu temples and Christian churches by the Sinhala extremists with the support of the security forces and the government. "Last year a Muslim shrine was destroyed in the sacred city of Anuradhapura. In addition, in Ashraf Nagar the military has taken over land that belongs to 69 Muslim families, including land that was allotted for a Muslim burial ground," said local Muslim leaders.

Officially sanctioning the intimidations, the Prime Minister of Sri Lanka on Sunday issued orders for the removal of the mosque. "We strongly urge the Government of Sri Lanka to take measures to curb the growing trend of intolerance against minority communities," said Dr. Jeyarajah. "USTPAC also calls upon the international community including the United States government to urge Sri Lanka to uphold religious freedom for all of its citizens."

[Full Text of Press Release-ustpac.org]

'We are appalled that leading politicians and religious leaders have justified forcible removal of the mosque in Dambulla, Sri Lanka'

by National Peace Council, Sri Lanka

The dispute over the presence of a Muslim mosque on Buddhist temple land in Dambulla points to an underlying tension in Sri Lanka's multi religious society that is being exploited by extremist forces.

The latest incident is a violent mob attack led by some Buddhist monks on the mosque in the presence of state security forces.

The National Peace Council condemns this act of violence and damage done to the mosque that has caused a deep sense of hurt and insecurity in the minds of the Muslim community.

We are appalled that some leading politicians and religious leaders have justified the forcible removal of the mosque in these circumstances. At the same time we are gratified that religious leaders of

both the Buddhist and Muslim communities have appealed for discussions and a mutually acceptable solution.

The Anunayake of the Malwatte Chapter Most Venerable Niyangoda Sri Vijithasiri has said that all groups should respect and protect the rights of others. The All Ceylon Jamiyyathul Ulama and Muslim Council of Sri Lanka have appealed against violent protests or demonstrations.

In recent decades there have been many reports of attacks on religious minorities including church burning and controversy over unethical conversions. However, the harmonious relations that exist between the people have continued.

In virtually all parts of the country there are multi religious settlements where worship of different religions takes place in close proximity to each other in a peaceful environment. This is

Credit Downgrade Highlights India's Economic Challenges

By Anjana Pasricha

The U.S.-based financial ratings agency Standard & Poor's has revised its credit outlook for India from stable to negative. The downgrade has brought into sharp focus the challenges of India's slowing economy.

Standard & Poor's revised outlook for India from stable to negative was prompted by concerns about the country's high debt and fiscal deficit and its failure to move ahead with critical economic reforms.

Finance Minister Pranab Mukherjee has said there is no need to panic. But officials admit the rating agency's move is a wake-up call. The government is promising some financial reforms during the ongoing session of parliament.

Economist A. Prassana at ICICI Securities in Mumbai says the government needs to bring its huge spending under control. But he says there are concerns that stiff political opposition will continue to pose a challenge to implementing key economic reforms.

"The most urgent task or the most important step is to contain the fiscal deficit. I think they should try and better which they have set for themselves, which is five point one percent of GDP. There is a long list of reforms," Prassana stated. "What has been happening there has been a lot of talk over the last six months. But ultimately no action is being seen on the ground."

One of the most critical reforms is cutting down fuel subsidies given to consumers, which are a huge drain on government finances.

Economists stress the need for quick action. They point out that India risks losing its prized investment grade status if its financial situation worsens over the



Indians walk past roadside stalls selling clothes and miscellaneous items in New Delhi, India. Indian Finance Minister, Mukherjee, presented India's new budget amid concerns about inflation, the country's falling growth rate, large deficit, FILE March 16, 2012

next one to two years. Standard and Poor's has warned that India faces a one-in-three chance of losing its triple-B rating.

Such a downgrade would scare foreign investors. It would make borrowing more expensive for India. It would also weaken the local currency, which has already depreciated against the dollar by nearly 20 percent in the last year. This in turn would push up the cost of oil in a country that imports more than three quarters of its crude oil requirement.

Observers say India needs to restore confidence in the economy. While officials expect the pace of growth to accelerate this year, economist Prassana is skeptical. "I don't see we are going to see any robust recovery. If the government does not get its act together we will grow at sub-optimal levels," he said. "And therefore fall behind our own targets we set ourselves in terms of development targets."

India's economy has grown briskly for several years and the country is seen as an important emerging economy. But growth slipped below 7 percent last year, the lowest in three years. – VOA News

a heritage that Sri Lankans can be proud of and needs to be safeguarded.

NPC believes that the primary source of violent social behavior now manifesting itself in acts of religious intolerance is the absence of due emphasis to the Rule of Law.

Maintaining law and order and civil administration is the prime duty of the government and state machinery. The breakdown of the Rule of Law within the country can lead to a situation where persecuted groups will feel justified in looking elsewhere for justice including the international community. Wherever and whenever there are disputes they need to be settled negotiations or by recourse to the law in competent courts in the country and never by force.

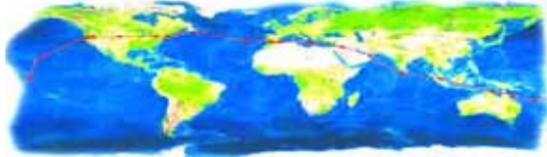
It is unacceptable that protests can emerge at anytime and anywhere with people being chased away, displaced, abducted and murdered while we claim to be a holy land. In particular, NPC calls for an end to the culture of impunity, in



Jummah Prayer in progress at Dambulla Masjid, Apr 27- pic by twitter.com/NavamaniLK

which those who wield power act as if they are in charge of personal fiefdoms, whether at the national or local levels.

This is a point that has also been stressed by the Lessons Learnt and Reconciliation Commission appointed by the Government in the aftermath of the country's three decade long internal war when it said that the Rule of Law and not the rule of men should prevail.



Around the world

Lanka must address reconciliation with sense of urgency: Swaraj

Sri Lanka must address the issue of reconciliation with the Tamil minority in the country with "a sense of urgency", Leader of Opposition in Lok Sabha Sushma Swaraj said in Colombo on April 21st.

Swaraj, who is leading a 12-member Indian parliamentary delegation to Colombo, said she had told Sri Lankan President Mahinda Rajapaksa that the current stalemate and the deadlock on the talks with the main Tamil party, Tamil National Alliance (TNA) over the parliamentary select committee process must be broken.

She said both TNA and the main opposition UNP must be persuaded to join the talks. The Indian parliamentary delegation's six-day visit here was aimed at looking at Sri Lanka's resettlement and reconciliation work since the conflict with the LTTE ended three years ago. The delegation was also checking on India assisted infrastructure development projects in the former battle zones. The Indian opposition leader said the delegation's talks centred around the Lessons Learnt and Reconciliation Commission (LLRC) recommendations.

"We have brought out clearly the need for expeditious implementation of the measures proposed by the LLRC with



Indian Parliamentary delegation in Jaffna, April 18

regard to information on missing persons and detainees, investigation of cases of disappearances and abductions," she said. "It is important that these are pursued with a sense of urgency.

This is the message we have conveyed to our Sri Lankan friends". On the issue of demilitarising the former battle zones in the north and east, Swaraj said the Sri Lankan president had promised to ensure that military did not interfere with the civilian life. To a question on the resettlement of the conflict displaced, Swaraj said she saw for herself one village.

"The pace of development was good given that whole infrastructure was destroyed. There is lot to be done. There are 6,000 people waiting in camps wanting to go home" - PTI

WHO Sees Gains in Malaria Fight but Concerns Remain

By Ron Corben

Health authorities, led by the World Health Organization, are making progress against drug-resistant strains of malaria in the border regions of Thailand. WHO officials say efforts to curb the emergence of resistant strains in Burma, however, are critical to preventing the disease from spreading into South Asia.

The World Health Organization (WHO) says malaria threatens 2.2 billion people in 20 countries across the Asia Pacific region. In 2010 there were 28 million cases reported and 38,000 lives lost - a death toll exceeded only in Sub-Saharan Africa.

More than 90 percent of the deaths were in India, Burma, Bangladesh, Indonesia and Papua New Guinea. Worldwide, the mosquito-borne disease affects some 260 million people and kills around 650,000 of them every year.

In recent years, health authorities have come to rely on a combination of therapies based on the artemisinin drug for treating malaria.

Dr. Pascal Ringwald, coordinator of WHO's drug resistance and containment unit, said progress has been made in the Mekong Region, especially in treating cases involving the deadly parasite 'falciparum.' But he said the gains remain

fragile.

"Paradoxically - and this is the good news - the numbers of falciparum cases is going down, drastically down. This is not only due to the containment activities but it is also because we have better tools, we have combination therapy and the countries have better malaria control activities," said Ringwald.

WHO says health authorities are moving to a stage of completely eliminating malaria in Bhutan, North Korea, Nepal and Sri Lanka. Deaths from the disease have declined markedly in Bangladesh and Thailand, and gains are being recorded in India, Indonesia, Burma and East Timor.

But an emerging threat has come with the growing incidence of drug-resistant malaria strains, especially in Cambodia, Thailand, Vietnam and Burma. Ringwald said the challenge is to maintain a political commitment to the fight against malaria.

"One of the problems is when countries are reducing the malaria burden, malaria it is seen as no longer a priority. So we need in areas where artemisinin resistance has emerged most often the transmission of the malaria is very low, and what we need to keep is the awareness and political commitment that malaria is not a neglected disease," said

Sri Lanka fired Ranatunga for opposing IPL: Report

Sri Lanka's World Cup-winning captain Arjuna Ranatunga's tenure as the head of the Sri Lanka Cricket (SLC) came to be short-lived because of his opposition to IPL, a report in Colombo has claimed.

'The Island', quoting SLC documents said Ranatunga was removed "after the BCCI applied pressure on the Sri Lankan government". Ranatunga was unavailable for comment on the matter.

The paper says an offer was made by the English Cricket Board (ECB) when Ranatunga was the head of SLC, for Sri Lanka to play a Test series in England, but the dates were clashing with the 2009 edition of the IPL. Ranatunga's request for the players to return early from the IPL was staunchly resisted by the players. As there was no softening of the stance by Ranatunga, the BCCI summoned a Sri Lankan delegation to come over to Bangkok for talks.

During the meeting held in Bangkok in October 2008, the BCCI was represented by sacked IPL Commissioner Lalit Modi, current President N Srinivasan and the then secretary Niranjan Shah.

The newspaper claimed that the SLC delegation was warned of dire consequences unless they toed the BCCI line.

"The meeting that lasted for approximately two hours ended with the BCCI adopting a very aggressive stance, stating that the forthcoming Indian tours that have been indicated in the FTP up to



Arjuna Ranatunga

2012, stand unconfirmed at present and stated that they are not ready for any negotiations or to compromise with SLC, as long as SLC's present hostile approach," the report said.

"Mr Modi, together with Mr Srinivasan were very puzzled and shocked at the attitude of SLC towards the BCCI. The BCCI representatives had said that they had never had to contend with such an attitude with any committees which were previously handling the affairs of SLC and in particular, were very surprised and concerned about the comments made by Chairman, Arjuna Ranatunga, at different forums," it added.

Within a few weeks of the meeting, Ranatunga was removed as head of SLC by the Minister of Sports.

Ranatunga, who was a government parliamentarian at the time, switched over to opposition thereafter and still remains a strong critic of the IPL. - PTI



An ethnic Kachin child suffering from malaria receives a traditional treatment at a camp for people displaced by fighting between government troops and the Kachin Independence Army, outside the city of Myitkyina in northern Burma, February 22, 2012.

Ringwald.

Drug-resistant forms of malaria have emerged in border regions of Thailand and Cambodia, and between Thailand and Burma. Scientists blame the use of single-use drugs and sales of fake drugs for the resistance. WHO says Cambodia is making efforts to crack down on the sales of fake drugs.

WHO says the main concern lies in Burma where 40 million people, or 69 percent of the population, live in malaria-endemic areas. In 2010 Burma officially reported 650,000 malaria cases and 788

fatalities, though drug combinations are effective in more than 95 percent of the country's cases

WHO is watching closely for any sign of the drug-resistant strains spreading into South Asia, and Ringwald said the goal is to contain the strains in the areas where they now exist.

Ringwald said Africa also needs to strengthen its malaria control to avoid the emergence of the same kinds of strains now evident in Southeast Asia.

- VOA News

Health & Fitness



Why Things Hurt: Explain Pain

Dr. Amalraj Siva

Everyone agrees pain is a universal experience. We now know pain is 100% produced by the brain. This includes all types pain, no matter if it feels sharp, dull, achy, or mild and no matter how long you've had it. The old thinking about pain was that there's damage somewhere in the tissue and it has to be fixed (think surgery) or covered up (think medication).

When you experience pain for weeks or months this is called acute pain. And this is common with tissue damage. Say from a back injury or ankle sprain and generally you've been encouraged to stay active and gradually get back to doing all your normal things including work. Acute pain has a lot of useful functions: it is a warning signal that draws our attention towards a damaged area. It enables our brain to react and protect us from doing more damage. If all goes well the damage is eventually repaired, the stress response is shut off very quickly since it is only useful during the traumatic event itself, nociception stops and the pain goes away.

When you are experiencing pain for three months or more, this pain is generally called persistent or chronic pain. In chronic pain, tissue damage is not the main issue because most things in the body are healed as well as they can be by 3 to 6 months. Chronic pain is a really big problem in our society. Research shows 1 in 5 people suffer from chronic pain. Chronic pain patients have a brain that keeps on producing pain (nociceptive signals) even after the body tissues are restored and out of danger. Ongoing pain being produced by the brain in chronic pain patients is less about structural changes in the body and more about the sensitivity of the nervous system. In other words, pain is incredibly complex-it involves the whole brain and to try to figure out what's going on you need to retrain the brain and nervous system.

In order to be able to treat pain - especially chronic pain conditions - you have to be aware of all the components of the pain experience. The best approach to date to describe this complex interplay



of different fields and specialties is the Biopsychosocial Model. This type of approach helps the patient and health-care provider to look at the many different contributing factors to the individual's pain experience. What can help is to look at chronic pain from a broad perspective and using a structured approach and plan to first rule out any red flags. If we take a look at the treatment viewpoint from the medical side, taking medication can help but only to a limited extent. It is the more active approaches that are necessary to retrain the brain. So using medications to get going is okay but mostly they can be tapered and ceased. Some people also think surgery might be the answer. But when it comes to a complex problem like chronic pain, surgery may not be helpful at all. It is also helpful to consider how your thoughts and emotions are affecting your nervous system. Pain really impacts on a person's life and this can have a big effect on your mood and stress levels. All those negative thoughts and beliefs are brain impulses too. It is important to learn ways to reduce stress and wind down the sensitivity of the nervous system and this helps with the emotional wellbeing and can reduce pain as well.

Another area to consider is the role of diet and lifestyle in our daily lives. It turns out our modern lifestyle might not be so good for us. In fact, what we eat and how we live can really be contributing to a sensitized nervous system. A good

beginning to analyzing your lifestyle can be to look at all the things like smoking, nutrition, alcohol and activity level. Then there is often enormous value at exploring the deeper meaning of pain by stepping back and looking at all the things that were happening around the time the pain developed. Many people with pain can make useful links between worrying period of life and a worsening pain picture. For many, recognizing deeper emo-

tions can be part of the healing process. From the brain's perspective getting moving at comfortable levels without fear and where the brain does not protect by pain is best. And gradually restore your body tissues. So to sum up, pain comes from the brain and it can be retrained and when looked at in a whole personal broad perspective, it gives a lot of opportunity to begin that retraining.



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Health & Fitness

Go Green!

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

I am dark green. I come in all shapes and sizes. I am packed with healthy nutrients and minerals. I have many nutritional benefits. I can be eaten raw or cooked and I taste good too! Who am I? The answer: dark green, leafy vegetables. Remember when your mother always encouraged you to eat your vegetables because they were good for you? Well, as always she was right. Dark, green vegetables are your body's best friend. According to Canada's Food Guide, at least one of the seven to eight recommended servings of fruit and vegetables should be dark green. Green vegetables are a rich source of minerals including iron, calcium, potassium, and magnesium and vitamins B, C, E and K. To add to the long list of nutritional benefits, green vegetables are also loaded with phytonutrients which are compounds found in plants which serve as antioxidants, immune system boosters, and aid in anti-inflammatory, antiviral, antibacterial, and cellular repair.

Benefits of going green:

Anti-aging

Maintain your youthful glow by eating your greens! Green vegetables are abundant in phytochemicals (chemicals found in plants), fiber, and vitamin E, which help slow the aging process and fight against the production of "free radicals" which cause cellular damage and various age-related diseases.

Weight loss

Green vegetables are a dieter's heaven! They are virtually calorie free! So, forget the portion control and go nuts with your greens! Because they are low in carbohydrates, have a low glycemic index and are high in fiber they take longer to digest, therefore, keeping you full longer. This makes them ideal for promoting weight loss and management. Green vegetables also prevent overeating and fight against food cravings.

Fight against cancer and disease

Our green friends contain a variety of anti-cancer agents that help prevent and fight against cancer causing cells and slow down the growth of cancerous tumors. Studies have shown that consuming green, leafy vegetables help reduce the risk of breast, stomach, pancreatic, prostate and skin cancer. Due to their rich antioxidant properties and high magnesium content, green vegetables also reduce the risk of type 2 diabetes.

Keep intestinal tract healthy

Green vegetables keep your intestinal tract happy and healthy by ensuring that certain specialized cells (intra-epithelial lymphocytes) located in the gut and skin, function normally. These cells are vital in protecting against infection, maintaining a healthy gut, and healing wounds. They



also act as "soldiers" in your intestinal tract, protecting against foreign or harmful agents.

Improved cardiovascular health

Green vegetables are loaded with folate which helps reduce homocysteine levels; an amino acid that increases the risk of heart disease. Green veggies also function to lower and maintain normal, healthy blood pressure and cholesterol levels.

Green Favorites:

Spinach

Only 20 calories per serving, spinach is packed with vitamins A, C, and folate. Remember Popeye? Well, the sailor man discovered early on that spinach was the way to go! Spinach is terrific in salads or can be added to soups, pasta, sandwiches, wraps, dips, casseroles, or pizza.

Kale

The god of the greens! From the cabbage family, kale is an excellent source of vitamins A, C, and K, calcium and is also rich in folate and potassium. It aids in weight loss, helps maintain healthy eyes, hair and skin, keeps your bones and teeth strong, and protects against arthritis and memory loss. Use kale to make "Guilt free chips". Toss one bunch of washed, chopped kale with one tablespoon of olive oil and a teaspoon of salt and pepper. Bake at 375 degrees for seven to eight minutes. Flip and bake for another 2-3 minutes or until crispy.

Bok choy

Bok choy also referred to as "white cabbage" is a staple in Asian cooking. It's a nutritional delight because of its light, sweet flavor, crisp texture and high nutritional content. Bok choy is high in vitamin A, C and calcium and is low in calories. It can be added to soups, stir-fries, entrees, appetizers, and salads.

Swiss chard

Swiss chard tastes similar to spinach

and is loaded with vitamin A, C, and E, antioxidants, magnesium and potassium and has 3 g of fiber per cup when cooked. The best part: it's super low in calories! Only 15 calories for a half cup serving. Swiss chard has many benefits including preventing osteoporosis, managing blood pressure, preventing arthritis and maintaining healthy eyes, hair and skin. Enjoy Swiss chard in stir-fries, as a side dish, in a tart, on pizza, in soup, or simply on its own.

Broccoli

One of the most popular green vegetables, broccoli has only 25 calories a serving and is rich in vitamin C and is also a good source of vitamin A, potassium, and folate. The ways to enjoy broccoli are endless! Shred broccoli to make a healthy broccoli slaw salad; add broccoli to your favourite soup, eat raw broccoli with a healthy dip, sauté broccoli in olive oil and lemon juice for a delightful side, or enjoy a hearty broccoli and cheese casserole.

Cabbage

There are many types and colors of cabbage; red, green, Savoy, Napa or Chinese (bok choy). Cabbage also contains a compound known as sinigrin which is believed to prevent or reduce the chances of various cancers including bladder, colon and prostate cancer. The most common way of enjoying cabbage is in fresh, summer coleslaw. Try it in vegetable pasta, hearty soup, pickled, sautéed with olive oil and lemon juice

with a dash of salt and pepper, steamed as a side with fish or chicken.

Collard greens

Collards are the "hidden treasures" of the green vegetable family. Not very popular and unknown to most, collards are heartier and have a strong cabbage-like taste. With only 25 calories for a half cup serving, collards have the greatest cholesterol lowering ability of all green vegetables. They also protect against many forms of cancer. It is recommended we consume green vegetables 2-3 times per week with a serving size of 1-1/2 cup. The healthiest way to prepare or cook collard greens is to steam them. It's quick, easy and the best way to reap their nutritional benefits!

Turnip greens

Turnip greens are a calcium powerhouse. They contain four times more calcium compared to other green vegetables. So, enjoy a serving of turnip greens with a glass of milk to boost your calcium intake! Turnip greens are also low in calories and loaded with vitamins A, C, and K, which provide antioxidant and anti-inflammatory benefits, and cardiovascular and digestive support. The best way to cook turnip greens is to steam them for maximum nutrition and flavour. Simply cut off the roots, rinse and let stand for five minutes, steam, then add a tablespoon of balsamic vinegar and a teaspoon of olive oil and enjoy!

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

Rouge Valley Health System



Annual Gala

The Red, White & Rouge All Over Gala, March 30, was a mix of Canadiana, supporting your community hospitals and ultimately, a lot of fun!

When it comes to comfort and that warm feeling of home, we as a country are proud to be Canadians. That was the basis for Red, White & Rouge All Over, the Rouge Valley Health System Foundation's annual gala, held at Deer Creek Golf and Banquet Facility in Ajax.

Along with amazing silent and live auctions, guests enjoyed a high-energy performance from Canadian musician, Michael Kaeshammer, pictures with the Grey Cup and the popular Muskoka After-Party.



Shiv Banslal, and Janet and Paul Ainslie



Doctors Bhavi Makanjee, Ram Vijayaraghavan, Amir Janmohammed and Raymond Yan



Hon. Margaret Best, MPP, Minister for Consumer Services and Chad Hanna, RVHS Foundation President & CEO



Volunteers Steve Ireland and Ben Wilson were Mounties for a night, delivering the Grey Cup to the evening's festivities



RVHS Foundation Chair Judith Barker, Gala Honorary Chair Dr. Romas Stas and Gala Chair Sherry Robinson



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Monsoon Journal
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Rouge Valley
HEALTH SYSTEM

Rouge Valley Health System

Rouge Valley welcomes new doctors

April 26, 2012 — The latest physicians to join Rouge Valley Health System's medical team specialize in emergency medicine, urology, family medicine and pathology. We'd like to introduce you to them.

New pathologist joins RVAP -

Pathologist Dr. Bassem Moussa brings with him a wealth of experience and knowledge in his field. Dr. Moussa, who will be based at Rouge Valley Ajax and Pickering (RVAP), earned his medical, master's, and doctorate degrees in pathology at Cairo University in Egypt. He has extensive experience as a pathologist, both in Canada and in Egypt, working at a variety of different organizations. In Egypt, Dr. Moussa worked in Cairo University hospitals, not only as staff pathologist, but later as an assistant lecturer, and assistant professor. Taking what he had gained from these positions, he became a pathology consultant in the Air Forces, Army hospitals, and Ministry of Health hospitals in Egypt.

In 2006, Dr. Moussa relocated to Canada and joined the residency program at the University of Western Ontario. He continued his career as staff pathologist at Chatham-Kent Health Alliance in 2009. Now, after two decades of work in the field, Dr. Moussa is bringing his experience to patients in west Durham Region.

"Rouge Valley Health System is well known as having excellent physicians, nurses, and supporting staff and for providing the best possible service to its patients. I wanted to be a member of this great hospital," says Dr. Moussa.

Emergency physician joins RVAP

For emergency physician Dr. Justin Chung, coming to Rouge Valley was a lot like coming home. Dr. Chung, who grew up in Scarborough, also volunteered at Rouge Valley Centenary (RVC) as a high school student, and later worked there as a clerk in the diabetes education centre.

Although now his role is much different from what he did years ago, his devotion to the job has not changed. The fast-paced, demanding atmosphere of the emergency department is something Dr. Chung embraces and thrives in. "I enjoy the acuity and unpredictability of the ER environment along with the team approach to providing healthcare," says Dr. Chung.

Dr. Chung earned his bachelor in health sciences honours degree at McMaster University. He earned his medical degree at the University of Western Ontario's Schulich School of Medicine. He completed his residency in family medicine at the University of Toronto, and residency in emergency medicine at Queen's University. Dr. Chung has gained experience in other local hospitals, including The Scarborough Hospital and Peterborough

Regional Health Centre as an emergency physician.

New urologist joins RVHS -

For urologist Dr. Greg Trottier, the opportunity to work at RVHS is a chance to help raise awareness and provide outstanding patient care in the area of urologic oncology.

"I'm pleased to be a part of the medical team here at Rouge Valley, a community hospital that has earned a strong reputation in quality patient care," explains Dr. Trottier. "I look forward to contributing my knowledge and expertise in the area of uro-oncology to our surgical program, so that we can continue to help more patients live productive lives."

Dr. Trottier, who is originally from Calgary, joined the medical team at RVC in December. He earned his bachelor of science with a focus on physiology at McGill University, and a Ph.D. in pharmacology and renal physiology at the University of Calgary. He went on to earn his medical degree at the University of Calgary, and completed a residency in urology at Dalhousie University. He recently completed a fellowship in urologic oncology at the University of Toronto.

