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JUNE 2013

Canadian Tamils' Chamber of Commerce raises \$45,000 for The Scarborough Hospital Foundation

Total fund raised so far now reaches \$225,000



by Siva Sivapragasam

The Tamil community in Canada demonstrated their generosity and contributing spirit on Sunday, June 2nd when they raised \$45,000 for the Scarborough Hospitals through the Canadian Tamils' Chamber of Commerce Walkathon 2013

Photo Courtesy: Digital Gnane. - Main Story on Page 40, 48 and 49

New Real Estate Office Opens at Morningside & Sheppard
RE/MAX COMMUNITY REALTY INC.
TO SERVE THE REAL ESTATE NEEDS OF THE COMMUNITY



The Real Estate Leaders

The grand launch ceremony of Re/Max Community Realty Inc., attended by all of their sales representatives and Re/Max head office staff including Gurinder Sandhu, Executive Vice-President, Regional Director, Re/Max Ontario-Atlantic Canada Inc., was held on Tuesday, May 21st at Delta Toronto East.

After the announcement of the launch Gurinder Sandhu, Rajeev Koneswaran, Broker and Logan Velumailum, Broker of Record held a press conference and explained how the leading Real Estate Franchisor in Canada and Around the world - Re/Max awarded this Franchise, Re/Max Community Realty Inc., the very 1st one under a Tamil owned management. Prominent TV, Radio, On-Line and Print media personnel attended this exiting and groundbreaking Real Estate news in Toronto East.

On May 21st, Re/Max Community Realty Inc. opened its doors for business at Morningside & Sheppard. The new Re/Max franchise in east Toronto is situated amongst a diverse population and the groundbreaking event was broadcasted and publicised through several media.

Full details on page 33

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Happy Father's Day
SUNDAY, JUNE 16, 2013

Introducing a Practical Approach to Weight Control

- There is no special pill to loose weight.
- You need to either control what you eat or burn them off.
- There is no need to starve if you can expend what you consume in calories.
- For example, you could burn up as many calories in half a cup of white rice by briskly walking 20 minutes, bicycling 13 minutes, swimming 9 minutes, or running 5 minutes.
- If you go to bed day after day without burning off what you eat in excess, you will gain weight, your cholesterol will increase, and diabetes will be unavoidable.
- As you age, adding more weight will lead to more joint pain and breathing difficulties
- You will not be able burn as much as you were able to when you were younger.
- Your meal plan should take into account what you can or cannot burn.

So, our approach will

- Show you how much of what kind of food will require you to do what to burn it off.
- How could you substitute high calorie food items with low calorie replacements.
- You will receive coaching and monitoring if you so wish.
- You can also send us a daily meal plan along with your height & weight and receive the details of calories in your meals with what you need to do burn a portion or all of them.

There is no magic or gimmick, only realism in this approach. Help is available for those who want to try.

To be directed and supervised by Dr. Richard Jeyaranjan who is a medical specialist with a Ph.D. in Exercise Physiology from the University of Toronto, Dr. Rushane Jeyaranjan who is a medical doctor with a B.Sc. in Applied Human Nutrition from the University of Guelph, and Mr. Jeshane Jeyaranjan who studied Culinary Skills at the Humber College.

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Minister Kenney promotes Canada's new Start-Up Visa in Silicon Valley

RECRUITING THE WORLD'S BEST AND BRIGHTEST ENTREPRENEURS TO CANADA



Ottawa, May 21, 2013 — Citizenship, Immigration and Multiculturalism Minister Jason Kenney concluded a productive visit to Silicon Valley to promote Canada's new Start-Up Visa, the first of its kind in the world.

"The message was delivered loud and clear to the entrepreneur community in Silicon Valley that Canada is open for business," said Minister Kenney. "The new Start-Up Visa will help Canada attract the world's best and brightest entrepreneurs to build businesses, create jobs, and fuel economic growth."

During his time in Silicon Valley, Minister Kenney met with foreign entrepreneurs and influential figures in the start-up and tech communities, including founders of start-ups, accelerators, other business leaders, venture capitalists, angel investors and immigration experts to promote the Start-Up Visa and explain why Canada is a great place to start a business and invest.