Family physician joins RVAP -

Coming to Rouge Valley was an easy decision for family physician Dr. Bedri

Ahmed. He wanted to work with a community hospital, and appreciated that RVAP, where he is now based, was part of a larger network, providing patients with a variety of services and resources. "I can make a call and get my patients access to additional services, or services closer to home," explains Dr. Bedri, who joined Rouge Valley in March.

After earning his medical degree at Ethiopia's Jimma University in 1994, Dr. Bedri Ahmed gained extensive experience in the medical field, working at a number of Ethiopian hospitals in various roles, including public health officer; medical director; and general medical practitioner. The lack of orthopedic surgeons in the region motivated him to continue his education as an orthopedic surgery resident at Addis Ababa University. He also actively volunteered in his home country: educating high school students about HIV/AIDS and sexually transmitted diseases; supporting orphans; and providing home medical care for the elderly, who were unable to travel to medical centres. He immigrated to Canada and completed his residency in family medicine at the University of Western Ontario. He later arrived in Toronto where he volunteered as a health educator at the Canadian Centre for Victims of Torture.

Dr. Ahmed is fluent in three Ethiopian languages, allowing him to offer care to the diverse community that is within the Rouge Valley Health System. Although he is based at RVAP, he is still able to provide care when needed throughout east Toronto and west Durham.

Rouge Valley Health System

(RVHS) — The best at what we do

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

Everyone a winner in Rouge Valley staff lottery

Thanks to the generous support of staff, physicians and volunteers, for the Rouge Valley Health System Foundation's monthly Cash Cow Lottery, it will now be easier than ever for family and friends, as well as hospital staff, to track patients as they move through the surgical process at Rouge Valley Ajax and Pickering hospital (RVAP) and Rouge Valley Centenary hospital (RVC).

Launched on April 17th at RVAP and April 18th at RVC the new SmarTrack system provides information about, and the location, of surgical patients on large television screens strategically located throughout a number of different hospital departments and public areas. Using colour coding and other visual aids, a quick glance allows a viewer to see how a patient is progressing from admission, to surgery, to recovery.

Hospital supporters and staff agree that family members will enjoy having immediate access to information about their loved ones.

"This system will be invaluable to our visitors, as well as for our frontline staff and physicians," says Renate Ilse, Program Director of Surgery, Endoscopy and Central Processing. "Rouge Valley knows that helping reduce any stress that friends and family feel while waiting for surgery to be completed will make a big difference. Plus, the staff and volunteers are also looking forward to using this system. Charge Nurses Olivia Young and Jean Jones as well as OR Systems Support Analyst Theresa Albani have worked tirelessly to implement this software and equipment that will improve the way we communicate with family members as well as ourselves. Rouge Valley's surgeons have also been very supportive from the start. It is a concrete way in which we are continuing to embrace Lean thinking at Rouge Valley; SmarTrack will help us to efficiently manage our resources, reduce bottlenecks and maximize OR time, all the while being the best at what we do."



Sharon MacRae, a staff member at RVC, hands in a completed Cash Cow lottery signup sheet to Jennifer Collins, right, of the RVHS Foundation who is the coordinator of the lottery

Begun in 2007, the Cash Cow Lottery is a monthly draw run by the RVHS Foundation; only people, such as staff, physicians and volunteers, with a valid Rouge Valley ID badge are eligible to play. It is a fun way for them to give back to their hospital, plus getting the chance to win some serious "mooolah"!

Some facts about the Cash Cow Lottery:

- In April 2012, the lottery will hold its 52nd draw
- Currently 330 people are participating in the lottery
- More than \$125,000 in cash has been awarded
- More than 1,100 people have won prizes
- Since its creation, the Cash Cow Lottery has raised more than \$90,000 (net) to support RVHS

Special Feature



2013 HYUNDAI SANTA FE SETS NEW STANDARD FOR CUV TECHNOLOGY, STYLE, AND VALUE

VANCOUVER, British Columbia (April 4, 2012) – Hyundai Auto Canada Corp. recently introduced the all-new 5-passenger 2013 Santa Fe in a Canadian debut during a small press conference at the Vancouver International Auto Show. The Canadian unveiling was held in conjunction with the global debut of not only the 5-passenger model, but also a three-row 7-passenger long wheelbase version at the New York International Auto Show. The third generation of Hyundai's popular Crossover Utility Vehicle (CUV) boasts an evolution of Hyundai's now signature "Fluidic Sculpture" design language. Under the elegant sheet metal lies a range of well-engineered technologies, premium features, and all the versatility expected of a CUV. Put together, these elements represent a new standard for the segment.

The expansion of the Santa Fe lineup to offer both a 5-passenger and 7-passenger version allows Hyundai to better tailor the vehicle to a wider range of potential customers. The 5-passenger Santa Fe will go on-sale in later summer, with the larger 7-passenger model following in early 2013. Santa Fe is one of Hyundai's most successful nameplates, with cumulative sales of approximately 2.6 million units worldwide and in excess of 170,000 in Canada.

HIGHLIGHTS FOR 2013

SANTA FE

Bold new "Fluidic Sculpture" design language



Intended to channel the strong, dynamic images created by nature

All four-cylinder engine lineup for the 5-passenger Santa Fe

Theta II 2.4-litre Gasoline Direct Injection (GDI) engine

190 horsepower (estimated) with improved fuel economy and acceleration

High-output Theta II 2.0-litre turbocharged GDI engine

264 horsepower (estimated) with excellent fuel economy and performance

New Lambda II 3.3-litre GDI V6 for the 7-passenger Santa Fe

290 horsepower (estimated)

In-house 6-speed automatic transmission with SHIFTRONIC® manual mode

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Sportsnet World is Home to Cricket's Biggest Stars with IPL 2012

Sportsnet World brings home all the heroes, rivalries and action from the IPL, all in HD Sportsnet to deliver every IPL game in 2012 season, capping off with the Championship Final on May 27

TORONTO, ON – Sportsnet World steps up to deliver 'wicket' coverage of one of the most highly anticipated cricket tournaments on the calendar – Indian Premier League presented by CIBC. Sportsnet World, the premier destination for cricket fans, is home to IPL 2012 group stage matches and playoffs – featuring the most talented players in the world, led by Ravindra Jadeja and Chris Gayle.

Coverage began on Thursday, April 5 as the Delhi Daredevils host the Kolkata Knight Riders at 10:30 a.m. ET / 7:30 a.m. PT on Sportsnet World. The heated two-month tournament culminates with the Championship Final on



Sunday, May 27 at 10 p.m. ET / 7 p.m. PT (tape delay) on Sportsnet World.



In addition to IPL, Sportsnet World is also the home to the International Cricket Council's biggest events, continuing Sportsnet's four-year multiplatform agreement with ESPN STAR Sports, signed last year. The exclusive Canadian media agreement includes eight major international tournaments on Sportsnet World, leading up to the world's premiere cricket event – the ICC Cricket World Cup 2015.

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For the full Indian Premier League 2012 broadcast schedule on Sportsnet, Sportsnet World, sportsnet.ca and OMNI, please click on the link below and open the file:

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Recent Event



“The Fabulous 50 Ball” Raised Over \$500,000 For Markham Stouffville Hospital’s Expansion

Markham, ON (April 14, 2012) – Erin Davis, morning show host on CHFI radio, emceed Markham Stouffville Hospital Foundation’s annual gala, The Fabulous 50 Ball at the Hilton Suites yesterday. The event raised over \$500,000 towards the hospital’s expansion campaign. This is the largest fundraising event in the Markham, Stouffville, and Unionville areas and over 850 guests attended including local politicians, community leaders, and philanthropists.

Guests were brought back to the 1950s as they were entertained by The Fabulous 50’s Dancers, featuring performers from So You Think You Can Dance Canada. The number 50 itself holds significance to Markham Stouffville Hospital as the foundation continues to work towards raising \$50 million to support the hospital’s expansion for its growing community. The expansion will double the existing space, increase the number of inpatient beds and operating rooms, expand the emergency department and outpatient clinics, and increase capacity for diagnostic test-

ing.

“Many guests at the gala have made a long-time commitment to this event and to Markham Stouffville Hospital, and we are truly honoured by their loyalty and unwavering support,” said Suzette Strong, CEO of Markham Stouffville Hospital Foundation. “Our annual signature event raised over half a million dollars this year, demonstrating the community’s commitment to investing in the future of our hospital.”

The Fabulous 50 Ball was generously sponsored by several local businesses, including Don Valley North Lexus, who donated a brand new 2012 Lexus CT200h for the gala’s raffle. The raffle alone raised close to \$35,000. Corporate sponsors also extended their generosity by donating to the gala’s exciting live and silent auctions. This year’s auctions featured a once in a lifetime opportunity to attend the limited edition Bremont Victory watch launch party aboard the historic 18th century HMS Victory warship in Portsmouth, England.

“Markham Stouffville Hospital

Foundation’s annual gala is a wonderful way to celebrate our supporters’ philanthropy and leadership,” said Janet Beed, President and CEO of Markham Stouffville Hospital. “With their help we are continuing to make remarkable progress on our new building and look forward to serving patients in our new space early in March of 2013.”

The Fabulous 50 Ball was supported by a number of dedicated volunteers, including gala chair, Carol Wildgoose, who has donated her expertise and leadership for the past seven years to make this event a huge success.

About Markham Stouffville Hospital Foundation

Markham Stouffville Hospital Foundation exists to provide financial support as the hospital fulfils its mandate of providing compassionate, patient-centered 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 us at <http://www.msh.on.ca/foundations/msh>



Erin Davis, co-host of 98.1 CHFI’s Morning Show, on stage as emcee at Markham Stouffville Hospital Foundation’s Fabulous 50 Ball.



The evening presenting sponsor, The Village Grocer, receives plaque in recognition of their support of Markham Stouffville Hospital.

Left to Right: Janet Beed, President and CEO of Markham Stouffville Hospital; Evan MacDonald, Owner of The Village Grocer; Cathy Macdonald, Owner of The Village Grocer; Mark Lievonen, Chair of Markham Stouffville Hospital Foundation; Suzette Strong, CEO of Markham Stouffville Hospital Foundation.



Left to Right: Deborah Jestin; Warren Jestin, Chair, Markham Stouffville Hospital Board; Dr. Helena Jaczek, MPP Oak Ridges-Markham; Mayor Frank Scarpitti, Town of Markham and Co-Chair, Markham Stouffville Hospital Expansion Campaign; Nancy Scarpitti; Peter Mason, Co-Chair, Markham Stouffville Hospital Expansion Campaign; Dorothy Mason.



Left to Right: Adrien Coletta drives home a brand new Lexus CT200h generously donated by Don Valley North Lexus.

Left to Right: Amin Tejani, Vice-President, Dealership Operations; Adrien Coletta, Winner of Lexus CT200h; Octavio Dacosta, National Manager, Lexus Canada.



The Fabulous 50’s Dancers featuring performers from So You Think You Can Dance Canada

Photo Journal



CANADIAN PRIME MINISTER RIGHT HONOURABLE STEPHEN HARPER'S SOME OF THE VISITS DURING APRIL 2012



PRIME MINISTER STEPHEN HARPER WATCHES A CULTURAL PERFORMANCE DURING A VAISAKHI CELEBRATION ON PARLIAMENT HILL



PRIME MINISTER STEPHEN HARPER MEETS WITH HIS HOLINESS THE DALAI LAMA



PRIME MINISTER STEPHEN HARPER, ACCOMPANIED BY CANADIAN HOLOCAUST SURVIVORS, ARRIVES AT THE CANADIAN WAR MUSEUM FOR THE 2012 NATIONAL HOLOCAUST REMEMBRANCE CEREMONY



PRIME MINISTER STEPHEN HARPER MEETS WITH KAMLA PERSAD-BISSESSAR, PRIME MINISTER OF TRINIDAD AND TOBAGO, AT THE SUMMIT OF THE AMERICAS



PRIME MINISTER STEPHEN HARPER LIGHTS THE FIRST CANDLE ON THE YAD VASHEM MENORAH IN HONOUR OF THE JEWISH VICTIMS AND CANADIAN SURVIVORS OF THE HOLOCAUST DURING THE 2012 NATIONAL HOLOCAUST REMEMBRANCE CEREMONY AT THE CANADIAN WAR MUSEUM



PRIME MINISTER STEPHEN HARPER ARRIVES FOR THE START OF THE SUMMIT OF THE AMERICAS



PRIME MINISTER STEPHEN HARPER RECEIVES A BOUQUET OF DAFFODILS FROM COLE NEVILLE AND ALYSSA SHOULDICE TO MARK THE BEGINNING OF THE CANADIAN CANCER SOCIETY'S DAFFODIL CAMPAIGN FOR 2012



The Scarborough Hospital

TSH celebrates Asian Heritage Month!

May has been designated Asian Heritage Month by the Government of Canada. This month offers all Canadians an opportunity to learn more about the history of Asian Canadians and to celebrate their contributions to the growth and prosperity of Canada.

The Scarborough Hospital is proud to serve Canada's most diverse community and of the contributions our Asian Canadian staff, physicians, volunteers make to the organization.

A number of events have been planned this month to recognize and celebrate the rich cultural heritage of our staff and community from East, Southern, Western and Southeast Asia.

These celebrations will include:

- ▶ A special event at the Birchmount campus on May 22 featuring presentations from Asian Canadian staff and physicians, as well as Senator Vivienne Poy – the first Canadian of Asian descent to be appointed to the Senate of Canada.
- ▶ Displays from local community groups.
- ▶ The opening of TSH's new Global Community Resource Centre at the General campus, which will assist patients and families from every culture and ethnicity in navigating the many healthcare options available to them throughout Scarborough and beyond.
- ▶ A display with staff stories focusing on how their Asian Canadian heritage impacts their perspective on health.



TSH Foundation Community Development Coordinator Krishni Loganathan is one of the staff members whose story will be featured during a special display during Asian heritage month.

Chinese delegation impressed with TSH's focus on quality of patient care



Meeting with TSH staff are Chinese representatives Professor Tian Huiguang, Vice-Chairman of Tianjin Committee of Political Consultative Conference and Deputy Director of Tianjin Public Health Bureau; Peng Lin, President of Tianjin's Children's Hospital; Xiao Yanyu, Vice-Section Chief of Tianjin Public Health Bureau; Zhang Fuxia, Division Director of Tianjin Public Health Bureau; and Li Zhixiong, Director of Tianjin Hebei District Public Health Bureau.

Healthcare professionals who visited The Scarborough Hospital from Tianjin, China were so impressed with the hospital's programs, services and outreach initiatives with the Chinese community that they are interested in exploring a potential future partnership.

"We know The Scarborough Hospital is very good, so we wanted to visit and get to know your services," said Professor Tian Huiguang, Vice-Chairman of Tianjin Committee of Political Consultative Conference and Deputy Director of Tianjin Public Health Bureau.

She added that her Chinese contacts advised her that TSH was the best hospital to visit in Toronto, with fantastic clinical learning opportunities.

Throughout the tour, which included meetings with the hospital's Maternal Newborn and Childcare Program, Nutrition and Food Services and Diversity, Equity and Stakeholder Outreach departments, the group was delighted with the innovation and quality of patient care they observed.

"Many people from our city come to Scarborough," Professor Huiguang. "We even saw a patient today who is from Tianjin, and he told us

that he was very satisfied with The Scarborough Hospital."

The patient was Tim Liu, who moved from China to Scarborough 11 years ago, and is currently recovering from kidney surgery. He described the care he received from hospital staff and physicians as "perfect," and added that he and his family have always been happy with the services at TSH.

The group also met with Waheeda Rahman, Director of Diversity, Equity and Stakeholder Outreach at TSH, to discuss how the hospital responds to the health concerns of its global community and continually enhances services and community outreach.

They were impressed with the initiatives developed for the Chinese community including the interpretation program, Chinese patient menu and outreach programs that connect our many Chinese patients with the healthcare services they need.

"We were thrilled at the opportunity to discuss our hospital services and programs with the Chinese delegation," says Waheeda. "TSH is committed to providing services that support our global community, and we are always happy to share how we are enhancing care for our patients."

Volunteer recalls 'shoebox days' after 50 years of service at TSH



Noreen Ballantyne has seen it all at The Scarborough Hospital, beginning her volunteer career at TSH five years after the hospital opened. Last month, Noreen received her 50 Years of Service Award for outstanding volunteer work.

Noreen Ballantyne jokes that she's been with The Scarborough Hospital so long that she was built in with the bricks. On April 16, Noreen received her 50 Years of Service award for outstanding volunteer work at the hospital since 1962.

The award was presented at a special dinner to kick-off national Volunteer Week which ran from April 15 to 21, and to celebrate and recognize the kindness, compassion, hard work and dedication of all the volunteers at TSH.

"When I first started, I sat at the front desk and greeted visitors as they came in," remembers Noreen. "There was just a circular driveway off Lawrence at that time, and we kept all the patients' names in a shoebox at the desk."

Much has changed at the hospital since those "shoebox" days, but what remains strong is Noreen's dedication to the hospital, the patients and her passion for volunteerism.

Throughout the years, she has worked in many different areas including the Emergency Department. Here, she enjoyed keeping patients company while they waited to see a clinician. She would also assist with minor clinical procedures and ensure the nurses had the equipment they needed, even if she had to run to another department to find it.

"I remember one day a boy, who was about the same age as my son, came in with an axe wound in his knee," says Noreen. "I just about fainted, so from that moment, I started working in admitting."

In admitting, she escorted patients from Patient Registration to the lab when they needed blood work. If they required further treatment, she would walk them from the lab to the appropriate area in the hospital so they would not become lost. She has also been a member of the Auxiliary and sat on the Board of Governors from 1972 to 1979.

"I also worked the meals assist program in the Crockford wing when it was an area for long-term care patients," recalls Noreen. "I worked with a lot of newcomers to Canada who also volunteered there. It was a marvellous program."

Noreen now spends one day a week at the Diabetes Clinic providing administrative support to the staff. She is also available to work extra hours to support special projects such as selling tickets for the annual Charity Car Raffle. She doesn't think she'll stop any time soon.

"It's been wonderful," she says. "I know it sounds cliché, but I really do get more out of it than what I give."

This year's theme for the annual volunteer recognition dinner, 'Celebrating Our Everyday Superheroes,' illustrates the valuable services provided by all the volunteers at TSH as they continually soar above and beyond to inspire hope, enhance care and improve quality of life for our patients.

A few volunteer contributions over the past years have included:

- A \$1 million donation to The Scarborough Hospital Foundation from the Birchmount campus Gift Shop
- More than \$200,000 to support the hospital's MRI campaign
- A constant supply of baby outfits and blankets for both Gift Shops
- Bonnets and nighties for newborns, preemies and stillborns

"Volunteers at this hospital are truly special people," says Debbie Vandenberg, Manager of Volunteer Services at TSH. "They work tirelessly to support so many facets of the hospital, and we are so grateful for their hard work and dedication."



The Scarborough Hospital

TSH Chief Nursing Executive appointed President of Registered Nurses' Association of Ontario

SCARBOROUGH (April 27, 2012) – Rhonda Seidman-Carlson, Vice President of Interprofessional Practice and Chief Nursing Executive at The Scarborough Hospital, will be officially appointed President of the Registered Nurses' Association of Ontario (RNAO) at the organization's Annual General Meeting.

Rhonda, who has been with TSH for the past three years, will lead the RNAO as it advocates for healthy public policy, excellence in nursing practices, increased nurses' contribution to shaping the healthcare system, and influencing decisions that affect nurses and the public they serve.

"I am honoured to be assuming this new role, and I look forward to working with the RNAO and our members throughout the coming year,"

says Rhonda. "Ontario is facing a transformative year in healthcare, and we will be working closely with policy makers to give Registered Nurses a strong voice."

During her career, Rhonda has held numerous leadership and clinical positions in Acute Care, Complex Continuing Care, Rehabilitation and Long Term Care.

She holds a Diploma in Nursing from Vanier College (Montreal), a BA Community Nursing from Concordia University (Montreal) and a Masters of Nursing from the University of Toronto. She also holds a family therapy diploma from the Jewish General Hospital Institute of Family and Community Psychiatry. Rhonda has been a member of RNAO since moving to Ontario from Quebec in 1992.

She says membership in RNAO has provided her with opportunities to learn about nursing and health care in Ontario and helped her to develop an excellent network of nursing colleagues. Rhonda has been the Chair of the CNSIG, Editor of Perspectives (the Journal of the GNA) and an RNAO Board representative for Region 8 since 2006.

Rhonda Seidman-Carlson



Discharge calls show overwhelmingly positive patient experience

Follow-up calls made to surgery patients after they had been discharged from The Scarborough Hospital show they had an extremely positive experience with their care.

Between November 2011 and February 2012, 256 patients were interviewed from the inpatient and same day surgery units at the Birchmount campus, and the Surgery and Acute Surgery units at the General campus.

Of these calls, 94 per cent of patients said they would recommend TSH to friends or family. Even more encouraging, 100 per cent of respondents rated their experience as "good" or "very good."

"Evidence has shown that discharge calling increases patient satisfaction, picks up on any gaps in the discharge plans, and helps to identify the need for possible follow-up visits," explains Rhonda Seidman-Carlson, Vice President, Interprofessional Practice and Chief Nursing Executive at TSH.

"Our discharge calling project is part of a number of important initiatives we are introducing at The Scarborough Hospital to help us deliver on our 'I-CARE' values of Integrity, Compassion, Accountability, Respect and Excellence. In addition to

discharge calling, staff will be working in collaborative interprofessional teams to conduct face-to-face patient reporting, hourly patient rounds and safety huddles."

TSH's Mental Health program has also been conducting discharge calls to people who present to the Emergency Department (ED) with a mental health or substance use problem and are assessed, treated and discharged from the ED.

"The follow-up calls ensure that each person has the support and care they need in the community so that they do not need to return to ED. It's part of providing the right care in the right place at the right time and to avoid unnecessary repeat ED visits," said Susan Engels, Patient Care Director for the Mental Health and Emergency programs at TSH.

"The Mental Health program is collecting data on the percentage of persons who receive a follow-up call, as well as the percentage of patients who return to ED within 30 days of the original visit. The results will help us refine the follow-up call process and improve the patient care experience," adds Susan.

In the months to come, TSH plans to conduct discharge calling on most, if not all, of its clinical units.



Staff from the 4 East Surgical Unit at the General campus celebrate the outstanding results from post-discharge follow-up calling project. Left to right: Kathina Mintsopoulos, Kristine Smolsky, Maureen Barclay, Mary George, Kalaivani Ranjan, Jema Sylvio and Danny Kuzmanovski.

Patient gives thumbs up for quality of care after back surgery

They say the proof is in the pudding, and recent data from a patient satisfaction survey report confirms that the pudding on the Surgical Orthopaedic Unit at The Scarborough Hospital is very good.

CP3 has consistently demonstrated excellent patient satisfaction scores over the past four quarters. The quality of care is outstanding, and the hard work and dedication of the staff and physicians are reflected in the kind words of many patients.

"Simply put, your team of nurses in the orthopaedic wing is outstanding," Jesus (Suso) Rodriguez wrote in a letter to Christian Buendia, Patient Care Manager of CP3. "You should be very proud to have this wonderful team on your staff, and I know from experience that your patients are very fortunate to have these people looking out for them while they recover."

Suso first arrived at TSH for back surgery in February and remained in the hospital for 10 days. During his stay, he and his wife were delighted with the remarkable care he received from the attending physician, Dr. Michael Chapman, and several nurses. He returned in March, and was again extremely impressed with the "tremendous" care he received.

"Nurses on other shifts even remembered us and went out of their way to say hello," added Liz Rodriguez,



Patient Suso Rodriguez gives a thumbs up for the quality of care he received after back surgery and 10 days of post-operative care at the General campus.

Suso's wife who also had a wonderful experience at TSH when she gave birth to their son in 1989. "They are lovely, lovely people."

Elaine Beverley from Oshawa certainly agrees.

Laid up from knee surgery, Elaine greatly appreciated the "caring, compassion and quality professionalism" she

received from Dr. Jim Rathburn and the staff on CP3.

"My experience from your hospital was wonderful from start to finish," said Elaine. "Dr. Rathburn performed a great knee replacement and the aftercare of your Orthopaedic ward was exemplary."

Elaine added that the nurses were very diligent in their care and it was quite evident they considered their work a vocation and not just a job.

"I can't say enough about the care I received while being ministered to by these nurses, and even your student nurses were very caring and kind," said Elaine. "Thank you for making my hospital stay so effortless and comforting."

These are just a few examples of the remarkable service provided by staff on CP3 and a testament to their consistent excellence in patient satisfaction scores.

"We are very proud of the work we do here in CP3," says Christian. "Often, sustaining positive results related to delivering quality patient-focused care is more challenging than achieving them in the first place."

He adds the fact that the interdisciplinary team in CP3 achieves and sustains this level of outstanding care delivery to their patients each and every day year-round is truly a remarkable achievement and is worth celebrating.



The Scarborough Hospital

National statistics prove TSH tops Toronto hospitals for quality of patient care

The Scarborough Hospital topped all other Toronto hospitals in our quality of patient care, according to data released by the Canadian Institute for Health Information (CIHI).

CIHI's Canadian Hospital Reporting Project measures the performance of 600 acute care hospitals across Canada in 30 clinical and financial areas. TSH ranked number one in Toronto, exceeding the national average on 16 out of 21 of clinical indicators.

"These successes are just further evidence of how far we have come as an organization, and how our efforts to improve patient safety and quality of care are paying off," says Dr. John Wright, TSH President and CEO. "These results build upon other recent successes, such as our Hospital Standardized Mortality Ratio, which is now the best in Toronto."

TSH's rate for Vaginal Birth After Caesarean Section (VBAC) is the best in the GTA, by a considerable margin.

As with any surgical procedure, there are risks associated with c-sections. Part of the safety comes with knowing there is in-house anesthesia and pediatrics, which means the hospital can offer a c-section at any time if needed after a period of labour.

There is also a strong emphasis on multi-disciplinary practice.

"We place high value on empowering family doctors, midwives and doulas to continue through labour with patients even if they had a previous c-section," explains Dr. Georgina Wilcock, Chief of Obstetrics at TSH.

TSH's dedicated stroke unit is the strongest factor contributing to the lowest mortality rate in the GTA for stroke patients within 30 days of admission to the hospital.



"The best action we can take is to move patients to the dedicated stroke unit where health professionals are familiar with strokes and the medical complications of stroke," says Dr. Neal Parekh, Head, Division of Neurology for The Scarborough Hospital. "Having this expertise in one location is what sets our hospital apart and allows us to provide the best care for our patients."

The exceptional nursing staff at TSH has helped the hospital achieve one of the lowest

rates of nursing-sensitive adverse events for surgical and medical patients.

"We place a strong focus on wounds and falls with formal committees, processes and tracking of falls and wound indicators on all scorecards," says Rhonda Seidman-Carlson, Vice President, Interprofessional Practice and Chief Nursing Executive for TSH. "Our daily bullet rounds are starting to include these safety measures, and we have wound champions in all clinical areas."

TSH staff share knowledge, experience to help victims of sexual violence in Kenya

Two members of The Scarborough Hospital's Sexual Assault and Domestic Violence Care Centre (SA/DVCC) recently returned from working with Ripples International in Kenya, where they volunteered their time assisting in the development of tools and policies for victims of sexual assault who access services through the organization's paediatric hospital.

Social Worker Lahoma Thomas and Tanja Futter RN spent up to three weeks in Meru, located on the northeast slopes of Mount Kenya, sharing their knowledge and experiences in medical care and counselling victims of sexual and gender-based violence.

"Sexual violence happens in every country. It just may not be talked about as openly in Kenya as it is in Canada," explains Tanja, who facilitated a five-day training program on documentation and medical management of sexual assault cases in accordance with the National Guidelines for Management of Sexual Violence in Kenya. "Judy Waldman from Toronto Sick Children's Hospital and I were training with eight nurses on several fronts, from documentation to identifying injuries and forensic management."

This is a return visit to East Africa for both Tanja and Lahoma, who worked with ten social workers and counsellors, sharing several therapeutic models she uses in her own practice.

"Counselling in Kenya is very culture-specific," Lahoma explains. "If you look at the counselling models we use here, we wouldn't necessarily see those models reflected in Kenya. But that's not to say counselling isn't being done in Kenya or

that it's not effective.

"My work was more of a knowledge transfer, sharing practices that I use here. The counsellors I worked with are experts in their fields, and their experiences are very different from my own. We talked about the importance of our work, how it affects us personally, how committed we are to our work and how we want to see our communities change for the better."

Both Tanja and Lahoma agree that people who dedicate their lives working around issues of sexual violence are few and far between.

"So when you get into a space with other individuals committed to this kind of work, it's very validating, rejuvenating in terms of your own professional identity," says Tanja, who adds that the experience offered a "renewed commitment to doing this work, and realizing that sexual violence is something that affects every place in the world, and that we're not doing this work alone."

"Sometimes, it can feel like a very small field with not many people working in it, but people in every country are working towards providing these services to sexual violence victims. It is wonderful knowing there are people everywhere in the world who are passionate about this work."

Lahoma echoed Tanja's point, adding, "It's not just about us going there and doing training. It's about working in the community with colleagues who have been doing this work already, and sharing best practices and knowledge."

While both women volunteered their time, some of their travel expenses were covered by SA/DVCC.



Lahoma Thomas, a Social Worker with the Sexual Assault and Domestic Violence Care Centre, facilitates a discussion on therapeutic intervention with Kenyan social workers and counsellors in Meru

"Revenues earned through sales of our popular My Courtprep Guide were used to help defray part of the travel costs," explains Shirley Broekstra, Patient Care Manager with SA/DVCC. "The website www.courtprep.ca and complimentary booklet were developed five years ago with students from L'Amoreaux Collegiate Institute and provides essential information for youth who are preparing to testify in court. "I think it's rather fitting that those students and faculty who put their time into developing the website are paying it forward and helping sexual violence victims halfway around the world."



Partnership in Nephrology will lead to enhanced care for patients with Chronic Kidney Disease

As a nursing student in the United Kingdom, Clint Gunn was inspired to pursue the multi-faceted field of Nephrology, and from overseas, he set his sights on the internationally recognized program at The Scarborough Hospital.

Fast forward several years. Clint joined the TSH team in 2011, and demonstrates continued excellence in his role as Clinical Resource Leader. So much so that when Peterborough Regional Health Centre (PRHC) approached TSH to discuss a unique partnership opportunity in nephrology and hemodialysis, he was the prime candidate.

"We welcome this chance to share our expertise and invest in the professional development of our staff," says Ethel Doyle, Patient Care Director at TSH. "We chose to send Clint because, in addition to his outstanding clinical knowledge and remarkable leadership skills, he exemplifies the values of our organization."

She adds that TSH has a well-established regional renal program and staff is often requested to provide support to peer hospitals and share best practices among colleagues. Clint's six-month secondment began April 2 and runs until September.

PRHC's regional renal program has been growing since its inception a decade ago, and is at an ideal stage to re-energize and redesign its structure.

"As a hospital and as a regional program, we stand to benefit from Clint's experience and expertise. We are also interested in finding out how this type of role would work within our organization," says Jayne White, Chief Practice Officer and Chief Nursing Executive at PRHC.

"This is an excellent example of collaboration across our LHIN and a mutually beneficial arrangement. At PRHC, Clint will be exposed to a new work environment, community and staff."

During his time at PRHC, Clint hopes to focus on core competencies in interprofessional education and collaborative practice including shared decision-making, appreciating differences and willingness to share power, which takes a bottom-up approach to leadership and empowers staff to take ownership.

Clint brings more than 14 years of experience to the field of nephrology, and throughout his career, he has gathered many unique qualities in terms of understanding and managing the challenges that can arise within professional practice. He has also shared his expertise internationally on behalf of the Registered Nurses Association of Ontario (RNAO) in regards to healthcare transformation.

His expertise as a mentor, educator and facilitator, coupled with extensive knowledge in promoting clinical excellence and reciprocal understanding of roles, is the foundation for his work at PRHC.

"My approach to coaching is to build on current achievements and establish the confidence and skills for staff to move forward together," says Clint.

He adds that TSH has a very progressive nephrology program due in large part to its strong leadership team. Being a part of that team has helped him improve and grow his own professional practice, which he continues to share with others in the field.

"Although we have much need for Clint within our program, we are honoured to share his knowledge, leadership and accomplishments across the Central East LHIN," says Ethel. "And I am certain that Clint will also benefit from the experience and exposure in Peterborough. It is this collaborative approach to such initiatives that makes all of us successful."

She adds there is a lot of talent at TSH and is happy to report that in Clint's absence, his responsibilities will be managed from within the organization by Jocelyn Faigal, an RN who comes to this leadership opportunity from the Chronic Kidney Disease Clinic.

Lahoma Thomas, a Social Worker with the Sexual Assault and Domestic Violence Care Centre, facilitates a discussion on therapeutic intervention with Kenyan social workers and counsellors in Meru.

Law & Order



PROSPECTIVE DISOBEDIENCE OF EMPLOYEES MAY NOT BE SUFFICIENT CAUSE TO JUSTIFY TERMINATION WITHOUT NOTICE

James Chester & Josephine Chester
Chesters Law Office – *Litigation Lawyers*

WHEN AN EMPLOYER ALLEGES 'CAUSE' TO END THE RELATIONSHIP, IT IS, AS SOME OTHER JUDGES HAVE SAID, LIKE CAPITAL PUNISHMENT IN THE EMPLOYMENT WORLD.

- Justice Flynn, Superior Court of Justice

Forty six year old Janet Williamson worked for over 13 years for the Ritz Lutheran Villa, a continuing care and retirement community in Ontario. Williamson maintained an excellent employment record. She was responsible for all activities of daily living for several assigned residents in the facility and she assisted other staff with the care of other residents. As a full-time employee, she worked 75 hours every two weeks (37.5 hours per week on average) and was paid overtime whenever she hit 88 hours in that two week pay period. She did not have any disciplinary problems. In fact, her employment file contained not one black mark.

Around October 2008, Williamson decided to take a vacation to accompany and assist an 87-year-old female resident on a cruise. The female resident was a frequent traveller and she was one of the residents to which Williamson was assigned to care. The 87-year-old female resident wanted to go on one last trip and so she booked a 12 day Mediterranean cruise. She paid for Williamson's trip. Williamson's employer, the Ritz Lutheran Villa, knew that she was accompanying one of their residents.

Williamson asked her employer for two weeks leave



so that she could assist the resident. Her vacation request was approved. However, four days prior to her trip, Williamson's employer warned her that she breached the Villa's policy of not accepting gifts from its residents. Despite the fact that she offered to pay for her own ticket to keep her job, Williamson was told that it would be a conflict of interest and a "crossing over of the caregiver-client relationship" for her to accompany the resident. Her employer maintained its position that if Williamson went on the trip, her employment would be terminated. The company had only one resolution for her: "don't go on the trip and keep your job or go on the trip and be terminated."

Williamson decided to go ahead and accompany the resident on the cruise. She was then terminated

through a registered letter sent to her address prior to her cruise. Upon returning from her cruise, she sued her employer at the Ontario Superior Court for wrongful dismissal. The Ritz Lutheran Villa argued that Williamson was terminated for cause.

What is termination for cause? 'Cause' means reason. Generally, an employer is entitled to terminate an employee's employment whenever, or for whatever reason it chooses, provided the employer is not acting in breach of contract. If the employer does not have a 'cause' to terminate, then the employee is entitled to compensation in the form of pay for the notice period. In contrast, where there is 'cause', employers need not compensate the employee. However, there are several exceptions to this general rule.

In the Williamson's case, Justice Flynn said that there are many reasons why an employment relationship can come to an end. But when an employer alleges 'cause' to end the relationship, it is, as some other judges have said, like capital punishment in the employment world.

Justice Flynn decided that Williamson was wrongfully dismissed by her employer. The ultimatum given by Williamson's employer that if Williamson went on the trip she would be fired, was found to be unreasonable. The judge decided that Williamson was suddenly dismissed by her employer without cause or notice and consequently, she was entitled to ten months of notice pay. Williamson's prospective disobedience was found not to be sufficient cause to justify her termination without notice.



CHESTERS LAW OFFICE

Barristers & Solicitors

LITIGATION LAWYERS

Both lawyers speak English, French, Tamil & Malayalam

சுயிழ் வழக்கறிஞர்கள்



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Recent Event



CanTYD Fundraiser Dinner Recognizes 15 years of Community Service

On March 31, the Canadian Tamil Youth Development Centre (CanTYD) hosted its inaugural Tribute to Passion Fundraiser Dinner & Dance. Its aim was to recognize CanTYD's 15 years of active involvement with youth in the Tamil-Canadian community, and acknowledge the organization's goals moving forward.

Hosted at La Gondola Banquet Hall in Vaughan, the evening brought together CanTYD youth, staff, volunteers, and donors, both past and present. The reception began at 6 pm and was followed by the Tribute to Passion programme at 7:30 pm.

The evening was emceed by Keerthana Kamalavasan, a dedicated volunteer with CanTYD. To begin the evening, Thiva Paramsothy, Chair of CanTYD's Board of Directors, addressed the guests with a rousing speech about CanTYD's many years of active community involvement, and emphasized the importance of community service and youth empowerment.

Subsequently, CanTYD's 16 dedicated staff and board members were called on stage to acknowledge their contributions. Sri-Guggan Sri-Skandarajah, a founding member of CanTYD, was recognized with the "Life of Passion Award" for his many years of dedicated service.

The fundraiser dinner showcased several dance and drama performances by talented youth and volunteers. Anoshinie Muhundarajah, a dance choreographer and CanTYD volunteer, delighted the crowd with a stunning fusion dance spectacle. Later, Kubes Navaratnam graced the stage to relate his experience as a role model mentoring Tamil-Canadian youth as a part of CanTYD's mentorship program.

Guests also took part in a contest to come up with a new slogan for CanTYD. A silent auction of various artwork was held as a fundraising drive for the organization. Finally, CanTYD's Medai Konal team capped the night with a comedic drama about the importance of compassion and open dialogue between youth and their parents.

The board and staff of CanTYD wish to thank all those who attended the fundraiser dinner in support of the organization. CanTYD would also like to express its gratitude to Sunflowers Furniture, Bank of Montreal, CSON Cars, SSBYS Consulting, and Remax for their generous sponsorship.

About CanTYD:

CanTYD is a non-profit organization dedicated to youth empowerment in the Tamil-Canadian community. In 1998, 17 university students and graduates came together to empower youth to become successful, contributing citizens of Canadian society. CanTYD has since evolved to an active community organization of 8 staff, 150 volunteers, 500 young participants, outreach in 5 high schools, and has made a difference in the lives of many youth across the GTA.

CanTYD has received numerous accolades for its active community work, including the Healthy Vibrant Communities Award from the Ontario Trillium Foundation and the Certificate of Appreciation from the City of Toronto.

CanTYD will be hosting its 13th annual Awards of Excellence gala in Fall 2012. The Awards of Excellence gala recognizes Tamil-Canadian high school students who have achieved excellence in academics, athletics, the arts, and community service. As of 2012, CanTYD has awarded over \$100,000 in scholarships.

For more information and to apply, please visit www.cantyd.org.

Senthuran Vettivelupillai

Director of Communications

Canadian Tamil Youth Development Centre (CanTYD)



Photos: Ninaivukal

Cinema World



Teri Meri Kahaani will be a memorable film: **Priyanka Chopra**

Bollywood actress Priyanka Chopra says that her upcoming film "Teri Meri Kahaani", a story of eternal love, will be a memorable movie.

"The movie will be a memorable one. The story takes us through a journey of eternal love between a couple who have vowed to love each other not only in this life but in every life to follow. Their love is so strong that even destiny wants to bring them together," Priyanka said.

The film stars Shahid Kapoor in the lead opposite Priyanka and has been directed by Kunal Kohli.

"The story starts in 1960 Bombay with Govind and Ruksar, then moves ahead to present times, 2012 England with Radha and Krish and then goes back in time to Punjab, 1910 with Aradhana and Javed," said Priyanka, who was here to promote the film.

"It is three different love stories but I enjoyed the 2012 episode the most," she added.

Describing Shahid as a "really good actor", the 29-year-old actress said, "I was playing the real character of 1960s as Ruksar. It was fun to play those parts."

According to director Kunal, the film "is all about love... Thrice upon a love story... Soul mates... The journey of love is something that has always fascinated me and all of us." "The banter between the couple, the chemistry, the first look, the pain and anguish of separation, the fun of the meetings, the dreaminess of love songs, the thrill the hero



The film also stars Prachi Desai and Neha Sharma

gets while flirting with that one person who suddenly is the most important person. The joy, fun, tears and entertainment of our Hindi Cinema is at its peak in our love stories.

"This is exactly the journey that I went through while writing Teri Meri Kahaani and this is exactly the journey I want to take you through," said Kunal. Besides acting in numerous projects, Priyanka is also working



Shahid Kapoor and Priyanka Chopra are back together in Kunal Kohli's Teri Meri Kahaani, where they will be seen in three different avatars over three time spans

on her first pop album. "I am working with some amazing people trying to create Indian pop music. I want everyone who love India to relate to the music.

Answering a question, she said she trained to sing when she was in school. "I trained in western classic."

Priyanka, who won a National award for her role in "Fashion", said that her best performance is yet to come.

"The best performance is yet to come. I am just a normal person thrown into the acting business. My acting school is my career. In every movie, I try to do a little bit more. I try act to the best of my capabilities. I am glad that the audience has given me a place in their heart."

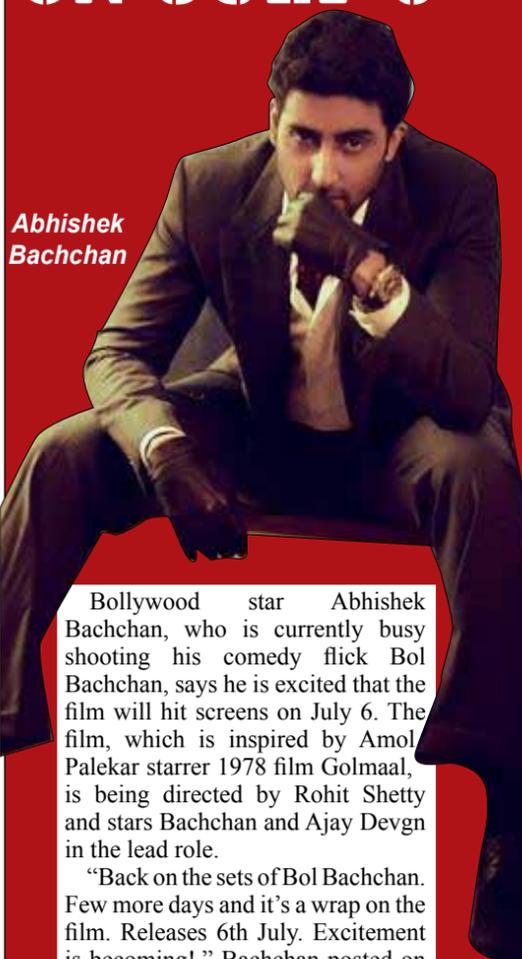
Asked about her favourite playback singers, she said, "I love Sunidhi Chauhan, Shreya Ghoshal and Alisha Chinoy."

Asked whether she had any plans to act in Hollywood movies, she said "I don't want to be a small part of a big movie. I am happy with Bollywood, Telugu, Tamil and Punjabi movies."

"Teri Meri Kahaani" will be in cinemas on June 22, 2012. The film is produced by Sunil Lulla, Vicky Bahri and Kunal Kohli.

- PTI

BOL BACHCHAN TO RELEASE ON JULY 6



Abhishek Bachchan

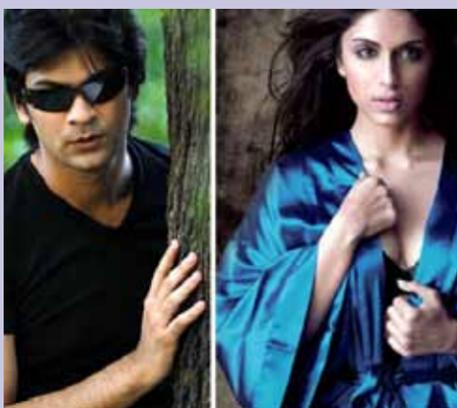
Bollywood star Abhishek Bachchan, who is currently busy shooting his comedy flick Bol Bachchan, says he is excited that the film will hit screens on July 6. The film, which is inspired by Amol Palekar starrer 1978 film Golmaal, is being directed by Rohit Shetty and stars Bachchan and Ajay Devgn in the lead role.

"Back on the sets of Bol Bachchan. Few more days and it's a wrap on the film. Releases 6th July. Excitement is becoming!," Bachchan posted on Twitter. Bachchan, 36, had met with a minor accident last year while shooting for the film in Jaipur last year.

After his stint as an action hero in Players and Game, Bachchan will be back in comedy with Bol Bachchan after three years.

- PTI

Zoa Morani to romance Imran Zahid in Marksheet



Imran Zahid and Zoa Morani

Newbie actress Zoa Morani is all set to star opposite actor Imran Zahid in upcoming film Marksheet, based on the education racket and scams in the country.

Zoa, who made her Bollywood debut with Shah Rukh Khan's production Always Kabhi Kabhi, will play a fashion student in the film to be directed by Rakesh Ranjan Kumar of Gandhi to Hitler fame.

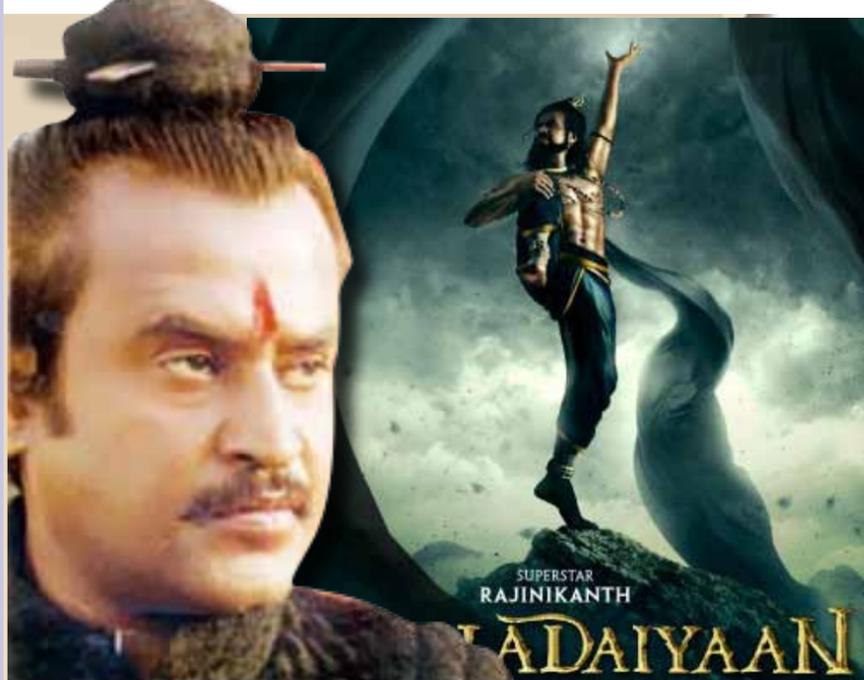
The makers of the film had earlier decided to cast a fresh face opposite Zahid for Marksheet, which is not just an issue based film but would also be a love story.

However, under the creative guidance of filmmaker Mahesh Bhatt, who is also a mentor to Zahid, the makers zeroed in on 23-year-old Zoa who had earlier portrayed a school student in Always Kabhi Kabhi and would fit in the character of a college student, said a source close to the film.

Marksheet, inspired by the story of Ranjit Don who run a racket leaking question papers for nation-wide exams, will mostly be shot around Delhi University while parts of it would be filmed in Bangalore, Mumbai and Kolkata.

- PTI

New Rajinikanth 'Kochadaiyaan' Film To Hit Screen In September



The first phase of shooting of Tamil superstar Rajinikanth's upcoming period film 'Kochadaiyaan' has been completed and the movie is slated to be released in September this year, a Chennai-based production firm said recently.

"The first schedule of shooting at London has been completed and filming in India has commenced," Mediaone Global Entertainment, producing the film, said in a statement.

Bollywood actress Deepika Padukone is the heroine and the music has been scored by double Oscar-winner AR Rahman.

Rajinikanth's daughter Soundarya R Ashwin is directing the movie under the supervision of director-actor KS Ravikumar.

Besides Rajinikanth and Deepika, the cast includes actor R Sarath Kumar, Shobana, Nassar and Bollywood actor Jackie Shroff, the statement said.

Rajiv Menon handles the camera, it said, adding, the film is likely to be released in Telugu, English, Hindi and Japanese.

Rajinikanth's elder daughter Aishwarya made her directorial debut recently with the Tamil film '3' starring her husband and national award winning actor Dhanush and Shruti Hassan, daughter of popular actor Kamal Hassan.

- PTI

Special Feature



ALFRED HITCHCOCK AND THE STATUE OF LIBERTY



Alfred Hitchcock

C. Kamalaharan

I was a great fan of Alfred Hitchcock, the master of suspense, who created sensation through his movies, which maximized anxiety and fear among the audience. Hitchcock was a British film director and producer who had his own distinctive directional style, using his technical expertise to create tension, suspense and fright among the viewers.

Among his movies, the movie *Saboteur*, which I saw as a youth, during its re-release, impressed me a lot, particularly

of starting the fire. In order to escape arrest, Kane became a fugitive and set off in a frantic chase to apprehend Fry and clear his name from the accusation. It was an action packed chase in breakneck speed across the country. Kane chased Fry across the western deserts to New York, where the two men confronted each other at the top of the Statue of Liberty. Fry's desperate flight took him finally on to the torch viewing platform, closely followed by Kane.

Badly cornered with no chance of escape, Fry stepped back as Kane approached him with pistol in hand. Fearing no more space to step backward further, Fry leaned against the railing as Kane approached him much closer. Caught in a tense situation, Fry stumbled, lost his balance and fell over the railing, and as he slipped down, he managed to get hold of the statue's fist, that held the torch. He remained there clinging perilously, wide-eyed and horror-stricken. In a bid to rescue Fry, Kane climbed down gently and with his right hand held to the railing he stretched his left hand in a bid to get hold of Fry's hand. But Fry's grip on the fist slipped and Kane instantly grabbed his jacket's sleeve. Unfortunately the stitches in the sleeve began to tear off and when it completely gave way Fry fell with a loud, dramatic cry while Kane watched him go down, with the empty sleeve in his hand.

The filming of the Statue of Liberty sequences, had the classic Hitchcock touch. He filmed the daring, spine-chilling sequences meticulously and kept the audience to the edge of their seats. The film was released in 1942, at a time when computer graphics and digital cameras were unheard of and technology was not as it is today. The audience was mystified as to how the sequences were shot! Hitchcock used superimposing technology and novel editing while filming the sequences, at different angles, using telephoto lenses to present panoramic and breathtaking views. He used the camera with precision to get minute details. The way he focused the lens to show a vivid close-up of the tearing of jacket's sleeve is one of the many instances to show Hitchcock's versatility as an accomplished cameraman. He used the sound tract subtly, causing panic among the audience who were seen to take cover behind the row of seats in front of them, whenever a gruesome murder

was about to take place. Such was the impact of Hitchcock's movies on the audience.

Had the legendary Hitchcock lived today, he would have brought much more dimensions in cinematography and enthralled the audience with innovative use of the modern technology.



the final episode that was filmed at a height from the Statue of Liberty.

Saboteur was a wartime thriller, in which Robert Cummings starred as Barry Kane, an aircraft employee who was unjustly implicated as the real saboteur in the sabotage that took place in his plant, in the factory. Kane believed that the real culprit was Fry (Llyod) who had handed him a fire extinguisher filled with gasoline, at the plant when the fire broke out, killing his friend, Mason. On investigation it was found that there wasn't anybody by the name Fry, in the list of plant workers and so Barry Kane was wrongly accused





Lifestyles

WORDS OF PEACE

The Journey of Life

If life is a journey, then what is its destination? Maharaji, who has been traveling the world for decades to speak to people about discovering peace and personal fulfillment within themselves, suggests that seeing life as a means to an end denies the joy to be found in every moment. Fulfillment, he says, is not something that has to be earned, but something waiting to be discovered—and not in some future plane of existence, but here and now.

"What journey?" he inquires. "People always find what I have to say very challenging, because what I say goes against the grain. Popular opinion is that, yes, we're all on a journey. Think about it. If we are making a journey, what is it a journey toward?"

"Don't talk to me about an afterlife. If we cannot take advantage of this one, what is the point? What is this existence all about?"

Everybody, Maharaji says, has their

own ideas about what would make them happy.

"We have our dreams, and we work hard to turn those dreams into reality. We think joy is when everything goes our way; pain is when things don't go our way. That is our story of pain and joy. People go to incredible lengths to be able to control the things that happen in their lives. They think money will control it. They think power will control it. They think education will control it. Yet ultimately nothing—and I mean nothing—succeeds.

"What if there is already a reality—and that reality is more beautiful than the one we try to create through our dreams?"

At its most basic level, Maharaji says, life can be seen as a series of three events: we are born, we live and we die. Another way of saying this is that life is what happens between the first breath and the last.

"So if there is a journey," he says, "it is the journey of breath going in and out of us. What if that's our reality? What if the reality is that for some time this breath will go in and out of us? As this breath goes in and out, it brings consciousness—the ability to be awake, the ability to experience, the ability to feel. It brings the ability to understand—not our dreams, but existence itself. Then we can say that we are alive, that we exist, that we feel, we see—and, yes, we understand."

Maharaji says he can help with discovering this ability within.

"What I give is the means to be able to go inside and feel that beauty," he says. "It's not that I only talk about this. I also offer people a way to be able to feel what I am talking about."

During his presentations, Maharaji often answers questions from those who are interested in his message.

Q: So are you saying that life is not a



journey?

M: Whether we call this life a journey or not is really irrelevant. What is relevant is this: What did you extract from it? What were you able to save? What were you able to salvage? Because nothing that we identify with will go with us. The only thing that will go with us is a heart that is either empty or filled with gratitude and joy.

Q: How does this relate to your message of peace?

M: When people say they want peace, where do they look for it? They look in religion. They look in science. They look in books. They look up; they look down. They look left; they look right. They look in front and behind.

The quest for peace is inside of us, and the source of peace is inside. Peace is not a journey of a thousand miles away from us. It is one step within.

To learn more about Maharaji, visit:

www.wopg.org

www.tprf.org

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TORONTO TO HOST 2012 CANADIAN OLYMPIC HALL OF FAME EVENTS

→ Air Canada Centre at the heart of Hall of Fame week

TORONTO - The Canadian Olympic Committee unveiled plans for an entire week of events, culminating in the 2012 Canadian Olympic Hall of Fame Gala Dinner and Induction Ceremony Friday, September 21, 2012 at the Air Canada Centre in Toronto.

Former Ontario Premier David Peterson and RBC Regional President for the Greater Toronto Area Jennifer Tory will act as Co-Chairs of the event.

Prime Minister Stephen Harper will act as honorary Chair, presiding over an exceptional week of public events, celebrating the heroes of the 2012 Canadian Olympic Team as well as heroes being inducted into the Canadian Olympic Hall of Fame. The festivities will begin as Prime Minister Harper hosts 2012 Olympians in the House of Commons on Wednesday September 19.

"This is truly a once-in-a-lifetime celebration and it's going to be one of those events we tell our grandkids about," said Co-Chair and former Ontario Premier David Peterson. "That amazing night in Toronto, in September 2012, when we all crammed into the Air Canada Centre and revelled in

the outstanding pride of being Canadian."

"The 2012 Canadian Olympic Hall of Fame gala isn't just about having a fabulous party in celebration of our athletes," said Jennifer Tory, Co-Chair of the event and RBC Regional President for the Greater Toronto Area. "It's also a way for Canadians to step up and make a direct, proud and impactful contribution to those who proudly wear the symbol of the Canadian Olympic Team."

"With a crowd of 1,000 strong, we will bring down the house in a celebration befitting the incredible calibre of athletic prowess and leadership that Canadians can call their own," said Canadian Olympic Committee President Marcel Aubut. "Capping off a week to remember, this gala evening will be the stuff of legends."

"The Canadian Olympic Hall of Fame week is the ultimate celebration of Canadian Olympic achievement, and the journey athletes and fans have taken to get there - together," said three-time Olympic trampoline medallist Karen Cockburn. "It's also a way for the Canadians who've captured the Olympic spirit to help support the athletes."

Members of the 2012 Canadian Olympic Team will be reaching out to the public in this, their official 'Welcome Home' from London. 2012 Olympic heroes will visit Toronto area schools and hospitals in the days leading up to the Gala Induction Ceremony. The men and women who will represent Canada on the world's biggest athletic stage will travel all over the Greater Toronto Area, sharing their experiences in London with Torontonians.

September 21 will be a day to remember in Toronto, as our 2012 Olympic heroes will participate in a parade in downtown Toronto before the Gala event at the Air Canada Centre.

The biggest event in the Canadian Olympic Committee calendar, short of the Olympic Games, the Gala Induction Ceremony will feature first-class entertainment and a gourmet meal.

Contact **Danielle Hrehirchek** at dhrehirchek@olympic.ca or **(416) 324-4303** to book tables for this once in a lifetime event.



Canadian Olympic Committee President Marcel Aubut (left) presents the Lord Mayor of the City of London Alderman David Wootton with a 2012 Canadian Olympic Team jacket at the Canadian Olympic Committee's 2012 Canadian Olympic Hall of Fame announcement in Toronto, May 1.



(Left to right) Toronto City Councillor Michael Thompson, federal Associate Minister of National Defence Julian Fantino, Canadian Olympic Committee President Marcel Aubut, RBC Greater Toronto Regional President Jennifer Tory, triple Olympic Trampoline medallist Karen Cockburn, the Honourable David Peterson, Ontario Minister of Citizenship and Immigration Charles Sousa and Canadian Olympic Committee CEO and Secretary General Christopher Overholt pose for a photo with young athletes at the Canadian Olympic Committee's 2012 Canadian Olympic Hall of Fame announcement in Toronto, May 1.

COC photos by Chris Young

Triple Olympic Trampoline medallist Karen Cockburn addresses the crowd at the Canadian Olympic Committee's 2012 Canadian Olympic Hall of Fame announcement in Toronto, May 1.



Canadian Olympic Committee President Marcel Aubut (left) and the Honourable David Peterson (right) speak with young Karate athletes at the Canadian Olympic Committee's 2012 Canadian Olympic Hall of Fame announcement in Toronto, May 1

Two young athletes play volleyball while RBC Greater Toronto Regional President Jennifer Tory, federal Associate Minister of National Defence Julian Fantino, Canadian Olympic Foundation CEO Valerie McMurtry, Ontario Minister of Citizenship and Immigration Charles Sousa and COC President Marcel Aubut look on at the Canadian Olympic Committee's 2012 Canadian Olympic Hall of Fame announcement in Toronto, May 1.



MARKHAM NEWS



Message from Mayor, Town of Markham Markham An Exciting Thriving Community



Markham has a reputation in Canada for its leadership and innovation on environmental management and urban planning, our rich cultural diversity and heritage, our cultural festivals, and our thriving economic development. These are the many faces of Markham and ones which we should embrace and celebrate. And, these are the successes that have helped Markham thrive as a sophisticated urban community and become recognized among the many great urban centres and cities in Canada. In the past four years Markham has seen an unprecedented improvement in our community infrastructure through

new and improved roads, community leisure and recreation facilities, new cultural celebrations, and plans for a number of very exciting world class facilities that will anchor Markham's new downtown – Markham Centre – such as the new Pan Am Centre with an Olympic size pool and badminton facility. In April, Markham Council also unveiled plans for a proposal under consideration for the Markham Sports, Entertainment and Cultural Facility. If this proposal proceeds it will mean a state-of-the-art complex with a 20,000 seating capacity and opportunities for world class sports and entertainment venues.

Indeed this is a very exciting time for Markham as we continue to grow into GTA's premier urban centre and a leading community in Canada – a livable, sustainable community that offers everything representative of the great cities in North America. And, we are doing this through balanced growth, thoughtful community and environmental planning, international arts, culture and entertainment, preservation of our rich heritage, and a highly diverse retail and commercial sector.

While the future is very bright for Markham, the present is equally exciting. As the summer of 2012 approaches there will be a jam packed calendar of fantastic events at the Civic Centre beginning with the Remington International Sedan Chair Challenge on Victoria Day weekend. Be sure to follow us on Twitter, Facebook, and our website at www.markham.ca to find out more.

Let's all celebrate the great spirit of Markham and all those who make it possible.

Frank Scarpitti
Mayor

Ontario Premier Dalton McGuinty meets with staff from the Markham Board of Trade during his April 12 tour of the Markham Convergence Centre (MCC). The MCC has become the regional hub for small and medium business in bringing valuable resources, networking, innovation, and events together under one roof.



The Social Services Network officially opened their Markham Community Hub on March 30. Joining the celebration were community leaders from across Markham and York Region including: Mayor Frank Scarpitti, Minister of Tourism and Culture Michael Chan and Members of Markham Council. The new centre will focus on programs providing access to health care for Markham's new immigrant populations.

(Left to right) Markham Mayor Frank Scarpitti, IBM Canada President John Lutz, and IBM Vice President Pat Horgan gives thumbs up to the announcement IBM will be investing up to \$175 million through 2014 to fund the "IBM Canada Research and Development Centre." The Centre is part of a collaboration between the Governments of Canada and Ontario, IBM, and a consortium of seven universities to establish a new Ontario-based \$210 million dollar research and development initiative that will create 145 new highly skilled jobs in Ontario.



A student from Saint Edward Catholic Elementary School participates in the Mayor Frank Scarpitti's Clean Community Challenge 2012 on April 13th. Various schools and community groups throughout Markham participated in the clean up, promoting waste diversion and respect for the environment.



Mayor Frank Scarpitti (centre) joins Federal Minister of Canadian Heritage and Official Languages James Moore (right) and Member of Parliament for Oak Ridges – Markham Paul Calandra at the Markham Museum on April 11 announcing \$20-million federal funding investment in arts and culture. Ten Markham organizations and initiatives were included in this funding initiative.

Members of the community observe artwork during the opening of the Tohoku Region Rebuilding for a Better Tomorrow exhibition in the Great Hall of the Markham Civic Centre on April 2. This art exhibit highlighted photographs and children's illustrations on the aftermath and reconstruction efforts following of the March 2011 earthquake, the strongest magnitude earthquake to ever hit Japan.



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If you live in Markham and know of a deserving resident (age 60+), who has lived here for 10 or more years and has demonstrated a unique or outstanding contribution to the Markham community, nominate them for this prestigious award. Nomination forms are available at all Markham Seniors' Centres, Community Centres, Libraries and the Markham Civic Centre or online at www.markham.ca. For more information, call 905-477-7000 ext. 4930 or email lgold@markham.ca

Special Feature



CANADIAN TAMILS' CHAMBER OF COMMERCE AWARDS GALA – 2012 CHAMPIONS OF ENTREPRENEURSHIP

By Siva Sivapragasam

"Entrepreneurship will become a core skill which all our young people will need to exploit the opportunities emerging from science and technology, culture and communications"

- Tony Blair (Former British Prime Minister)

The prestigious Hilton Suites in Markham was the venue of the annual Entrepreneurship Awards Gala function 2012 hosted by the Canadian Tamils' Chamber

of Commerce recognizing and showcasing the skills and talents of the Tamil community's champions of Entrepreneurship.

With over 700 persons in attendance, the function was well represented by distinguished guests, Business leaders and members of the Tamil Business community. "Monsoon Journal" is pleased to provide an editorial and picture coverage of the Award winners and the event, including the profiles of the winners, to its readers.

The Awards Gala this year was the 14th Annual event hosted by the Chamber. The winners were chosen by

an independent Selection Committee based on certain criteria and requirements. The Awards were sponsored by leading Canadian Banks, Insurance Companies and Corporate clients.

Mike Ahilan, President of the Chamber welcomed the guests and paid a glowing tribute to the Tamil community for its contribution to the Canadian economy and stressed the future important role the younger generation in the community has to play in taking the Chamber to higher heights in the future. Guests were entertained to dance & musical programmes during the event.

Best Entrepreneur Award – 2012

Alagaratnam Uthayakumar (Kumar)

Dynevor Express

"All our Dreams can come true if we have the courage to pursue them" - Walter Elias
(Co-Founder Walt Disney Productions)

The great American industrialist Henry Ford once remarked "I do not believe a man can ever leave his business be it day or night. He ought to think of it by day and dream of it by night". This seems to be the motto for our Best Entrepreneur this year – Alagaratnam Uthayakumar, more known as Kumar to his business buddies and friends. To Kumar, his business named Dynevor Express is a 24 /7 baby he carries with him daily with pleasure.



Alagaratnam Uthayakumar with Chris Lobbezo of RBC Royal Bank, sponsor of the award

Dynevor is an independent Supply Chain Management Company, providing quality and expertise transportation services tailored to industries of all types and sizes, especially to serve the automotive sector. Dynevor Express was founded in 1999 as a mini courier company for delivering small parcels within the GTA. Their heritage was built up on the Automotive JIT Concept of providing time sensitive freight movement for their clients and hence their motto "On time all the time". Today, Dynevor's fleet consists of 150 plus power units, several expeditors straight trucks, Cargo Vans and over 300 Air Ride dry vans. The Company employs over 150 full time employees.

Uthayakumar comes from Palai, a small rural town in Northern Sri Lanka. He had his early education at the Palai Madhiya Maha Vidyalayam and migrated to Canada in 1988 mainly due to the unsettled conditions in the Northern part of the country. He attended a Technical school here in the GTA and later at Humber College. A licensed mechanic, he started working part-time at an Automotive manufacturing Company that later matured into full time employment. He moved up the ranks from an assembly worker to a senior supervisor. During this time he gained extensive knowledge in business management.

In 1999 he started a delivery service with his car. This was more of a part time job, but when his full time employment company ceased its operations he moved on to courier business on a full-time basis. The constant demand for his excellent on time service, good conduct and work ethics with clients encouraged him to grow the courier business and that matured into its current operations.

In addition to his hard work and his keen interest in the business, he attributes success to team-work and the support he gets from his employees, friends and family members.

Kumar is married to Premasutha and is a proud father of three children – Lukshan, Lathusan and Luxmi.

Asked for his interest in life, Kumar chuckles "Driving and mechanical work".

Woman Entrepreneur Award – 2012

Rathi Paramasamy

Devik Pharma Inc./North American Institute of Pharmaceutical Technology (NAIPT)

"All women are endowed with innate power that can make them successful Entrepreneurs"
Source: Women of the Business World



Rathi Paramasamy with Stan and Monty Muthulingam, of Cable Shoppe Inc, sponsor of the award

Today's women are decisive, confident and ambitious when it comes to running an Enterprise. Women have come a long way in the working world and have started their own businesses. One name that stands out among the Canadian Tamil Women is that of Rathi Param (Paramasamy) who is the Co-Founder of the Devik Pharma Inc., and President/Founder of North American Institute of Pharmaceutical Technology. Her forte has been innovation and creative leadership with more than ten years of hands-on experience in many scientific industries (Environmental, Food, Pharmaceutical and Bio-Pharmaceutical) and complemented with ten-years of training/teaching experience. Rathi is the proud recipient of this year's CTCC's Woman Entrepreneur Award.

Rathi hails from a middle-class family in Chavakachcheri, a well-known town in the Jaffna peninsula. Her parents Mr.T. Paramasamy (music / miruthangam teacher) and mother Maheswary raised her along with eight other siblings. She had her early education at the Chavakachcheri Hindu College. She came to Canada in 1992 as a Tamil refugee from the war-torn Northern Sri Lanka and as a young girl with great dreams for a better future.

She had her secondary education at Winston Churchill Collegiate and graduated with a Bachelor's Degree in Chemistry from the University of Ottawa in 1998. She began her career as a Lab Assistant at NRC. Rathi had completed her Pharmaceutical Quality Control and Quality Assurance post graduate program at the SRN Institute. During the past ten years she has had strategic management roles in major Canadian name brand/generic pharmaceutical companies. She started her career as a Chemist at a leading pharmaceutical company - Novartis and got promoted as a Validation Scientist in year 2001. After working six years as a Validation Scientist in Patheon Inc., she made a move as a Validation Service Manager to Sanofi Pasteur limited who is the

best vaccine producer in the world. When she was working as a Validation Service Manager at Sanofi Pasteur limited she began her study in Master in Business and Administration/Technology (MBA/TECH) at the University of Phoenix.

In 2008, Rathi decided to start her new venture as a Devik Pharma Inc. - service oriented pharmaceutical company which focuses on Research and Development, Clinical Research, Consulting and Career Training. Rathi had successfully pioneered and launched her career training division - North American Institute of Pharmaceutical Technology (NAIPT) as a PCC in year 2009. Within 2 years, she had designed four pharmaceutical post diploma programs and got approval from Ministry of Training Universities and Colleges (MTCU). She also developed a unique training program called as "Industrial Clean Safe and Sanitization" in year of 2010 for Ontario Work. Currently, she is functioning as a Validation Specialist for CIBA Vision while focusing on directing Devik Pharma Inc./NAIPT. Rathi's current projects at Devik Pharma Inc./NAIPT is setting-up the franchise system for the career college and obtaining ISO registration for Devik Pharma Inc.

Her passion to share her knowledge and experience made her start her own enterprise known as Devik Pharma Inc. Rathi's mother taught her how to contribute towards good causes while developing her life. While developing her social life, Rathi has also devoted much time for social activities participating in the World Tamil Student Organization, TSU at the University of Ottawa and the Tamil Eelam Society. She was the recipient of the Volunteer Award in 1994 from the Ministry of Citizenship & Immigration for helping new immigrants from the war situation in Sri Lanka, to establish their life in Canada. If we assess successful businesswomen as persons of confidence, motivation and good entrepreneurship, Rathi Param is certainly one among them and becomes a role model for other women in business.

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Special Feature



Award of Excellence in Business – 2012

Yaso (Yasotharan) Somalingam

Cantam Group

“ Excellence is the gradual result of always striving to do better”
- Pat Riley

have returned or referred him to other new clients with several projects. He now takes pride and pleasure in his decision to move towards utilizing



Yaso Somalingam with Mohammed Nakhooda of TD, sponsor of the award

Yaso Somalingam possessed the ambition and aspiration to design buildings and houses with his creative concepts and the professional knowledge learned through his years of education. His dreams bloomed to reality when he founded Cantam Group Ltd., Planning and Building consulting firm that provides amplitude of services, either collectively or individually, to its clients.

Cantam offers comprehensive planning and design solutions in architecture and engineering, construction management, and property development. Cantam is now carrying projects coast to coast from British Columbia to Newfoundland. Yaso's success is driven by the support he acquires from his many long-standing dedicated staff.

Yaso's birthplace is Jaffna in Northern Sri Lanka. He attained his secondary education at two prestigious schools in Jaffna – Jaffna Central College & Jaffna Hindu College. He obtained his Bachelor's Degree in Architecture from the University of Moratuwa in Colombo. Yaso is one of the many victims of cold-war which led him to migrate to Canada with ambitions and hopes in heart. Immediately upon his arrival, he commenced working on his dream field of architecture while updating his academic qualifications at Ryerson University. Formation of Cantam in 2001, gave Yaso the opportunity and freedom to use his ingenious and innovative ideas in architecture towards his own firm. Today, Yaso serves his clients with satisfactory and exceptional service that there is no speculation to why his customers

all his creative skills, experience, and talents in his own enterprise helping and providing employment to aspiring architects as opposed to working as an employee of a company.

Yaso is an individual who has consistently pursued his very own profession uninterrupted without deviating professions when he arrived in Canada. His desire and determination for Architecture has driven him to his ideal vision and that was the true mark of his success. His advice to the young aspirers of today's society “Have a Goal, focus towards with desire while keeping to the rules.”

Yaso is also an active citizen contributing back to the country that has made him a successful being today. As the President of the Association of Sri Lankan Graduates of Canada, he plays a vital role in helping society to elevate their educational profiles. Through his position as the Vice-Chair of Malvern Community Centre, he contributed to a variety of ethnic backgrounds. His acts of sincere volunteerism have led him to receive an Ontario Volunteer Service Award.

Yaso is fortunate to have parents in the teaching profession as they have given him the encouragement, motivation, and inspiration that has led him to his optimistic and gregarious set of mind. Yaso is happily married to Komathy, who is the backbone for his growth, and is the father of three adorable children – Kanastana, Shanjith and Larksana.

When asked the reason for selecting his profession, Yaso smiles “A Burning Passion for Architecture”. Yaso would like to imprint his legacy in his many landmarks.

Most Outstanding Community Service Person Award – 2012

Kurushanthamoorthy (Kuru) Yogarajah

“We make a Living by what we get, but we make a Life by what we Give”
- Sir Winston Churchill



Kurushanthamoorthy (Kuru) Yogarajah with Robert Carter, Alex Lekas of Industrial Alliance, sponsor of the award and Mike Ahilan, President of CTCC

People develop their strengths in serving others and thereby nourish the lives of others through their efforts.

This is exactly what made our 2012 Most Outstanding Community Service Person Award Winner Yogarajah to embark on his journey on community service and get involved in conflict resolution.

Yogarajah comes from the sea-port town of Valvettithurai in the Jaffna peninsula. He had his early education at Chithambara College, Valvettithurai. Yogarajah arrived in Canada in 1990 and his inborn desire towards volunteerism made him to engage himself in specific community services. He became an inspiration to the Tamil community by his tireless community voluntary service. He initiated and founded the United Tamil Association in 1999. The most needed service of volunteerism for the Tamil Community was founded with the purpose of curbing and controlling violence among the Tamil youth. The organization has not only achieved its goal, but also managed to engage Tamil Canadians to be part of volunteerism. The organization founded by Yogarajah has been operating for the past 13 years with the main task of protecting the participants, audiences and cultural and religious organizers from any sort of violent incidents and helped to save thousands of dollars to the organizers from engaging the services of police and other professional security organizations. Among other volunteer activities organized by Yogarajah are:

- A successful Blood Donor and Bone Marrow clinic for the Tamil community
- Provided volunteer service for Walkathons to raise funds for several Hospitals in the GTA.
- He was also instrumental in the founding of the Peel Tamil Seniors Association and was helpful in drafting the constitution. The Association is today flourishing with hundreds of members.

Yogarajah's specialty in security service has been to control crowds at special and outdoor events where large gatherings are present. His mediation and role in conflict resolution have helped many individuals to solve disputes amicably.

Yogarajah is married to Thamayanthy and a proud father of two children - Janusha and Chiranjeevi. Yogarajah has been in the forefront of community service with a special focus on issues connected with the youth.

To Yogarajah, community service has become an act of responsibility and not merely an act of generosity.

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Special Feature



Most Outstanding Professional Award - 2012

George Chelvanayagam

Director of Electrical Infrastructure & Principal – Morrison Hershfield

“Professionalism is knowing how to do it, when to do it, and doing it.” - Frank Tyger

No one can ever reach to excellence in any one art or profession without having passed through the slow and painful process of study and preparation.

George Chelvanayagam who receives the most outstanding Professional Award this year carries with him over 35 years of experience on a wide range of interesting and challenging projects in the field of Electrical Engineering. As a Director of Electrical Infrastructure and a Principal at Morrison Hershfield which is a multi-million Corporation, he shoulders the responsibility for his annual budget.

George comes from Jaffna in Northern Sri Lanka and had his secondary education at the prestigious St. Patricks College in Jaffna. He obtained his Bachelor's Degree in Engineering from the University of Moratuwa in Sri Lanka in 1976. He worked in Sri Lanka at the Central Engineering Consultancy Bureau and also became a Chartered Engineer of the U.K. Engineering Council in 1984.

He migrated to Canada in 1985 and received his Professional License from Ontario in 1989. He is also the recipient of other Engineering qualifications. George is serving on the Professional of Engineers of Ontario's (PEO) Experience Requirements Committee. George is also the International Professional Registration Advisor in Ontario for the Institution of Engineering and Technology (IET). His role is to assist applicants in the process to become professionals and arrange professional review interviews ensuring that the interviews are conducted professionally and in accordance with the IET's assessment procedures, which are audited by the Engineering Council in United Kingdom.

George has a proven record of volunteering his time and efforts to further the engineering profession. He considers volunteering for his profession is both an honour and an obligation. Even his tight work schedule does not prevent him from volunteering. He is an active member of the Institution of Engineering and Technology Toronto Branch and held prestigious positions of Secretary, Vice-Chairman and Chairman. George is also a Mentor for the Skills for Change which assists new immigrants who are foreign trained Engineers to integrate into the Canadian



George Chelvanayagam with Raza Hasan of CIBC, sponsor of the award

workforce and contribute to their new chosen country.

George reaches out into the community to serve the people in need for Professional help and is a mentor volunteer at Professional Engineers of Ontario, Institution of Engineering and Technology. He coaches and mentors new leaders to be the best that they can be. George has an inborn passion and devotion to mankind and his commitment is deeply rooted in his conviction that he is on this Earth to serve for the Engineering profession. George Chelvanayagam firmly believes that his greatest personal achievement is his community outreach and his love for people and his passion for their success have led him to thousands of hours of volunteer work to the betterment of human kind.

George has been happily married to his wife Chandra for 29 years. They have two children together, Catherine and Michelle. Catherine is a doctor and Michelle is an aspiring teacher.

The mark of a true professional is to perform at a consistently higher level than others. George Chelvanayagam just did that and that was the true mark of his success.

Young Entrepreneur Award – 2012

Thurairatnam Thushyanthan (Thushy)

Print Fast

“You were born to win, but to be a winner, you must plan to win, prepare to win and expect to win” - Business Times

Success usually comes down to hard work, plus passion, over a period of time. If you really work hard over a long period of time, it will certainly pay off and pay you rich dividends. It was passion and hard work over time that brought the winner of the Best Young Entrepreneur Award Thurairatnam Thushyanthan to his present position today.

Thushy was born in Jaffna to his proud parents Thurairatnam and Rajaluxmy. They raised him in Karuvelankandal, a small village in the Mullaitivu District, and he attended the Oddusuddan Mahavidyalayam and Vidyananda College. Like most Tamil young men in Northern Sri Lanka Thushy too left Sri Lanka due to the ongoing war situation and migrated to Canada in 1996. He continued his education at Westmount High School in Hamilton, studied computer science at Seneca College and his interest in Photo Journalism has induced him to follow a course on this subject. After his studies Thushy worked at American Express Bank and at GTI as an Operations Manager. His passion to start his own business made him open a company named Print Fast in 2001.

Thushy attributes family support as the number one reason for his success in business. He is happily married to Nila and spends considerable time in volunteering with various community organizations. He is on the Board of Directors at Wexford BIA. He also functions as the Tamil Media spokesperson for the Canadian Tamil Congress. Thushy takes pride in belonging to the Tamil community and a lover of the Tami Language, writing poems and essays. He received the Ontario Volunteer Service Award this year from the Government of Ontario and is a firm believer in growing together.

Thushy speaks proudly of the family and friends' support he has enjoyed in his business accomplishments. He also takes pleasure in talking about his passion for Photography. He covers community events and publishes the pictures taken in his website.

When asked for his goal or motto in his Life, young entrepreneur Thushy responds – “Don't Quit”. He was relentless in his pursuits and that rewarded him.



Thurairatnam Thushyanthan (Thushy) with Christine Williams of Scotia Bank, sponsor of the award



Board of Directors of Chamber with Ontario NDP Leader Andrea Horwath



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- Hospital Ward/Unit clerk
- Medical Records Clerk

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- Personal Care Attendant
- Residence Care Aid

Network Engineering (28 wks)

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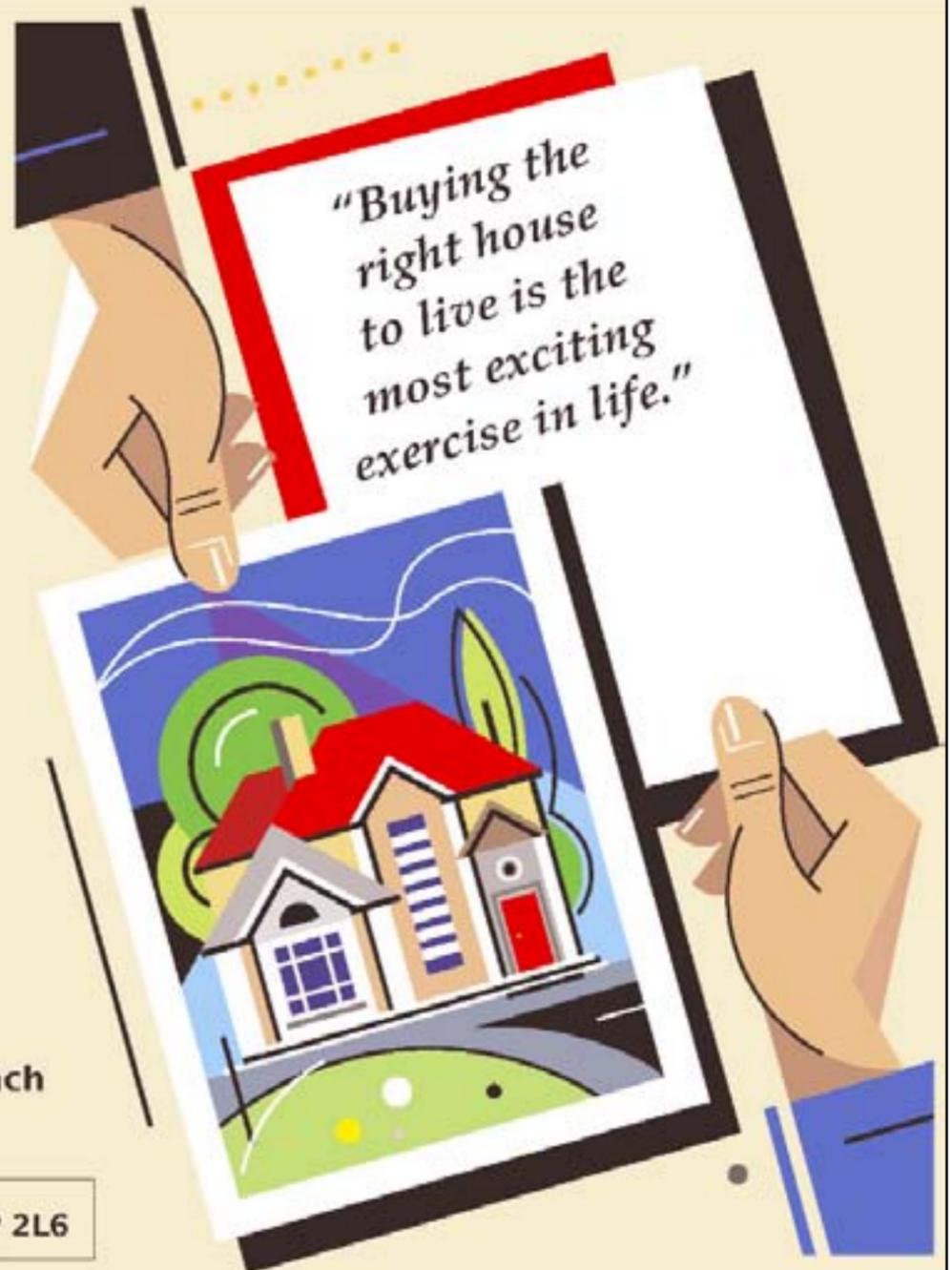
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Special Feature



Photo Gallery of Annual Gala by Jaffna Hindu College OBA in Toronto held on April 21, 2012





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Recent Event



Twenty Fifth Anniversary Dinner Celebrations of the Tamil Catholic Community of Toronto

The Tamil Catholic Community of Toronto marked its Twenty Fifth Anniversary with a Gala Dinner at the La Royal Banquet Hall, Ajax, Ontario on Saturday, April 21. Nearly three hundred guests joined in the celebrations. This bright and chic banquet hall now owned by a charming entrepreneur Kalyani serving tasty mouth watering mix of South Asian cuisine, prepared on site, providing a perfect backdrop for merriment.

Presented more as a historical notebook was the release of a 150 paged souvenir, outlining the history of the organization, development of Catholicism in Sri Lanka, tracing its roots, how their forefathers received the faith facing the challenge of that time.

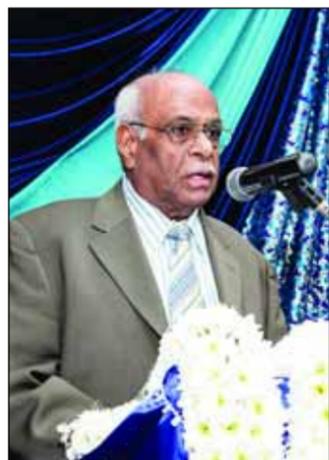
In his address, President Anton Philip spoke of the struggles of the Tamil people during the last thirty years, the discrimination and oppression they suffered and their search for refuge in foreign lands. He thanked God for whatever successes and the Archdiocese for providing the space to worship in their own language. Founding President Anthony David detailed the history of the organization while noting the fulfillment of their objectives in a timely manner. He thanked all those who helped them in their growth. He enumerated the various projects TCCT has participated as well as their proud achievements. He emphasized that the catholic community was an all -inclusive organization although portrayed differently in the past and exhorted folks in the community to volunteer for the decidedly sake of the larger interests of the community. .

The presence of Chief Guest Lawrence John Saldanha, Archbishop Emeritus of Lahore decidedly added to the decorum. In his talk he praised the TCCT for its outstanding contribution and touched on the difficulties Catholics face in his country.

The music from all times and cultures provided by DJ Robin kept the young, the middle aged and seniors on the floor all night. It was delightful

Christeen Seevaratnam the organizing Secretary thanked the advertisers, hall management, guests and helpers. The event ended on a high note well past midnight with an orderly exit. Indeed it was an evening to remember.

To the organizers, well done and congratulations.





Fundraiser for “Organization of Canadian Tamils with disabilities”



On Saturday, April 21, 2012 Shrimathy Jeyanthe Ratnakumar - Director of Veenalayam presented a fundraising event for the “Organization of Canadian Tamils with disabilities” - OCTD.

As the curtain opened, it was a breath-taking display of 33 students with their veenas seated on the stage along with their Guru Jayanthe Ratnakumar with the accompaniment of vocalist Mathumathy Shivakumar, Director of Shivasakthi Art Institute. Talents displayed by the students of Veenalayam were exceptional. The audience was spell bound by the 45 minutes uninterrupted veena recital. They applauded the Guru for her dedication and hard work put in, to achieve this high standard. Her forethought and the ability to instill in the young minds, love and compassion towards people who are less fortunate are very much to be appreciated.

At the end of the veena recital, music exponent Mr. Velayuthapillai, Rathika Sitsabaiesan, MP, Neethan Shan, Logan Kanapathi along with Nalini Kodees, Logi Mariathan, David Jeyasinghe and members of OCTD were present on the stage to receive a generous donation of seven thousand dollars from Jeyanthe Ratnakumar. Dance recitals by students of Salangai Uthayan Dance Academy, Niruthiya Kalanjali Art Institute, Bharathy India Sasthriya Dance Academy and Shivasakthi Narthanalaya Institute followed this



event.

Members of this OCTD are with varied disabilities and face numerous challenges in running the association; on one hand, physical limitations of the members, and on the other, financial limitations of the Organization. Against all odds they struggle to continue to help their fellow members. Although OCTD has been in existence for the past 14 years, they do not receive any assistance whatsoever from the government. They solely depend on public support. Fundraising efforts carried out by the Director of Veenalayam means a great deal to them. Incidentally, this is the first time an institute has ever come forward to raise funds for them.

Jeyanthe Ratnakumar is indeed a role model in our community, worthy to be exemplified by others.

Contact: 416-293-9499

The Ontario Volunteer Service Awards event presented by the Ministry of Citizenship and Immigration was held this year at the Grand Baccus Banquet Hall & Convention Centre. Picture shows recipients of the Awards from members of the Canadian Tamil community



Recent Event

Artheepa at her study room



Name: Nadesapillai Kartheepa

Age: 07

Date of birth: 26/03/2004

Address: Punnai neeravijadi, Ulavanoor.

GN area: K/57 Punnai neeravijadi.

School: Kilinochchi/Ulavanoor A.T.M School

Grade: 02

Child ID No: To be given in Colombo or USA

Brief Bio:

Father: Kanapathipillai Nadesapillay

Mother: Nadesapillay Pathmalatha

Brothers: N.Isaipriyan

Sisters: M.Laththeepa, N.Isaipriya

How affected: Father died of sickness

Access to services: No (lack of clean water, No toilet)

Current situation as of September 2011:

Schooling: Yes

Why needing sponsorship: Not enough income

Information collected by: Mrs Satheskumar Kamaleswary: Tel: +94777575169

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Start date of Sponsorship: _____ End: _____



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Special Feature



The Kingdom of God - as postulated by Jesus Christ - "Thy kingdom come"

A. The Greatness of Spiritual Social Life:

The special attribute of human beings is to help each other, sharing their belongings and live a life based on love. Jesus came into this world to make the people realise that the uniqueness of leading a spiritual socialist life which gives happiness and mental satisfaction. He made it known to people who are unaware of the special attribute of human beings and lead selfish lives. He clearly explained the greatness of spiritual socialism to the people of the world and demonstrated such a life through his own example. He was always found with his disciples. They ate together; they slept together. Everything was common to them. He always stressed the spiritual socialist life based on love in his teachings. He explained this moral when he related the story of Lazarus and the rich man. A rich man lived with money and influence. At the entrance to his residence there was a poor man called Lazarus. Lazarus had wounds all over his body and the dogs licked them. Lazarus liked to satiate his hunger by eating the bits of food that fell off the table of the rich man. Later both of them died. The angels took Lazarus and put him on the lap of Abraham but the rich man was put in hell. He was shocked when he saw Lazarus on the lap of Abraham. He was very shaken when he realised his fate. He came to understand that it was his selfishness that has earned him all this calamities and worries.

Jesus in his teachings has said that



one should give one of his dresses to others if he had two; that one should love others as he loves himself.

B. The Apostles and the Kingdom of Heaven:

Jesus Christ explains the need for us to show concern for others in the community as we would show concern for members of our own family in Matthew Chapter 25: 25-40. He emphasises this idea when he says, 'When I was hungry, you gave me food; when I was thirsty, you quenched my thirst; when I was a stranger, you accommodated me; when I was naked you clothed me, when I was sick, you looked after me; when I was imprisoned, you visited me'. Helping like this is how we show our thankfulness to God. Jesus Christ pointed out that those who do not help the suffering are

liable to be punished and are sinners. Sharing whatever we have among the needy is the very essence of spiritual social life. Jesus not only preached about spiritual socialism he also lived such a life. The same idea is explained in the concept of the kingdom of heaven. John the baptist was the first person to introduce the concept of spiritual socialism. In Matt: 3:2 he preaches: 'Repent, Kingdom of God is coming soon'. In Acts of the Apostles Chapt: 2: 44-47, socialist life being described. The apostles, shared all their possessions, those who had lands and properties sold them and shared the proceeds to satiate their needs. They gathered in a temple and worshipped with one accord; they visited homes happily and ate bread together with simple minds. They praised God and won the

goodwill of others. The Lord added the redeemed daily to his fold. (Acts of the Apostles: 4: 34-37). These words show that the apostles lived a spiritual socialist life. All are considered as equals in the kingdom of God. The spiritual socialist life is based on the common good of all. Selfish lives are contrary to the expectations of Jesus Christ.

C. Jesus and the Kingdom of God:

We see the 'kingdom of heaven' life in the section where Jesus' temptations are described. When Jesus was fasting, Satan came to him and asked him to change the stones into bread and eat them. Jesus decided not to use his gifts for selfish purposes. He used his spiritual powers to overcome the temptations of Satan. He never agreed to jump from the mount or worship the devil. He never forsook his spiritual blessings to enjoy the attractions of this world. Jesus submitted his life on the cross in order to establish the spiritual social life or the kingdom of God and forsake the royalty of this world. He came into this world to establish the kingdom of God and its righteousness. We read in Acts: Chapters 4/5- that those who were saved or redeemed by him embrace the spiritual social life and lived victoriously. We observe that whenever selfishness exceeds, our spiritual righteous living is hampered. The spiritual social life that Jesus came to establish in this world is aimed at bringing everlasting happiness to mankind. That in essence is the kingdom of God.

Easter Cantata - 'My Lord and My God'

The Tamil Christian Church of Canada staged an Easter Cantata program entitled 'My Lord and My God' during their Sunday worship sessions at the Bridletown Parkwood Church building recently. The young mass-choir, Cantata band and the voice - drama team of the TCCC put together this memorable performance depicting the joy of the resurrection. The program gave opportunity for the kids, the youths and some adult members to participate and give of their best in the service of the Lord.

The musical renditions by the Young Mass Choir included a large number of kids and youths to the accompaniment of musical instruments played by the Cantata Band. Lashman Lewis as Pontius Pilate, Senan Lewis as the centurion, Sathyan Olagasegaram as Thomas, Rukshan Pushparajah as Peter, Robini Kirithasan as Mary Magdalene, Junesh Chinniah as John-the disciple and Vanessa Thambyrajah as Mary, the mother of Jesus rendered the narrations

in a realistic manner suited for the biblical characters. The interwoven musical renditions conveyed the message of the resurrection to the gathering in a meaningful manner.

The congregation was also provided with the opportunity to join in hymns to add to the spiritual atmosphere created by the August service for the Lord. The Parish priest, Pastor Vinson with his 'exhortation' explained the significance of the personalities associated with the Lord Jesus Christ during the last days of his mission. The service was attended by many members of the church and friends from all over Toronto and its conurbations. Once again Joel Joseph has displayed his immense capacity to exploit the musical and dramatic talents of the church populace to the maximum. Joel and his team of dedicated servants of the Lord must be congratulated for staging a very enlightening Easter program to uplift the spirits of the devotees.

Jesus Fulfilled God's Will at Calvary - Good Friday Message

Rev. Dr. Vinson Samuel giving the message at the Good Friday service of the Tamil Christian Church of Canada said that Jesus always strived to fulfill his mission. His last words from the cross reflected his life-time goals. When he surrendered his life to God, he was satisfied that he had lived victoriously and achieved his tasks. The divinity and humanity of Jesus were well portrayed in the last words he spoke from the cross. The Good Friday service was based on Jesus's last words from the cross. The words were explained and expounded by the parish priest Rev. Vinson Samuel and Messrs. Senan Lewis, Pradeep Rajaratnam with Sumana and Sumathy. The lessons and lyrics reflected the theme and gave a devotional atmosphere to a spirit-filled service.

The congregation was able to receive

the blessings of God in profound reverence in the presence of the Lord. The lyric 'theivathuvathin paripooranam', highlighted the sacrifice of Jesus on the cross and enabled the congregation to realize the divinity and humanity of the saviour. The Tamil classical lyrics were sung with the accompaniment of traditional Tamil musical instruments. The choir under the direction of Christie Watson gave a replete of Tamil lyrics which added much to the spiritual upliftment of the participants. God came in search of the lost humanity in the form of the Lord Jesus Christ and ensured a victorious life for all his followers in this world and in eternity. 'See from His head, His hands, His feet, sorrow and love flow mingled down: Did ever such love and sorrow meet, or thorns compose so rich a crown?.'

(Charles Wesley)



Spirituality

Do You Know What You Don't?

What you don't know, if you accept that you do not know it, there will be growth.

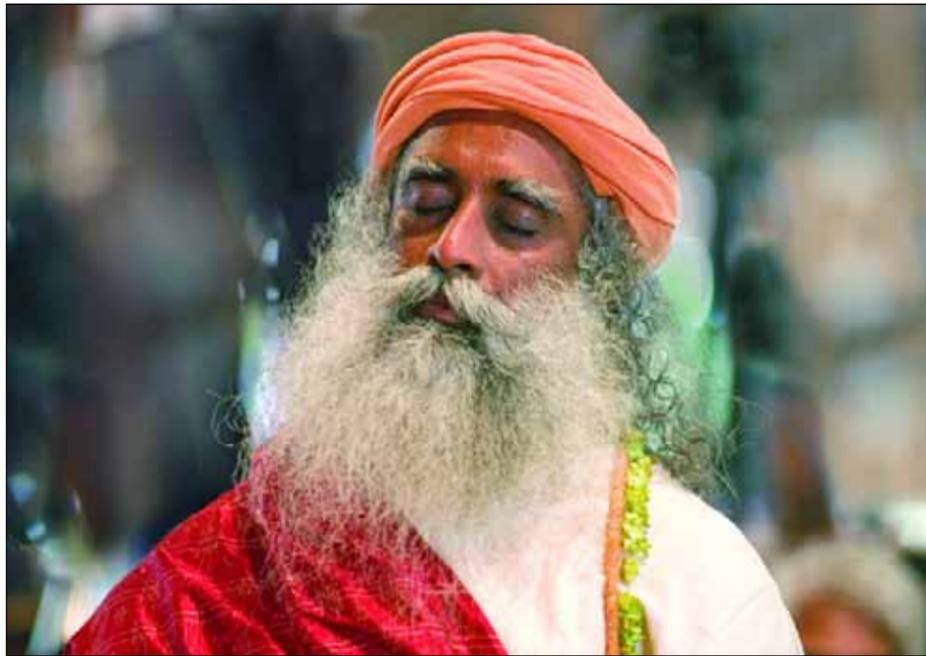
If the need to grow is deep within you, if that is your aim, first of all you should be clear about what is there in your experience and what is not. Clearly mark what is there in your experience and what is not. What is there in your experience, you know. What is not there in your experience you need not say it does not exist; just say: "I don't know." If you have reached this state, growth will happen by itself. What you don't know, if you accept that you do not know it, there will be growth. Instead, whatever you do not know you start believing in and think you know everything.

Now, if growth has to happen within you, you should see what is there in your experience right now. Right now, what is there in your experience? You have experienced your body to some extent, you have experienced your mind to some extent, and you have experienced the world to some extent. In some moments, you might have also experienced to a certain extent the energy which makes this body and mind function. Beyond this you have not experienced anything. Everything else is just imagination. Whichever way the society has taught you, your imagination is that way. Look into what is there in your experience and what is not. And all that is not there in your experience you accept as, "I do not know." This is very, very essential. Otherwise this whole life will pass in pretensions.

You don't have to come to any conclusion. What you do not know, if you accept as "I do not know," then the search will happen within. Whether it is God, whether it is truth, if you have to search, where should you search? You should search within, isn't it? If you have to search within, if you have to realize within, there is a need for the necessary tool, isn't it? Now, you have the urge to know the depth of the ocean. Is it possible to measure the depth of the ocean with a foot scale? You will come back with the conclusion that the ocean is bottomless. But that is not the truth, isn't it? To go inward, you need to have the necessary tool. What is there with you right now to go inward? What tool do you have right now? Just your five sense organs. You have nothing else to search. These five sense organs can realize only materialistic things. There is no chance of experiencing what is beyond the materialistic world with these limited tools.

Now this body is sitting here; this is very important right now. You have to feed it, you have to clothe it, you have to decorate it, and you have to do so many things to it. There is something invaluable within you and till now you have not experienced that. This something which is within you, if it goes away tomorrow morning, nobody wants this body after that. Even your city municipality does not want it after that.

Only because the fruit called life is inside this peel, this skin has so much



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

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

value. What happens if the fruit within is gone? There is nothing after that. But you are not bothered about the fruit. You are very much occupied with the peel. If you keep on eating the peel all your life, how would it be? Bitter, isn't it? But the problem with the peel is that there is some sweetness here and there. Because of its association with the fruit, there is sweetness here and there. Now your whole life is about searching for that sweetness. If you struggle a lot, you will find some sweetness here and there. Instead of this, if you are able to realize the fruit beyond the peel, you can always be joyous. There is every possibility that you can be in this sweetness always. Had this peel been completely bitter, you would have all been enlightened by now. The trouble is, there is some sweetness here and there and you have gone after that sweetness and forgotten the very source.

Untie Those Knots

In your attempt to understand a flower, maybe you will pull it apart petal by petal. But you will understand nothing. Most people don't know how to handle their life here. Do you see this in the world? Why are they pursuing life after death? What is the point?

Anything that is not in your experience, there is no way to understand and analyze. This needs to be extremely clear to every individual. People are always trying to understand life after death. You cannot understand anything which is in a different dimension than you are right now. The whole effort is to move to a different dimension. If that needs to happen, first you must stop understanding. You have to see that you cannot understand, and that there is no need to understand. It is the experience which takes you out of this dimension.

If you try to understand a flower, what will you understand? In your attempt to understand it, maybe you will pull it apart petal by petal. But you will understand nothing. Maybe you will know the chemistry of it. Maybe you will analyze everything and then you will conclude every-

thing is proton, neutron, and electron. All that is fine, but you will not know anything about the flower.

Now people are trying to deliver spirituality as an understanding. Understanding is needed about how you are bound, that's all. You cannot understand the other dimension. See, people are always talking about how God is, how heaven is. This will not lead you anywhere except to hallucinations. The only thing that you need to understand is how you are bound to your limitations. If you understand this and free yourself from those bondages, where you have to go you will anyway go.

If I talk about the sky, it's no use. What are the ropes which are tying you down to the earth? That is all that matters. Your business is with the ropes that are tying you down, not with the sky. If you untie these ropes, you will anyway reach the sky. When you reach there, only then you will know what the sky is. Till then, whatever you think about it, whatever understanding, whatever analysis you make is coming from the limited dimension of where you are right now.

There is no way to understand that which is beyond your present level of experience. So the Guru's work is to help you to untie the knots with which you are binding yourself, and to show you where the knots are. And if you untie them and you're ready, you are on the edge; maybe just with one knot left, then he can push you. If he pushes you when you have ten ropes tied down, then it will damage you. He can push you only when everything is broken and just one single thread is hanging. Then he can push you. He can afford to push you because you will not break, only the thread will break. With yoga, you can mature the body, mature the mind, and mature the energies so that slowly, these bondages and ropes that we are tying around us gradually are broken down. A moment comes when all you need is a "Whooh!", you will go.

Sadhguru J. Vasudev is a contemporary mystic rooted as strongly in worldly

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

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

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

Isha Yoga Teacher led Inner Engineering 3-day program in Toronto
Date: May 11 to 13, 2012
Venue: Toronto Botanical Garden
777 Lawrence Avenue East
Toronto, ON – M3C 1P2
For more information: 416 300 3010 or www.ishafoundation.org/toronto

Inner Engineering 3-day Program

Date: 11 - 13 May 2012

Location:

Toronto Botanical Garden
777 Lawrence Avenue East
Toronto, ON M3C 1P2 - Canada

Session Info:

TIMINGS

(all sessions are mandatory):

Friday: 6:30 pm to 9:30 pm
Saturday: 8:30 am to 7:00 pm
Sunday: 7:30 am – 7:00 pm



The Score on Sports

Tashvir Narine

Indian Parliament sees a new but familiar Face



Sachin Tendulkar celebrates 100 International Centuries

Less than two months following his 100th international century, Sachin Tendulkar made headlines once again by stepping into the parliament records this time. After meeting Prime Minister Manmohan Singh on April 26th, the "Little Master" was offered a seat in the upper house's nominated section. Known as the Rajya Sabha, these twelve posts are reserved for individuals having special knowledge in fields such as literature and science. Tendulkar however, became the first nominee from a sports background.

The nomination has produced backlash from many critics in the sporting as well

as political realms. Due to Tendulkar's inexperience in political affairs, many feel that this will be an uphill battle for the master batsman. But some also feel that Tendulkar's exit from cricket is nearing, which will lead smoothly into this new endeavour. Tendulkar has stated though that he is not going to retire soon and will continue playing, however it will be difficult to balance these two roles going forward. In fact, the Mumbai Indians' captaincy was recently handed over to Harbhajan Singh before the start of the 2012 IPL Season.



Tendulkar dressed in formals at Wimbledon

Bayern & Chelsea meet in UEFA Final



Bayern Munich celebrates after beating Real Madrid on penalty kicks



Frank Lampard raises arms as Chelsea eliminates defending champions Barcelona

This year another season of exciting European club football comes to end on May 19th in Munich. The UEFA Champions League has drawn to a close and after two action-packed semi-final rounds, Chelsea FC will now play Bayern Munich in the upcoming championship match.

Of the two semi-final victories, Bayern's must be sweeter as they dispatched Spanish champs Real Madrid in a dramatic second leg that went to penalties to retrieve a decision. The moment was extra golden for the German squad, as they came from behind to knock out Madrid following a pair of goals by Portuguese superstar Cristiano Ronaldo. Bayern will now have a home field advantage against the English side in the upcoming finals at the Fubball Arena Muchen, even though there is no defined home or away designation.

Chelsea on the other hand, took an equally difficult route to Munich drawing Lionel Messi and Barcelona in the other semi-final. Up one nil on aggregate in

the second leg, Chelsea proceeded to give up two goals while picking up a red card, sending off skipper John Terry. This appeared to light a spark under the Blues nonetheless, who managed to keep their composure at the Camp Nou at the most desperate of scenarios. Down to ten men, the English giant managed to score two more times, while holding off the more powerful Barcelona attack which kept coming at the undermanned Chelsea.

And so, these two stories have merged and created a much anticipated matchup on May 19th. Their last meeting was in the 2005 Champions League quarterfinals with Chelsea moving on due to aggregate. This season, Chelsea will most likely finish out of the top four in the English Premier League, and Bayern Munich sits behind Borussia Dortmund in the Bundesliga table. This final may be the one accomplishment worth celebrating this season, so expect a spirited match from beginning to end from both teams. Don't miss out!



Short Story

Continued from previous issue ...

July, 1983, Colombo, Sri Lanka

When the cargo ship was filled up, it set sail on the rough Indian Ocean. No sooner did the ship pick up its speed than the people felt a queasy sensation. Many felt that they shouldn't have indulged on the food parcels they picked up at the entry; because the choppy waters were making them throw up everything they had wolfed down. Kumar, being a poor eater by nature, was coping with the situation better than most of his fellow passengers. He had gone around twice in that woebegone environ in search of his girlfriend to no avail. People were willing to talk to the strangers and being helpful as there was this sense of camaraderie and class-blindness, having suffered the

opportunity for Kumar to mention about his girlfriend's family and bingo someone told that they had already left for Jaffna. The mere mention of his girlfriend's family made Kumar ecstatic, let alone the yearning, that he was suppressing that long, to talk about her with someone. When he told them that they were related to him, people volunteered to divulge more information without asking the relationship. To his pleasant surprise he learnt that his girlfriend's family was going to Nallur as well, near the Temple, where ever that may be. Once he secured this information, he suddenly lost all interest in the dialogue and couldn't wait to peel off. Somehow reinforcing the fact that they were not alone made them feel better, and helped dealing with their

the heads transfixed on some object. Then when he pushed them to make a dent, he could get a glimpse of an arid land with sparse vegetation with a few stunted coconut trees. He couldn't believe that this had elicited such an outcry. There was no harbor, so the ship had to drop anchor far away from the shore and they had to wait for hours for the few motor boats to disembark the refugees.

Crows were chasing the seagulls, preparing the battle ground for the fight over entrails thrown from the working stations of the fisherwomen. But no such activity was to take place that day; instead the whole human effort was focused on tending to the refugees pouring out of the cargo ship in motorboats. Stray dogs cocked their heads at the

water, because soon so many people followed suit and in no time the whole bus smelled like curry. The bus went through narrow meandering roads, flanked by coconut trees and the road side houses all had cajan fences. Every now and then the name change would appear, denoting a new village, and to Kumar's surprise, every direction the bus turned, it was always a Tamil village. Finally after an hour of unrelenting sameness, the scenery changed a bit: suddenly a cluster of two story buildings appeared, and when the bus pulled in to the final stop, one could see the shops and cinema theaters, drawing people in larger numbers. But having lived in Colombo all his life, Jaffna town was a great disappointment for Kumar. Beggars couldn't be choosers, so his complaint would only have fallen on the deaf ears. Nobody was waiting for him when he got down from the bus; the volunteers sprung up immediately, offering their services. Within a short period of time, a bus going to Point Pedro had Kumar on board and the bus driver was instructed to drop him off near Nallur Temple. When he got

By: SIVAGAMI

THE TRAIL OF TEARS FROM THE LAND OF PALMYRAH



same fate for being Tamil.

"What part of Jaffna are you from, Thamby?"

"I'm from Colombo" Kumar answered.

"Aren't we all?; but originally from where?"

"My grandparents from mother's side are from Jaffna, but I don't know exactly where in Jaffna" Kumar didn't want to tell that his father's side was upcountry Tamils of Indian origin, knowing Jaffna Tamils' tendency to look down upon their non-Jaffna brethren and especially the Indian Tamils working in the tea plantations referred to by the epithet "Vadakathiyaa"--("Northerner").

"Then where are you going to stay in Jaffna?--- listen-- you can stay with us until you find a place"

"No, no, that's not necessary, I'll be staying with my brother, his wife is from Nallur"

This conversation drew more participants, and people started comparing their losses. Each argued that his loss was more than the other's. Then they threw various names and speculated their fate heatedly. This had given an

miserable better. For the next two days Kumar silently watched the human saga unfolding around him: some women sat on the floor and wailed for hours while others were trying to console them without success; the sick were all placed together in a makeshift clinic with no provisions but with doctors on board who were refugees themselves. Where ever he went, the common thread of all conversations was the determination not to leave the Tamil areas again and fight for a separate country. They all reminisced of the previous pogroms, and the promises made and repeatedly broken by the Sinhalese governments. Never again was the prevailing motto. The more people talked about Jaffna and other Tamil areas with such passion, the more curious Kumar became about this revered land and wondered why on earth one would ever be thinking of leaving. On the third day, while he was seated day-dreaming in the corner alone, he saw people rising to their feet, applauding wildly and running toward the railings. He too got up and ran behind them; first he couldn't see anything but the back of

unusual human endeavor from a distance, but the puppies ran back and forth along the stretcher-bearers, burdened by the weight, ignoring the growling of their mothers. The smell of fish permeated the sleepy fishing hamlet. The dilapidated stalls were empty, and the sun-bleached fishing boats were bobbing around on their moorings. Torn fish nets, partially buried, blended seamlessly with the sand dunes; and a brown hen with its yellow chicks marched through with multiple hiccups when their feet got entangled in the nets repeatedly. The white tent, away from the dunes, with a display of a large red cross, was filling up by the unloading of the stretchers. A flurry of activity centered around the tent: an old ambulance with the faded red cross was coughing up diesel fumes, making the bystanders tear more than necessary for that somber occasion. The presence of a few cars and buses didn't instill as much confidence as the army of bicycles did. The bicyclists exuded such confidence that anything seemed achievable if one could only try. Buses were heading to Jaffna town, sagging with heavy load--the final destination before people could either leave for their own homes or their relatives' homes. People who didn't have any place to go, were sent to a school in Jaffna town.

Kumar boarded one of the buses heading to Jaffna town; he was ambivalent about the surroundings: on the one hand, he had never seen this many Tamils, yelling and screaming in Tamil in his life, giving a sense of solidarity; on the other hand, the backwardness that was so obvious all around him made his spirits sag a little bit. He was famished, so he opened the rice parcel on the bus and started eating. The smell of curry made everyone turn and look in his direction. It must have made their mouth

down right in front of the Nallur Temple, he couldn't resist saying wow, because he had never seen such a big Temple before in Colombo. Awestruck by the structure, it took some time for Kumar to come to his senses; he sought help from the nearby shopkeeper with the address he had memorized during the stay in the camp--his sister-in-law's house. He only had to tell the name, and immediately everyone knew where the house was. Soon somebody volunteered to accompany him to the right house. He wanted to inquire about his girlfriend's family, but chickened out at the last minute.

The barefoot man who led Kumar to his sister-in-law's house had a neuropathic gait due to polio: with every wide arc swing he made with each leg in the white sand, freshly placed with the anticipation of upcoming Temple festival, the dust billowed on to the face of Kumar who was following a few steps behind. Having suffered enough of this sand-blasting on his face, Kumar took over the man despite his bone-deep weariness, constantly chatting to get the direction. The man took him through a winding narrow lane behind the Temple to a cast iron gate, on whose concrete posts perched a couple of identical statuettes of elephants; on both sides ran the incongruous cajan fence.

Through the iron grid one could see the mango trees, whose branches were sagging by the weight of its fruits and the squirrels encircling the ripe ones in their acrobatic postures. When they opened the gate, the screeching sound made the squirrels and the birds scatter in a hurry from their feast, but brought the dogs to the forefront. Kumar quickly pulled the gate shut without knowing what to make out of the constant vigorous wagging of the tails and the occasional grunts from the dogs.

To be continued in June Issue ...

Short Story



In Paris, particularly in Northern Paris, there are lots of commercial establishments in La Chappel. Here you find lots of small enterprises of Tamils, not seen in any of the European countries. There are about ten blocks of such establishments. Hence it is called a mini Tamil Eelam. These enterprises are being run by diaspora Srilankan Tamils and Pondichery Tamils, who immigrated to France in the last thirty years.

Most of these shops have posters of the "Tigers". They are all now faded. But some of the posters of anti Chemmoli Conference in Chennai and the one condemning the refusal of visa to Parvathy Amma (Pirapakaran's mother) were seen very prominently.

You could see groups of Tamils, especially young men, standing here and there and chatting, on the streets of La

She is in the second year Computer Science course and has two more years to get her degree. Scroll wearing a black coat and cap.

Sivaranjani is the only daughter of Parimalam and Packiyathan couple.

Parimalam was eagerly waiting for those two years to be over, when she could be married to his brother's son in Srilanka.

Parimalam will never stop until she is married to someone, speaking to himself Packiyathan was turning the pages of Lankasri paper.

The paper was full of politicians' reports. People were still behind barbed wires.

"I am always worried and you as a father, never cared about our daughter" said Parimalam.

"You are angry that I never joined

station."

Packiyathan left home and Parimalam calmed down.

Sivaranjani got down from the bus and speeded to the passenger's lockers at the station, opened her's, picked up two of her dresses and proceeded to the ladies' toilette.

After five minutes, she came out of the toilette with a button free dress and placed her changed clothes in the locker.

Even her hairstyle was different. The eyebrow black color was more elongated. The lips had black color instead of the usual red.

She joined her friends who were waiting for her at the platform. One of them said "you are so sweet". She was overjoyed by that remark.

Paris known as the heaven of the night, was glittering with electric lights. It was getting closer to nine O'clock.

"You are always in a hurry. What if the temple archana would have taken some more minutes?"

"I was telling the priest to speed up after seeing the time, so that we go on time."

They arrived at La Chappel Street. There were some unusual activities going on there. They came to know that an unknown girl was found murdered in the toilette. May be a rape case. Parimalam got a shock.

Packiyathan again dialed her number. It was ringing.

"I told her not to shut off the phone, when out of the school" he muttered.

They could see outside of the station, a few police cars and an ambulance beaming with blue lights.

Parimalam was shaking and got hold of her husband's hand.

His phone rang.

"Ask her where she is?"

Packiyathan's face was changing.

LA CHAPPEL

Original in Tamil by Jothilingam (France)
English version by Thuraiyooran

Chappel. You could get Marjuhana (ganja) freely from the Africans, here. During the evenings women hate to go along these streets. Especially during week-ends, Tamil women tread to go down the tunnel leading to the tube station.

The Manikka Vinaygar Temple in La Chappel, has the fame of being the first Saiva temple built in France. This one established in 1985, is being mentioned in all their advertisements.

This year the Summer was very hot like, back in our own land.

Along the sea coast, the traditional ceremony of setting fire to garbage and driving away the witch, was also banned by the government to avoid forest fires. But people continued with their barbecue parties along the sea coasts and by the sides of rivers.

The second year students and lecturers had arranged for such a party, today.

"Amma I am leaving" said Sivaranjani with her bag of books and was about to leave, when her mother stopped her saying "Did you look at the mirror carefully?"

"What is it?" asked Sivaranjani annoyed.

"Look you have not fixed the neck button properly" she said.

"You close it when you wear a tie Mom. People will laugh at you, if you do so."

"Does not matter, if they laugh. You pin it properly now. It is better to be careful before something happens to you, when the world will laugh at us."

Parimalam pulled Sivaranjani towards her and fixed the button.

"I told your father, that we would stay back at home, rather than to come to this wretched city. He never listened to me."

Sivaranjani never listened to this usual utterances and got down to the street. She was in a hurry to catch the bus and the subway from La Chappel.



you, in fixing the button in her shirt."

"I am always carrying fire in my belly and you never understood this."

"Am I to pour a bucket of water on it now", so saying he got ready to go to office.

"You never worry about this. You are busy with your office. I am the only one alone and raving. Ranjani said that they have a barbecue party and that she will come home around ten tonight. I told her to stay at home on a lame excuse. But she never listen to me. It was the practice of ancient people to roast meat on fire."

"Ok keep cool. After work we will go to La Chappel, buy vegetables and then go to Pillayar temple. So it will be time for her arrival.

"We can pick up Ranjani also at the

Even though Parimalam was going round the temple her mind was thinking of Ranjani.

"Appa did you call her? I told her to be at the station at ten."

"If you told her, she will be there."

Packiyathan went out of the temple and dialed her. It was ringing -----.

"What is she telling?" asked Parimalam.

"She will be there at ten, you go and worship."

He was feeling odd when Ranjani did not answer his call.

After performing the 'Archanai' in the name of Ranjani and finishing the worship it was ten minutes to ten.

"Please walk faster, she may be waiting for us" said Parimalam.

He held her wife's hand tightly and got down the subway stairs. The police who were waiting there, took both to the toilette, where the incident happened.

The dress she wore in the morning was in the process of being changed. Sivranjani was lying on her belly, dead. "My daughter" cried Parimalam after turning the body, face up.

She had blue Tattoos on her chest and a circle near her belly button.

Parimalam was so stunned, she could not speak or cry.

Police started their investigation.

After a month the Security Officer at the station handed over Ranjani's clothes in the locker. Parimalam started crying for the first time.

Special Feature

Book Review



The Sara Saga – Manicasothy Saravanamuttu

Publishers: Areca Books – Malaysia

By Siva Sivapragasam

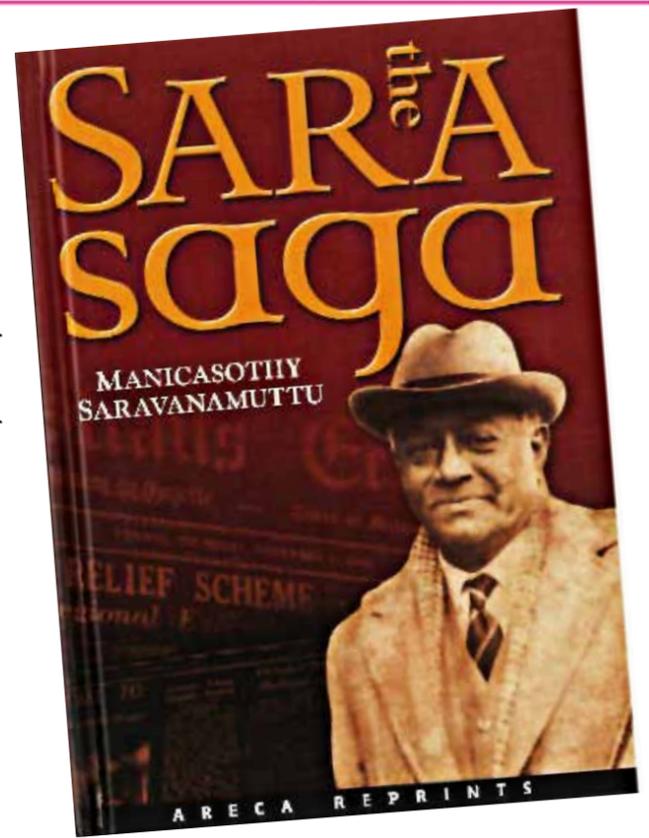
Manicasothy Saravanamuttu is the son of one of Sri Lanka's political families from the hamlet of Chunnakam in Northern Sri Lanka. The 1930s to 1960s were important years in the making of Modern Asia. These years saw the transition from colonial rule to independence for many countries in Asia. The changes had an impact on the history of Sri Lanka too. It also saw the emergence of many political families in Sri Lanka. One such family was that of the Saravanamuttu family. One of the family members was Manicasothy Saravanamuttu – better known as "Sara". He was a witness to and participant to the events of transition. The Sara Saga is a gripping memoir written by him and offers a unique glimpse into history in the making.

His journey was remarkable – cricket loving student of Oxford during the great war, fearless Editor of Penang's English language Newspaper - The Straits Echo, resilient internee during the Japanese Occupation in Malaysia and finally a diplomat at large. "Sara" became a legendary journalist and an esteemed diplomat. His tale of varied

experiences has made this book both interesting and inspiring. The book has traced many of the developments that have taken place both in Sri Lanka and Malaysia. Sara originally wrote his autobiography in a series of articles for the Observer newspaper in Sri Lanka and this book contains many of the facts in the series.

The book has in fact become an important aspect of social history. He became a suave diplomat during the evening of his career and won the hearts of many leaders of his region. He was a great friend of Malaysia's Prime Minister Tunku Abdul Rahman. Rahman paid a glowing tribute to Sara when he attended the latter's 70th Birthday party and stated that "Sara has always given his best to both the country of his origin and the country of his adoption and to all his friends and everybody with whom he was connected". The book is suitably illustrated with photographs. Sara has provided the readers intimate knowledge of men and events. His Saga is certainly a notable contribution to contemporary history.

The Publishers of the Book are Areca Books based in Penang, Malaysia.



TRACING THE PAST WITH THE INTERNATIONAL TAMIL STUDIES CONFERENCE

TORONTO – The world's largest annual Tamil Studies Conference will draw hundreds of leading international scholars, activists and students to the University of Toronto from May 11 to 12, to discuss questions of Tamil history, politics, arts, identity and gender.

In its seventh year, the Conference will focus on "Traces of the Past." Specifically, scholars will examine how people understand and reflect upon the past, and how this in turn shapes the contemporary world.

With over 30 presenting academics from different disciplines, attendees will have access to a wide range of perspectives and topics, such as:

- **Magazines and the Poetics of Literary Criticism;**
- **Second World War and plantation Tamils in Malaysia;**
- **The Transnational Government of Tamil Eelam and the Routinization of Charisma: Problems and Projections;**
- **Tracing a Literary History for Postcolonial Tamil Poetry from Sri Lanka; and**
- **Absence of Nostalgia in the Writings of Immigrant Tamil Women**

"Since the virtual demise of the International Association for Tamil Research (IATR), the annual Tamil Studies Conference of Toronto has become the academic forum for Tamil studies in a globalizing world," stated A.R. Venkatachalapathy, ICCR Chair Professor of Indian Studies at the National University of Singapore.

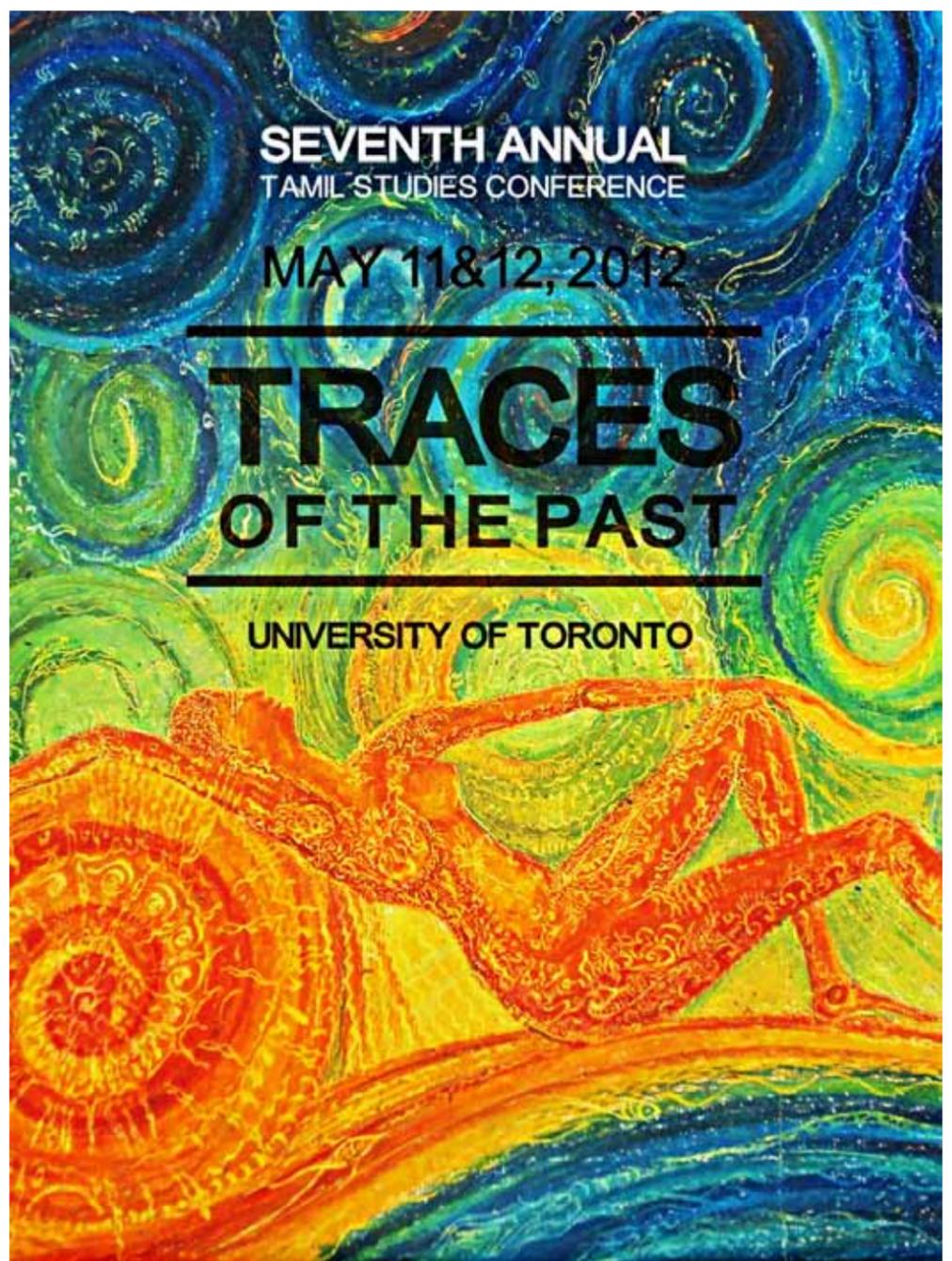
The Conference is turning Toronto into a hub for Tamil Studies in North America, allowing Tamil diaspora and the broader community to engage with scholars from academic institutions around the world. This year's conference includes academics from Canada, Sri Lanka, India, United States, United Kingdom, Japan and many more. Organized by the Universities of Toronto and Windsor, the conference also encourages students to develop a deeper interest in Tamil Studies.

For all media inquiries, please contact:

Media Coordinator:

Sobika Sadacharam at 416-770-4243 or
media@tamilstudiesconference.ca

For more information about the conference, please
visit: www.tamilstudiesconference.ca



Register Online at
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Holy Land Tour



S. Raymond Rajabalan



One Land - Three Religions An experience of a life time

CONTINUED FROM DEC 2011, JAN 2012, FEB 2012, MARCH 2012 & APRIL 2012

Where exactly is Holy land?

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

Our Tour to the Holy Land

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

Tabgha

Tabgha is an area situated on the North-western shore of the Sea of Galilee in Israel. It is the traditional site of the miracle of the multiplication of the loaves and fishes (Mark 6:30-46) and the fourth resurrection appearance of Jesus Christ (John 21:1-24)

The name Tabgha comes from the Greek word Heptagon meaning seven springs. It is a place with plentiful supply of water.



Church of Multiplication of Loaves and Fish- Tabgha



Stone inside the church and the mosaic

Under the altar in the front of the church is a stone said to be the one on which Jesus laid the miraculously-multiplied meal. In front of it is a fine mosaic of a two fishes flanking a basket of bread?

The Church of the Multiplication of the Loaves and Fishes (also known as the Church of the Multiplication) is a church in Tabgha on the northwest shore of the Sea of Galilee.

The church is modern but stands on the site of 4th and 5th-century churches. It preserves a splendid early Christian mosaic as well as the traditional stone on which the miraculous meal was laid.

Miraculous feeding of 5000 people

The miraculous feeding of five thousand people is described in Mark 6:30-44, just before Jesus walks on water. The Gospel account of the loaves and fishes does not specify where it took place; only that it was in a "remote place" (6:32, 35) on the shores of Galilee.

According to Mark's account, Jesus and his disciples had gone out in a boat to this remote place for some peace and quiet, but the crowds ran ahead "from all the towns" and met him when he landed. By then it was dinner time and they were not in a village where food could easily be bought, so Jesus fed them all by miraculously multiplying his disciples' five loaves and two fishes.

Then Jesus directed them to have all the people sit down in groups on the green grass. So they sat down in groups of hundreds and fifties. Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves.

Then he gave them to his disciples to set before the people. He also divided the two fish among them all. They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces of bread

The Church of the Primacy of St. Peter is a Franciscan church located in Tabgha, Israel, on the North West shore of the Sea of Galilee. It commemorates Jesus' reinstatement of Peter as chief among the Apostles.

The present Franciscan chapel was built in 1933 and incorporates parts of an earlier 4th century church. At the base of its walls,



Church of Primacy of Peter - Tabgha (Galilee)

opposite the main altar, foundations of the 4th century church are visible. In the 9th century, the church was referred to as the Place of the Coals. This name refers to the incident of Jesus' preparation of meal for the apostles, building a charcoal fire on which to cook the fish.

The church contains a projection of limestone rock in front of the present altar, which is venerated as a "Mensa Christi (Latin for table of Christ). According to tradition this is the spot where Jesus is said to have laid out a breakfast of bread and fish for the Apostles and told Peter to "Feed my sheep" after the miraculous catch, the third time he appeared to them after his resurrection. (John 21:1-24)



Mensa Christi (Table of Christ)

We then proceeded to Capernaum with great anticipation since our guide Mike had provided us with a wealth of information about the religious significance of this coastal village.

Capernaum - Galilee

Capernaum is an ancient fishing village on the north shore of the Sea of Galilee in Israel.

Capernaum is frequently mentioned in the Gospels and was Jesus' main base during his Galilean ministry. It is referred to as Jesus' "own city" (Mt 9:1; Mk 2:1) and a place where he lived (Mt 1:13). He probably chose it simply because it was the home of his first converts, Peter and Andrew (Mk 1:21, 29).

Many familiar Gospel events occurred in this village. Capernaum is where Jesus first began to preach after the Temptation in the wilderness (Mt 1:12-17) and called Levi from his tax-collector's booth (Mk 2:13-17). It was while teaching in the synagogue of Capernaum that he said, "Whoever eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day." (Jn 6:54)

Capernaum is where Jesus healed a centurion's servant without even seeing him (Mt 8:5-13; Lk 7:1-10), Peter's mother-in-law (Mt 8:14-15; Mk 1:29-30); the paralytic who was lowered through the roof (Mk 2:1-12), and many others who were brought to him (Mt 8:16-17). And it was Capernaum that Jesus had set out from when he calmed a storm on the Sea of Galilee (Mt 8:23-27).

It is actually quite likely the room enshrined within the church of Capernaum is the house of Peter where Jesus stayed. This is supported primarily by evidence for



St. Peters house Synagogue in Capernaum

The synagogue of Capernaum is located just inland from the shore with its facade facing Jerusalem. It has been difficult to date, with scholarly opinion ranging from the 2nd to 5th centuries. It stands on an elevated position, was richly decorated and was built of imported white limestone, which would have contrasted dramatically with the local black basalt of the rest of the village. All of this would have given the building great beauty and status.

One possibility is that this white synagogue was built at an early date, and the 5th-century artifacts derive from later repair work. Another suggestion has been that up to four successive synagogues stood here in the 2nd-4th centuries, then dismantled in the 5th century by Christians who rebuilt a pilgrim shrine on the site.

Significant to this discussion is a layer of black basalt foundations beneath the white synagogue. The excavators believe this is the synagogue where Jesus taught and cast out demons.

Galilee

The Sea of Galilee (also Kinneret, Lake of Gennesaret, or Lake Tiberias) is the largest freshwater lake in Israel, and it is approximately 53 km in circumference, about 21 km long, and 13 km wide. The lake has a total area of 166 km and a maximum depth of approximately 43 m. At 214 metres below sea level, it is the lowest freshwater lake on Earth and the second-lowest lake in the world (after the Dead Sea, a saltwater lake). The lake is fed partly by underground springs although its main source is the Jordan River which flows through it from north to south.

The Sea of Galilee is one of the most significant locations in the world. Here God sent his Son to continue the work of salvation with the message that the kingdom of God was at hand. The sea and



Olive Mill and Olive Press (from Roman times) in Capernaum



Church of Capernaum built over



Boat ride in Sea of Galilee

Holy Land Tour



its fishermen provided images Jesus used to explain his kingdom and his followers' role in it. The sea and what it represented gave him opportunities to demonstrate that he was truly God.

Galilee is mentioned as the location of the first miraculous catch of fish. According to the Gospel of Luke, on the day of this miracle, Jesus was preaching near the Lake of Genesareth (Sea of Galilee), when he saw two boats at the water's edge. Boarding the one belonging to Simon (Peter), and moving out a little from shore, he sat and taught the people from the boat. Afterwards, he said to Peter: "Put out into deep water, and let down the nets for a catch."

Peter answered: "Master, we've worked hard all night and haven't caught anything. But because you say so, I will let down the nets."

When they had done so, "they caught such a large number of fish that their nets began to break," requiring help from another boat. When Peter saw the large catch, which filled both boats almost to a sinking point, he fell at Jesus' knees and said, "Go away from me, Lord; I am a sinful man!" Jesus responded "Don't be afraid; from now on you will catch men, after which Peter and his partners James and John left everything and followed Jesus.



Panoramic view of Sea of Galilee

It was a memorable experience for us to have a boat ride on the sea of Galilee visualizing this great miracle and feeling greatly blessed to be at this location where our saviour once preached.

Caná - Galilee

Caná is a Galilean town five miles northeast of Nazareth. Its population of 8,500 includes both Muslims and Christians



Wedding Church -Caná

The town of Caná in Galilee is the traditional site of the wedding feast where Jesus performed his *first miracle of turning water into wine* (John 2: 1-11). It is also mentioned later in John as a place where Jesus heals a royal official's son (John 4:46) and the hometown of the disciple Nathaniel (also called Bartholomew) (John 21:2).

The Franciscan Wedding Church was built in 1879 at the location where ancient



Interior of the Wedding Church -Caná

stone jars were discovered. Some of the jars can be viewed in the lower level.

Church of Annunciation – Nazareth



Interior of the Church of Annunciation

The Church of the Annunciation, also referred to as the Basilica of the Annunciation is a church in Nazareth, in modern-day Northern Israel.

The church was established at the site where, according to Roman Catholic tradition, the Annunciation took place. Greek Orthodox tradition holds that this event occurred while Mary was drawing water from a local spring in Nazareth and the Greek Orthodox Church of the Annunciation was erected at that alternate site.

The Annunciation (also referred to as the Annunciation to the Blessed Virgin Mary) is the Christian celebration of the announcement by the angel Gabriel to Virgin Mary, that she would conceive and become the mother of Jesus the Son of God. Gabriel told Mary to name her son Jesus, meaning "Saviour".

Mount Carmel

Mount Carmel (*Mount Saint Elias*) is a coastal mountain range in northern Israel stretching from the Mediterranean Sea towards the southeast. A number of towns are located there, most notably the city of *Haifa*, Israel's third largest city, located on the northern slope.



A statue of Elijah in the crypt of the monastery on Mount Carmel.

In mainstream Jewish, Christian, and Islamic thought, Elijah is indelibly associated with the mountain and he is regarded as having sometimes resided in a grotto on the mountain. Indeed, one name for Mount Carmel is Mount Saint Elias. In the Books of Kings, Elijah challenges 450 prophets of a particular Baal to a contest at the altar on Mount Carmel to determine whose deity was genuinely in control of the Kingdom of

Israel; since the narrative is set during the rule of Ahab and his association with the Phoenicians, biblical scholars suspect that the Baal in question was probably Melqart

According to the Bible in 1 Kings 18, the challenge was to see which deity could light a sacrifice by fire. After the prophets of Baal had failed to achieve this, Elijah had water poured on his sacrifice several times to saturate the altar, prostrated himself in prayer to God, fire fell from the sky, and immediately consumed the sacrifice and the water, prompting the Israelite witnesses to proclaim, "The Lord, He is God! The Lord, He is God!". In the account, clouds gather, the sky turns black, and it rains heavily, ending a long drought.



Writer and wife on the slope of Mount Carmel

City of HAIFA –Mount Carmel

Haifa is the largest city in northern Israel, and the third-largest city in the country, with a population of over 268,000.

In the 3rd century A.D. Haifa was known as a dye-making center. Over the centuries, the city has changed hands: It has been conquered and ruled by the Phoenicians, Hebrews, Persians, Hasmoneans, Romans, Byzantines, Arabs, Crusaders, Ottomans, British, and the Israelis. Since the establishment of the State of Israel in 1948, the city has been governed by the Haifa Municipality.

Today, the city is a major seaport located on Israel's Mediterranean coastline in the Bay of Haifa covering 63.7 square kilometers. It is located about 90 kilometers North of Tel Aviv and is the major regional center of Northern Israel. Two respected academic institutions, the University of Haifa and the Technion are located in Haifa and the city plays an important role in Israel's economy.



A view of Harbour in Haifa



The Shrine of the Báb and its Terraces on Mount Carmel

Mount Carmel is considered a sacred place for Bahá'ís around the world, and is the location of the Bahá'í World Centre and the Shrine of the Báb. The location of the Bahá'í holy places has its roots to the imprisonment of the religion's founder, Bahá'u'lláh, near Haifa by the Ottoman Empire during the Ottoman Empire's rule over Palestine.

The Shrine of the Báb is a structure where the remains of the Báb, the founder of Bábism and forerunner of Bahá'u'lláh in the Bahá'í Faith, have been laid to rest. The construction of the shrine with a golden dome was completed over the mausoleum in 1953, and a series of decorative terraces around the shrine were completed in 2001.

Bahá'u'lláh, the founder of the Bahá'í Faith, designated the area around the shrine as the location for the administrative headquarters of the religion. Bahá'í administrative buildings were constructed adjacent to the decorative terraces and are referred to as the Arc, on account of their physical arrangement

On the final day of our memorable 9-day tour, we proceeded to Caesarea National Park in northern Sharon and we were amazed and astounded by the brilliance of the Romans who constructed the variety of magnificent structures in that region.

Caesarea Maritima

Also known as "Herodian Caesarea", this site was insignificant until Herod the Great began to develop it into a magnificent harbour befitting his kingdom. The forty-acre harbour was able to accommodate 300 ships and was much larger than the modern harbour existing today.

Herod the Great also constructed a theater with a seating capacity of 3500. According to historian Josephus, this is where the death of Herod Agrippa occurred, as recounted in Acts 12.



The Theater

This site brought back memories of our visit to Rome many years back where we saw the historic coliseum and stood spellbound amazed by its brilliant construction.

Promontory Palace

This is a magnificent palace that Herod the Great built on a promontory jutting out into the waters of Caesarea. The pool in the center was nearly Olympic in size and was filled with fresh water. Saint Paul may have been imprisoned on the grounds of this palace (Acts 23:35).

Aqueducts



The Aqueduct

The lack of fresh water at Herod's new city required a lengthy aqueduct to bring water from springs at the base of Mt. Carmel nearly ten miles away. In order that the water would flow by the pull of gravity, the aqueduct was built on arches and the gradient was carefully measured.

END.

Having been able to visit a vast variety of places of religious and historical interest in Holy Land this tour indeed was a once in a life time experience that provided immense peace of mind.

Recent Event



Sri Sathya Sai Baba Centre of Scarborough Mahasamadi Event

The first anniversary of Bhagawan Sri Sathya Sai Baba's Maha Samadhi was commemorated at the Sri Sathya Sai Centre of Scarborough at 5321, Finch Avenue East, Scarborough on Tuesday April 24th.,2012.

The evening program commenced with presentations by the students of the SSE program: Veda chanting followed by music by the SSE Band and a Value Board Flag procession displaying the five principles of Bhagawan Sri Sathya Sai Baba's teachings. Multi Faith

leaders from Buddhist, Christian, Zoroastrian and Muslim faiths graced the occasion and showered their prayers and blessings. The culmination of the evening program was the presentation of wheel chairs - "Love on Wheels" in gratitude to Swami and to have sustained the Centre for 25 years. The members of the Centre displayed their love for the community by donating 40 wheel chairs, twenty each to the Scarborough Hospital Foundation and Scarborough Rouge Valley Health

System. Officials of the two Hospital Foundations were in present at the ceremony. Also in attendance was Bas Balkissoon, Liberal MPP, representing Scarborough Rouge River, who explained his involvement in the Centre's progress from its inception twenty five years ago to its current site and position in the community. Speeches by past Presidents of the Centre, video presentations, and melodious bajans followed well into the evening.

Photo Courtesy: Jana



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Recent Event

Canadian Tamils' Chamber of Commerce Awards Gala – 2012

CHAMPIONS OF ENTREPRENEURSHIP

Photos by QuickSnaps.ca



Andrea Horwath, NDP Leader for Ontario



Mike Ahilan, President of Canadian Tamils' Chamber of Commerce



Frank Scarpitti, Markham Mayor



Michael Mazza, President and CEO of Scarborough Hospital Foundation



Robert Carter, Regional Vice President of Sales for Industrial Alliance



Sandra Sabaratnam MC of the night



Stan Muthulingam Co-Chairman and Chief Executive, CSI



Gary Anandasangaree, Lawyer, awards presenter at the Gala



Umesh Vallipuram, Director AMG Canada proposing toast



Kalyani Nathan, Treasurer of the CTCC and Awards Gala Chair



Some of the Volunteers for the Gala night



South Indian Dancers performance



Former CTCC Director Ken Vivekananthavel and his wife



Santha Panchalingam, Secretary - CTCC being interviewed by TamilOne TV



Participants at Chamber Night



Participants at Chamber Night



Participants at Chamber Night



Participants at Chamber Night



Participants at Chamber Night



Participants at Chamber Night

Durham Tamil Association



DTA's Improving Lives Initiative: Cancer Prevention and Lifestyle Factors

Durham Tamil Association organised a Cancer Prevention and Lifestyle Factor Seminar for our Seniors on 22nd April 2012 at Ontario Power Generation and was attended by many seniors and adults. The seminar was presented by Jeavana Sritharan. Jeavana is a Masters Degree Candidate at the University of Ontario Institute of Technology. Her Thesis pertains to Cancer research and risk factors. Cancer has become an overwhelming burden in Canada and affects all individuals, whether male or female. Cancerous cells can become dangerous to our health without prevention strategies, appropriate screening, and knowledge on this disease. The cancer cells can form lumps or tumors that can be benign or malignant, where they can metastasize in the latter form.

Cancer rates are different in Canada and Sri Lanka but both nations present prevalent rates of lung cancer and breast cancer. Furthermore, colorectal cancer

and prostate cancer are of concern in Canada. As populations migrate from areas like Sri Lanka to Canada, the cancer rates in Canada affect these migrant populations and the generations that follow them. The important lifestyle factors that individuals should be aware of are smoking tobacco, alcohol intake, obesity/inactivity, and vitamin D intake. Individual risk can also depend on age, family history, and gender. Screening, depending on age, is also important as individuals getting older need to consider screening for colorectal, prostate, and breast cancer. These strategies can reduce personal risk for cancer and ultimately promote better outcomes utilizing early intervention. DTA sincerely thanks Jeavana for effort to educate and support our seniors. If you have any questions about cancer prevention or lifestyle factors, please email your concerns to jeavana.sritharan@voit.ca



Cancer Prevention Seminar hosted by DURHAM TAMIL ASSOCIATION - 22 April 2012



Ms. JEAUVANA SRITHARAN speaking about cancer prevention to DTA Seniors

DTA's EASTER EGG HUNT

On April 8, 2012, DTA organized a fun-filled Easter Egg Hunt event for our kids. The event was co-ordinated by Varnapriya Murugaiah and Uma Suresh. During craft time, the children made Photo Fridge Magnets and colored numerous pictures. Later, the kids had fun taking pictures in the "Photo Tent" build by Youth Volunteers. The highlight of the day was obviously the Egg Hunt. 63 Kids and Youth participated in the

event and the hunt consumed over 14 pounds of Chocolate. DTA sincerely thanks all our sponsors and volunteers. Particularly our regular sponsors, Dairy Queen - Ajax for their cool treats and Pizza Pizza - Pickering owner Mr. Corrado for supplying Pizzas at discounted rates. We also thank our Youth for organizing the Loot bags for the little ones, building tents and help with decorations.



Craft Time @ DTA's EASTER EGG HUNT 2012



Crazy Colors @ DTA's EASTER EGG HUNT

DTA Supports a Great Cause:

Ashley Valentine's Plan to improve lives of Autistic Children in Durham

Durham Tamil Association's final health presentation concluded with a talk on Autism Spectrum Disorder (ASD) by Ashley Valentine. Ashley was introduced by Mary Desrocher, a clinical neuropsychologist, and Ashley's former professor from York University. The talk was informative and insightful as it provided a positive outlook for children diagnosed with ASD. Ashley will be opening a school, grades 1 - 8, ages 6 - 14, for boys who have been diagnosed with ASD. Boys are four times more likely to be diagnosed with autism than girls and are 11 times more likely to be diagnosed with Asperger Syndrome. The school will be opening this September in the Durham region. Ashley has been working with children diagnosed with a developmental disorder for over 13 years now. Beginning at the early age of 16, he began by volunteering at the Metropolitan Association for Community Living where he was continually recog-

nized for his voluntary service. Ashley turned his focus to Autism Spectrum Disorder at the age of 19 and has been administering Applied Behavioural Analysis, the primary treatment method for autism, for over 11 years now. During this time, Ashley completed a specialized honours degree in psychology at York University and finished among the top 5% of the student body, being named to the Faculty of Health's Academic Merit Achievement List. We here at the Durham Tamil Association are proud of his accomplishments and provide our continued support in helping children diagnosed with ASD. Particularly, Durham Tamil Association is confident Ashley's initiative will help improve lives of children with Autism. We sincerely wish him the best. For information about his initiative, please contact us by phone (905-428-7007) or email us at info@durhamtamils.com.



MARY DESROCHER, a Neuro Psychologist introduced ASHLEY VALENTINE



ASHLEY VALENTINE having a chat with MP CHRIS ALEXANDER



TEAM DTA's EASTER EGG HUNT 8th APRIL, 2012



Photo Fun @ DTA's EASTER EGG HUNT



Pizza Time @ DTA's EASTER EGG HUNT



Durham Tamil Association

APPRECIATING MP CHRIS ALEXANDER

On April 22nd 2012, Durham Tamils organized an event to express their gratitude to their local MP Chris Alexander and the Government of Canada for their ongoing efforts to secure a permanent peaceful solution for Tamils in Sri Lanka. During his speech, Mr. Alexander spoke about his recent trip to Sri Lanka. He indicated that he visited Jaffna,

Kilinochchi and Mullaithivu and were disturbed by the heavy military presence in the region and expressed the need to de-militarize the region to allow for normalcy to return. He said the Canadian Government and its growing list of international partners are committed to pursuing an independent investigation of allegations about serious violation of

international human rights laws. In fact, Mr. Alexander said his Canadian delegation re-iterated the same message during their meeting with Sri Lankan External Affairs Minister G.L. Pieris. By going above and beyond, Mr. Alexander has touched the hearts and minds of not only Durham Tamils but also Tamils everywhere. The Spokesperson for Canadian

Tamil Congress, Mr. David Poopalapillai, thanked Mr. Alexander on behalf of all Canadian Tamils. Ms. Juanita Nathan from Markham also expressed similar sentiments. To show their appreciation, Durham Tamils presented Mr. Alexander with a Traditional Lamp as a memento.



Mr. DAVID POOPALAPILLAI appreciating MP CHRIS ALEXANDER



Mrs. SHASHI BHATIA appreciating MP CHRIS ALEXANDER



Ms. JUANITA NATHAN appreciating MP CHRIS ALEXANDER



SARIKA NAVANATHAN of DURHAM TAMIL ASSOCIATION mesmerising the audience with her song @ the DTA event

DTA's CHIROPRACTOR SESSION for Seniors Appreciation Day

Durham Tamil Association's Senior Appreciation Day included a valuable Fall Prevention Session by Dr. Ranjith Mahendranathan who is a young Chiropractor. He presented a topic to the seniors on falls prevention with a slideshow presentation. Every year, one in three Canadians over the age of 65 will fall, often with serious consequences. Injuries such as hip, wrist and pelvic fractures are common in this age group and can have a lasting impact on quality of life. The presentation involved performing three balance tests which are used by health care professionals to identify who may be at a higher risk for falls. Since most falls happen at the home, Dr.

Mahendranathan provided valuable tips to the seniors to install safeguards and remove potential hazards around the house. The presentation also included a group exercise session with all the seniors that focused on stretching and strengthening specific body parts with the help of Thera Bands. BIO FREEZE and Thera Bands were the complements of the Doctor to our Seniors. Dr. Ranjith Mahendranathan (Chiropractor) can be reached at (416) 839-3564 or by e-mail at drranjithmahen@gmail.com. His office, Westney Spine Care is located at 15 Westney Rd. N Unit # 2 (Inside the walk-in clinic)



Hon MP Chris Alexander addressing DURHAM TAMILS



Dr. RANJITH MAHENDRANATHAN advising our seniors about Fall Prevention



DTA Seniors & adults performing strengthening exercises using the THERA-BAND



Mrs. THEVAMANOHARI testing her balance by the FUNCTIONAL REACH TEST

Tamil Cultural & Academic Society of Durham



Tamil Cultural & Academic Society of Durham Youth and Children participate in ECO Events

TCASD's 20 Minutes Makeover for the Town of Ajax 20 minutes Pickering Park cleaning makeover

On Friday the 20th of April, the youth members of the Tamil Cultural and Academic Society of Durham participated in the Town of Ajax's 20 Minutes Make Over in celebration of the International Earth Day. The youth cleaned from Kingston and Church Street North to Delany Road and Church. This cleaning started at 5.00 pm and ended around 6.30 pm. The Youth were initially asked to dedicate only 20 minutes of their time but they went the extra mile and dedicated more than an hour of their precious time. While clean-

ing the surrounding, the youth were greeted with encouraging comments from the general public and a few of them even helped the youth to clean up the area. When asked about the reason behind their commitment, they replied "youth lead community initiatives like these are very important for us as well as the community because it helps us to become better people and make the community a better place to live in". So hats off to all the youth who helped to lead this initiative and make this year's earth day a success.

The City of Pickering and Tamil Cultural & Academic Society of Durham have invited families, businesses, and organization to clean the parks. On the behalf of TCASD, Tanesha Thirukumar took the initiative and responsibility to clean the Bonita Park in Pickering. She has invited many youth and completed the event very successfully. This event was part of celebrating spring and summer clean up and gives Pickering a makeover. This event has been celebrated for the last 87 years and TCASD was proud to participate in the 8th Annual

20-Minute Pickering Makeover. It's easy and very meaningful. The TCASD youth took a break outside for 20 minutes and pick up litter around Bonita Park.

The City of Pickering will provide all the support to the Youth with free gloves and special litterbags. The City of Pickering staff picked up the garbage's after the clean up event. Here you can see the pictures of TCASD team whom have led this clean up event.

This cleanup event is reported by Timothy Thirukumar.



TCASD Honouring Hon. Chris Alexander for his recent visit to Sri Lanka

On the 22nd of April, 2012 the youth and adult members of the Tamil Cultural and Academic Society of Durham participated in an event organized by Durham Tamil Association to honour Hon. Chris Alexander, the MP of Pickering and Ajax. Hon. Chris Alexander had recently visited Sri Lanka as a delegate of the Canadian Government to investigate the happenings of human rights violations during the past three decades of ethnic war. In appreciating Mr. Alexander, Sri Lankan Tamils from the Durham region came together to show their gratefulness to Mr. Chris Alexander for his time and dedication. In the event, the Tamil Cultural and Academic Society of Durham presented Mr. Alexander with a token of appreciation and thanked him for taking his time to visit Sri Lanka and his commitment to serving community with passion. Also Vashine Kamesan, a youth member of TCASD made a speech appreciating Mr. Alexander and detailing her first hand experience during the Sri Lankan Ethnic war in Tamil and English.



TCASD members and youth with Hon. Chris Alexander



Vashine Kamesan delivering a speech



Tamil Cultural & Academic Society of Durham

TCASD's Eco Day in Partnership with the Town of Ajax

The Tamil Cultural and Academic Society of Durham in partnership with the Town of Ajax organized the Ecoday activities in celebration of the International Earth week. On the 21st of April 2012, children came to the Ajax library McLean Branch and participated in the activities organized for Earth week. Some of the activities included planting sun flower plants, making a paper tree and learning about recycling and of course a fun game of musical chair. The activities were lead by Michelle, the librarian at the McLean

Branch and Tharani Sriraj and Tharmini Thishyan children's activity coordinators from Tamil Cultural & Academic Society of Durham. The event was enjoyed not only by the children but also by their parents, because the activities were organized in such a way which would develop the bond between the parents and the children. Overall, it was a well organized and fun event enjoyed by all the attendants and the organizers. Once again thanks to the Ajax library for the partnership and for the enjoyable and an educational afternoon.



Release of the Durham Immigration Portal based Curriculum, English Language Learning Resource

The Tamil Cultural and Academic Society of Durham participated in the event organized by the Durham Regional Immigration Portal to launch their newly produced English Language Curriculum for all the ESL (English as Second Language) students in Durham. The curriculum was made in such a way that all immigrants to Canada would not only learn English but also the opportunities and support centers present in Canada. As for the members of TCASD, it was such a great honor to be part of the release and will help many of the Tamil families living in Durham. The TCASD

youth and members set up an information booth and participated in the launch of this new curriculum. Apart from the launch, this was also a very good opportunity for all the TCASD youth and members to make connections with representatives from throughout Durham and to learn about the programs offered to Durham residents in turn educate our members about them. TCASD would like to thank and appreciate the Durham Regional Immigration Portal for inviting us and for supporting all the immigrants in Durham.



Sutha, Samantha Burdett, Policy Advisor, Diversity & Immigration, Audrey Andrews Manager, Diversity and Immigration, Sophia Bittar-CDCD Community Liaison, Gomathy



Mr. Loran Cole, Whitby Regionally Councillor and Youth member



Hilary Schuldt, Policy Advisor Diversity and Immigration and TCASD members

News from Waterloo



Tamil Language Students brighten up the festival

Kitchener-Waterloo: Joy and laughter rang in the air as excited Tamil language school children ran about and rehearsing their play during the Tamil New year celebrations on April 14th at KW Counselling Hall in Kitchener. The annual Tamil New year or Chitthrai Puthandu is another event organised and promoted by Tamil cultural association of Waterloo region.

The program started with a welcome speech by the President of the association, Mrs. Indra Logendran. "Tamil association has given 23 years of service to the community. It reflects Unity and diversity of its membership. New Year is part of our culture and it's important that every Tamilian in our region should preserve and promote traditions." The speech was followed by presentation of

financial reports and amendments to the constitution. The vice president, Mrs. Rajivi Nadarajah said volunteers play a big role in molding the community and our next event, Curry Leaf, an Indian and Sri Lankan food stall at the KW Multicultural festival will be fundraiser for local community projects and are looking for support from the business community.

The Waterloo region's Tamil language school children stole the spot light of the day. Their performance included "Chitthrai Puthandu" thala laya drama. Pravina and Myuran Vignaraja, Suriya Ragu and Thuvaraka Thurai recited the significance and traditions of New Year with tap dance performance and melody. The rest of 20 odd students gave speeches in Tamil about culture, history and

arts. The school teacher, Mrs. Kunamalar emphasis the need to speak Tamil language at home and encouraged the parents to be part of the learning curve. She thanked the association and Waterloo district School board for their support.

The students of Mrs. Shyamala Venkat of Kitchener performed a classical song and dance. Also, spotted in the crowd was Mrs. Kala Nagul. "I am so thankful to be here today, to be part of our New year." Kala, originally from Sri Lanka said it is very important that our children need community support to promote arts and culture. The association has been the foundation for this community. Kala's daughter, Bhavithra performed a Bharatha Natyam performance. She is a student of Shri Abiramy

Dance academy of Waterloo.

Part of the celebration was Mr. Kanaka Manoharan, a lawyer from Toronto. During his speech he emphasised the need of a teacher like Mrs. Kunamalar for the dedication and inspiration to bring up the children in traditional Tamil culture. "The students brought beauty to the language when they spoke in their own colloquial terms. It's a foundation that will build a community."

TCAWR Secretary, Mrs. Dharini Sivakumar said more than hundred members including well wishers joined hands with the community in promoting their cultural tradition. They were treated with quality dance, drama and speech programs. The guests relaxed and enjoyed their evening with a late dinner.





News from Waterloo



Tamil Cultural Association of Waterloo Region

தமிழ்க் கலை பண்பாட்டுக் கழகம் வோட்டர்லூ வட்டாரம்



Curry Leaf

Indian & Sri Lankan food stall
KW Multicultural festival • Kitchener • Ontario



Indian & Sri Lankan Food Stall

KW Multicultural festival

Saturday, June 23

Victoria Park, Kitchener

We are looking for sponsors. Opportunities to include branded items as samples or gifts. Minimum donation for the day is only \$200. More info: mail@tamilculturewaterloo.org

Business



MANAGING YOUR MONEY

Reclaim debt control – save time and money, too

David Joseph M.A. (Economics)

If you are carrying various forms of debt and making multiple, sometimes high-interest payments each month, debt consolidation could be the best way to manage your money, your time and your debt. Here's how and why it works:

Eliminates high-interest, high-cost loans -- by consolidating car payments, education loans, lines of credit and expensive credit card payments into one, lower-interest loan.

Lowers your monthly interest payments -- by consolidating your debts, you can seek out a lower overall interest rate than the combined rate you're currently paying on all your debts. When you've consolidated all your loans, you then have two choices:

Keep your "pre-consolidation" payment amount – because you're paying a lower interest rate on your consolidated loan, by applying the same payment amount towards your debt you will be putting extra money towards the prin-

cipal debt repayment and will eliminate your debt much faster.

Keep your amortization or debt payback period the same – your new lower-interest consolidated loan means a reduced payment amount and the creation of additional cash flow that you can use to reach other financial life goals.

Here are a few other debt management suggestions:

Consider consolidating through a home equity loan – you'll pay a much lower interest rate than on many other types of loans and especially your credit cards that can range from 19 to 28 percent interest on outstanding balances.

Keep amortization to a reasonable timeframe – aim for repayment within five years.

A line of credit is not for everyone – although it provides added flexibility for your borrowing needs, if you have trouble sticking to a budget and typically have little money left at the end of the month to apply to your debt, a personal loan or a refinanced mortgage might be

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better options because they require a defined principal re-payment plan instead of allowing for interest-only payments.

Keep one credit card for emergencies – and cut up all the rest until you have control of your debt.

Be cautious about debt counselling companies – be sure the company is reputable and is focused on your best financial interests.

It's a good idea to speak with a professional advisor about creating a debt man-

agement plan that works for you. And once you've done that, take steps to create a longer-term financial plan. After all, with your debt under control and better cash flow, you can really start saving toward all your life goals.

Disclaimer:

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Debt

Learning Enrichment



IMPORTANCE OF PHYSICAL ACTIVITY FOR YOUR CHILDREN

Thanuja Ravindran, B.A., B.Ed., OCT
 Director, My Stars Academy Inc.

Physical activity not only improves children's physical fitness and lowers their risk of obesity, but also helps them to perform better in school. Physical fitness for children doesn't mean running on a treadmill, but being physically active while playing a fun game or doing something active that they enjoy. Many parents try to keep their children busy at home by allowing too much of sedentary activities such as watching television, using the computer, or playing video games. They fail to realize that being inactive can negatively impact their children in several aspects.

Regular physical activity should be considered a key component in maintaining good health and developing an active routine. When started at an early age is a great way to ensure a healthier lifestyle in the future. Maintaining a positive exercise habit from childhood has proven to carry over into adulthood and increase life expectancy while reducing risk of diseases such as Type II diabetes, cardiovascular disease, arthritis, and other chronic ailments. Physical activity in children helps with their physiology by controlling weight, reducing blood pressure, and raising the good cholesterol HDL. Also children gain more self-confidence and self-esteem, all of which contribute to their total psychological well-being.

It is clearly evident from several national studies that children in this new Tech dominated era are not getting nearly enough physical activity. Research states the prevalence of overweight children has tripled over the past 25 years. One major survey showed that only 27% of children had 5 or more days of moderate activity, whereas 53.5% of the students reported watching two or more hours of television on a school night. It is the responsibility of the parents and family members to recognize their children's behaviour and encourage active lifestyles, providing children the chance to be physically active.

Physical activity plays a tremendous role in children's

academic performance at school. Increased physical activity tends to have a positive impact on children's grades. Research shows that increased physical activity improves the children's brain functions and their ability to concentrate. Exercise increases circulation to the brain and promotes the health of the nerve cells. This allows children to improve the ability to learn, have sharper observation and greater memory power.

How much activity should our children regularly be getting?

It is recommended that children should have at least 60 minutes a day of moderate physical activity. Moderate activity means that the child should have a worthy increase in heart rate and breathing. However, in order to really get your child in tip top shape, rather than moderate activity bring it up to more vigorous activity about three times a week.

When do you feel like you're going overboard?

This depends on the child's level of fitness. There are indicators to help you determine where the line lies. You should watch the child carefully for signs of overexertion, dehydration and muscle cramps.

Children are recommended to engage in activities that involve two major types of fitness: cardiovascular fitness and muscle fitness. Cardiovascular fitness involves activities where children strengthen the heart muscle and it's vessels by performing aerobic exercises that get their heart pumping. Muscle fitness includes activities that both strengthen the muscle and give it flexibility.

Simple physical activities parents can do with their children:

- Dancing
- Flying a kite
- Biking
- Playing sports
- Swimming
- Walking
- Playing at the playground
- Playing tag
- Jump-rope

QUICK PEEK:

Why physical activity for children?

- Perform better in school
- Healthy bones and muscles
- Controls weight
- Improved self-confidence and self-esteem
- Release stress and anxiety
- Healthy peer relationships
- Sharper Observation
- Better concentration

What can parents do to promote children's physical activity? Get involved and join in the fun with your children!

- Encourage children to be physically active.
- Set a good example by being physically active.
- Play with your children.
- Busy parents- join your children in sports and recreation programs in your community.
- Encourage children to participate in extracurricular activities at and outside of school.

Keep your children active!

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Children's Corner



By Chandrani Warnasuriya

Once there was an extremely beautiful pond, the most beautiful of all anywhere south of the Vindhyan mountains of India. It's clear crystal waters reflected an iridescent deep blue under the glowing sun during the day. At night the moon loved to dance in it mirroring itself swaying to and fro in its rippling waters under clear night skies.

The streams that fed the pond, equally added to the beauty of its surroundings, descending as it were from mystic celestial regions in the sky. Luxurious plants, ferns and creepers bordered its shores; while exotic birds, bees and butterflies fluttered and hummed merry tunes in gay abandon, as they courted their beloved in the variety of scented blossoms that grew round its meadows.

ing Lilly pad, Gayatri one of the flower fairies tapped her friend on her back gently and said, "Calm down Chaturi, What is it? What's troubling you? She queried getting closer and mounting a lily pad right next to her friend.

"I've, I've just seen the most beautiful maiden I've ever seen in all my life," said Chaturi, still panting and gasping for breath.

"A beautiful woman? You must be dreaming! How can there be maidens in this deep forest? You must be caught up with some hallucination," remarked Gayatri, the First Flower fairy turning around to hold her favorite butterfly, Deepak popping up and fluttering around her to catch her attention.

"No, no. It's true. I saw her, I saw her. I couldn't take my eyes off her charming

was playing with and enjoying the company of Nala her favorite dragon fly.

The three Flower fairies then zoomed, flitting across the pond, that lay gleaming and shining bright under a noon day sun. The pond was inhabited by an array of aquatic creatures and plants in a quiet opening in an enchanted forest named 'Asoka Vana.'

Quietly reaching another side of the pond, the three flower fairies proceeded towards a rocky platform. Poised on it truly sat a maiden of exquisite beauty. She wore a soft silken blouse and a richly embroidered skirt, flowing down from her waist and touching the ground. A shawl covered the top part of her body which she had draped around from shoulder to shoulder. Her deep black hair flowing from the head to her waist added

"Sssshu.....h! we mean no harm to you."

Satisfied the maiden plopped back on the rocky seat, looking up intently at her fairy visitors in absolute dismay. Then gathering herself together, falteringly she asked, "Who...., Who are you?"

"We are Flower fairies and this pond is our home." They pointed to the pond. Stepping up the First Flower fairy said, "I am Gayatri, the Flower Fairy of the white water lily," she said.

"I am Chaturi, the Flower Fairy of the yellow water lily, added the second Flower fairy flitting and stepping up behind the First.

"I am Savithri, the Flower Fairy of the pink water lily," said the third, stepping up behind her friends, to greet the maiden.

"Who are you? And what is your name? Asked the First Flower fairy, while the others looked on, curious to know more about this extraordinarily beautiful maiden.

"My name is Seetha," said the maiden in a soft gentle voice. My husband Rama and I were passing through the forest, when my husband was seduced and led astray by the demon king Ravana, who thereafter wooed me into becoming his wife. I flatly refused him and managed to evade his advances. In anger he has constantly been sending warrior Rakshasas, terrorizing me and trying to persuade me into giving my consent. Rama loves me very much, and I know he will somehow come and get me. I am his wife and I will never want to be disloyal to him, and will never live without him," said Seetha, sobbing and burying her face in her shawl.

"Don't worry, we will help you and protect you from the Rakshasa armies," said the Flower Fairies, trying to console the weeping maiden.

"Listen," said Gayathri, the First Flower fairy bending over and throwing a caring looking at the disturbed Seetha. "We each are possessed with powerful magical ornaments, which can extinguish any powerful demonic force. Do what we tell you, and you will be safe."

Seetha was happy. Her face brightened up. She stopped crying and thanked the Flower fairies for their concern and promised to do as she was told. Handing over a ring the First Flower fairy said, when you see the Rakshasa armies approaching wear this ring and stretch your hand. The armies will become instantly powerless and they will turn back and retreat."

The second Flower fairy spoke next, and gave the maiden a bracelet, "If another army of Rakshasas were to come, wear this bracelet," she said, "Instantly luminous rays will emanate from it and shoot out and frighten the men and they will all withdraw at the sight of your hand and never return." She said, and stepped back.

The Third Flower fairy was the next to speak. Removing an anklet from her feet, she gave it to the maiden and said, "Wear this anklet on your right foot and when you see a Rakshasa army approaching, put your right foot forward,

The Magic Pearl and the Blue Lotus



The pond was home to a number of water lilies and flower fairies, that inhabited them. One day three flower fairies sat bubbling, talking and chattering among themselves. Suddenly one of the flower fairies called out to another, cautioning her. "Watch out Chaturi, you will trip and fall into the water," she shouted, catching her friend and lending her a helping hand to get over to a Lilly pad as she came zooming across the pond in haste, panting and looking highly excited.

"I couldn't understand if she was a nymph or some kind of angel in human form, she muttered to herself in earnest.

Helping her friend get on to spread-

figure," insisted Chaturi.

"Where was she, and What was she doing? Was she by herself or in the company of others Questioned the First Flower fairy, sitting down to straighten herself on the lily pad and making herself comfortable.

"She was sitting over there by herself on a rock, looking deep into the forest," said Chaturi the Second Flower fairy, pointing her finger in the direction of the forest. I didn't wish to disturb her or talk to her. I thought of fetching you and Savithri first and together we could go and approach her.

"Savithri come over here," shouted the First Flower fairy to the third, who

to her extraordinary beauty. Bundling up all her jewelry the maiden had hung them up on the branch of a tree. Engrossed in deep thought, she stared deep into the forest, as if awaiting the arrival of a seeker any moment.

The three Flower fairies then quickly tiptoed over to the maiden. Unaware of the fairy visitors, the maiden sighed a deep sigh, then tightening her shawl wrapped around her body as if in fear she turned around and ducked to go and hide behind the rock. What a surprise! As she caught sight of the winged damsels. She was about to give a loud shriek, when the First Flower fairy stepped forward and laid a finger on her lips and said,



Children's Corner

and the anklet would let off shafts of light like arrows, and pierce through the air straight in the direction of the men. Frightened they will all withdraw and run away," said the Flower fairy and got back with the others. They also gave her some food items, fruits, nuts, berries and honey to eat and promised to return on the fourth day. Flitting and spinning the winged damsels got back in the pond and mounting their lily pads sailed, whisking away.

Each day for three days at the approach of the Rakshasas, Seetha following the instructions of the Flower Fairies, held out the ring at first and vanquished the army. On the return of the armies, she bravely held out the bracelet and the anklet, and in this way managed to rid herself of the warrior armies, and waited anxiously for the return of the Flower Fairies.

On the fourth day at the crack of dawn, Seetha was awakened by the sound of chanting of mantras at the entrance to the rock cave where she slept at night. She peeped outside to see what it was. It was a Rishi, who looked somewhat like a dwarf. He had a message of warning from Ravana, which he communicated to her in the form of sign language and went away.

The messenger indicated that Ravana was furious at her destruction of his armies and would soon come to get her himself. Seetha shuddered and trembled at the thought of Ravana. How she wished that the Flower Fairies would return soon to help her one more time.

As the first rays of sunlight broke in through the forest, quietly lighting up

the meadow beyond, Seetha hurried towards the pond in the hope of meeting the Flower Fairies. She was horrified and troubled over and over again at the thought of having to face the monstrous ten headed demon king Ravana, who was seemingly indestructible for he was endowed with special boon of invincibility from the gods.

Just then Seetha was startled by a gentle tap on the back. Turning around she was more than happy to see that the Flower Fairies were back. Wiping her tears Seetha confided to the Flower fairies of the message from Ravana, and that he would be back at the rock cave to get her any moment.

The Flower fairies hesitated. A hush fell over the bubbling and chattering Flower fairies. They moved closer together, pooling their thoughts and conversed with each other.

"I don't think we can help her this time, against the dreadful Ravana," remarked Chaturi.

"We have parted with all our treasures, in order to help her. We do not have anything more," added Savithri.

"Wait a minute," quipped Gayathri. "I know a way we can help her. We can ask our friend Shanthini (Flower Fairy of the Blue lotus) to come to our aid. She has the best magical ornament of us all," said Gayathri, and the three Flower fairies hurried down the pond to talk to the blue lotus. Before they left the Flower fairies cautioned Seetha to stay behind a Banyan grove till they returned.

At the corner of the pond was a state-ly looking water lily, gorgeously clad in a deep blue. Holding herself high above the

surrounding water she looked graceful and solemnly undisturbed, an epitome of calm and peace and sobriety.

Slowly gliding over, Gayathri the more forward one of the Flower fairies was the first to speak. "Shanthini, we need your help." She exclaimed, and she related the story of Seetha's need for help against, the demon king Ravana.

The kind and gracious Blue Lotus Flower fairy agreed to help and together she went over to see the maiden. "Don't worry Seetha, I will help you vanquish Ravana," she said comforting her. Then plucking a magical pearl hidden in her brooch she wore in her hair, she handed it over to Seetha and said, "When you see Ravana approaching don't be afraid, be stern and look straight in his eyes and hold the pearl right in front of his face and his powers will vanish and be taken away from him and you will see him retreating back to his palace in Lanka and you will never see him again. Neither will he try to abduct you or force you to become his wife..." She said and together with the other fairies went down to the pond to take care of their daily routine.

It was past mid-day when Seetha heard the rumbling and tumbling noise of Ravana's chariots and warriors mounted on elephants armed with bows and arrows heading in her direction. Seetha stood fearless and put on a bold front as instructed by the Flower fairies. She was ready to meet the foe. Then as Ravana advanced, she looked straight in his eyes and with one stretch of her hand held out the magic pearl in front of his face. Shafts of luminous rays darted from the

pearl, blinding Ravana and his men.

How wonderful! The chariots sank to the ground. The wheels dislocated, the charioteers were thrown over board and the bows and arrows went flying through the air and fell to the ground. Ravana and his men lay prostrate. Then quickly getting up, Ravana ordered his men to go back.

Seetha couldn't believe her eyes, for the retreating men came back only to pick up their bows and arrows and run away. She couldn't be more delighted, for she had defeated and won over the mighty Ravana.

Feeling quite free and happy, Seetha sat petting her animal friends lovingly, the deer, the monkeys, the rabbits the cheetahs and mongoose and other animals, who rallied round her as if to share her happiness and contentment at her victory.

No sooner the Flower fairies returned, bubbling and chuckling in their fairy chatter Seetha thanked them profusely and returned the magic ornaments that helped her win the battles.

In a fierce battle between Rama who was still searching for Seetha and Ravana who was bent on taking Seetha by killing Rama, Ravana was defeated and Rama was happily re-united with his beloved Seetha,

What happened to the magnificent magic pearl that defeated Ravana turned out to be a fascinating story. Shanthini, the calm and peaceful Flower Fairy of the blue lotus solemnly buried it in the heart of the Blue Lotus Lily and in later years it grew up to be the Paradise Isle of Lanka, the Pearl of the Indian Ocean!

4,000-Year Old Tradition Revived at the Markham Civic Centre

Markham, ON May 2nd 2012- During this Victoria Day long weekend, community teams will test their strength, speed and endurance as they go head-to-head in the 2nd Annual Remington Markham International Sedan Chair Challenge. On May 20th (noon till midnight) and 21st (noon till 5 pm), the Markham Civic Centre will be bustling with festivities including a carnival, sedan chair parade, fireworks, and the much anticipated sedan chair races. The races will welcome over 20 community teams and more than 7,000 spectators from across the GTA.

As organizers of the Sedan Chair Challenge, The Cross-Cultural Community Services Association (TCCSA) is proud to bring together members of the community from all backgrounds to embrace and share diversity. "The sedan chair was used all over the world. It represents multi-culturalism, a value we uphold in Canada and will continue to promote as an organization," says Nelson Cheng, president of TCCSA and co-chair of the event.

The carnival boasts 50 booths selling unique merchandise and delectable treats

from around the world. These booths will provide an opportunity for local vendors from neighbouring communities to promote their merchandise and enhance understanding of different cultures. Co-chair Alex Chiu, councillor of Markham says: "The Town of Markham is proud to co-organize the Sedan Chair Challenge. The event will help drive the people from the GTA and other regions to Markham." New for this year, families can enjoy a multitude of carnival rides and games.

The event extends beyond the local community as it welcomes international competitors to lace up to compete in the sedan chair race as well. The Challenge and Youth Challenge, both 1.5 km in length, will be an arduous endeavour for adults and teenagers between 16 and 19!

This exciting event is free to the public and will be attended by government dignitaries, sponsors, and media. For more information, please visit www.tccsa.on.ca/sedan or call TCCSA at 905-948-1671 ext. 217.

The Remington Group is the title sponsor of this event. Other sponsors include, but are not limited to, King



(From Left to Right) Markham Ward 3 Councillor Don Hamilton, Ward 6 Councillor Alan Ho, Ward 8 Councillor Alex Chiu, Ward 5 Councillor Colin Campbell, and Ward 4 Councillor Carolina Moretti putting the finishing touches on a sedan chair for the Remington Markham International Sedan Chair Challenge at today's sneak preview of the annual festival. The Victoria Day long weekend event will be attended by families from across GTA. Admission is free to the public. The festival will feature a sedan chair parade, sedan chair races, carnival and fireworks. More details available at <http://tccsa.on.ca/sedan/>

Square, PowerStream Inc., Korean Airlines, Sheraton Parkway Toronto North Hotel & Suites, Forward Signs Inc., Sun Life Financial, York Regional Police, Star King Viet Thai Restaurant, and RST Creative Studios.

Founded in 1973, The Cross-Cultural Community Services Association is a non-

profit organization that helps new immigrants settle and integrate into Canadian society. TCCSA provides settlement and English language training services through its four centres in Downtown Toronto, Mark-ham, Scarborough, and Mississauga.



Learning is excellence of wealth that none destroy;
To man nought else affords reality of joy.
- Thirukkural

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Markham Stouffville Hospital Drives Home a \$250,000 Donation from Town+Country Car Dealerships

Jim Cochrane, President of Town+Country, celebrated a \$250,000 commitment to Markham Stouffville Hospital Foundation's \$50 million expansion campaign at Town+Country BMW's 10th Anniversary Celebration on April 5th, 2012.

Joined by Mayor Frank Scarpitti, Cochrane made two unveilings at the evening's event, the Markham Stouffville Hospital signage for an Ultrasound Room named in honour of the company's contribution and the next generation of the BMW 3 Series.



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In 1940, during World War II, the Bank of England began using a vault three floors beneath the Sun Life building in Montreal to safeguard \$5 billion dollars in foreign securities.



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