Minister Kenney met Dave McClure, the founder of 500 Start-Ups, one of America's leading start-up accelerators which provides mentorship and seed fund investments to help entrepreneurs become successful. He also met with members of C100, a Silicon Valley-based organization that supports Canadian technology entrepreneurship through mentorship, partnerships, and investment.

Minister Kenney also took time to visit Plug and Play Tech Centre which houses business accelerator programs for entrepreneurs designed to strengthen the growth of their ideas and start-ups.

Minister Kenney attended TiEcon 2013, the world's largest conference for entrepreneurs, where he spoke with many international entrepreneurs, angel investors, and venture capitalists firsthand.

During his visit, Minister Kenney was a featured guest speaker at Stanford University where he spoke to scholars, researchers, and students who have a high potential for becoming candidates

for the Start-Up Visa. While at Stanford, he also met with Dan Siciliano, a legal scholar and entrepreneur with expertise in corporate governance, corporate finance, and immigration law, and Vivek Wadhwa, Director of Research at the Center for Entrepreneurship and Research Commercialization and author of *The Immigrant Exodus*, one of *The Economist's* Books of the Year for 2012.

He was also the featured guest speaker at an event hosted by the Silicon Valley Business Journal, attended by many prominent entrepreneurs and investors.

Minister Kenney also officially unveiled the new Start-Up Visa billboard.

"There is huge interest in Canada's new Start-Up Visa and in Canada's expanding tech sector," said Minister Kenney. "Canada's strong economic growth, low taxes and business costs, excellence in research and innovation, and top quality of life all make Canada a top country for innovative entrepreneurs looking to build their businesses. If you are a start-up entrepreneur and want to build a dynamic company that can compete on a global scale, then Canada's Start-Up Visa Program is for you."

The Start-Up Visa, which opened for applications on April 1, is an important part of the Government of Canada's plan to build a fast and flexible economic immigration system.

The Start-Up Visa Program is the first of its kind in the world and provides Canadian private sector organizations with access to a broad range of entrepreneurs – including the world's best and brightest – in whose ideas they can invest.

At the same time, the program provides immigrant entrepreneurs with valuable assistance in navigating the Canadian business environment, which can be a challenge for newcomers, and enables them to build innovative companies that can create Canadian jobs and compete on a global scale.

Visit cic.gc.ca/startup for more information on the Start-Up Visa program.

Statement by the Prime Minister of Canada on Canadian Armed Forces Day

Prime Minister Stephen Harper on June 2, 2013 issued the following statement to mark Canadian Armed Forces Day:

"Today, let us pay tribute to those brave men and women of Canada's Armed Forces who put their lives on the line every day both at home and around the world to defend our sovereignty and the freedom our citizens enjoy today.

"The extent of what our Armed Forces do over the course of any given year is truly remarkable. They protect and defend us in many ways, including conducting thousands of life saving search and rescue operations here at home, helping to protect Canadians from the effects of natural disasters, deterring terrorist activities in the Mediterranean and Arabian seas, providing military training in Afghanistan, and countering illicit drug trafficking in the Caribbean Basin.

"It is also important on this day to honour the families of those in uniform who provide our troops with the love and support they need during tough assignments.

"Our Government recognizes the dedication and sacrifice of our Canadian Armed Forces and is working on helping to create and sustain well-trained, well-equipped and well-led units that can meet current and future challenges.

"Our Government also continues to reflect and improve upon its programs dedicated to supporting Canada's ill and injured military personnel and veterans, and to provide the care that our personnel and their families deserve.

"On this day, I encourage all Canadians to thank a member of the Canadian Armed Forces for their service and to find out more about their outstanding accomplishments at home and abroad."

The Canadian middle class



By Justin Trudeau MP
Leader, Liberal Party of Canada

Two weeks ago I reached out to Canadians and invited them to share their questions for Mr. Harper and his ministers on the economic pressures facing the middle class.

Why is this focus on the middle class so important? Why not target help for the poor? Or take aim at trickle-down economics? It's simple: a strong economy is one in which the largest number of people benefit from prosperity and high-quality jobs.

In the last 30 years, Canada's economy has doubled in size yet the median household income – or the average middle class family income – has only risen by a meager 13 percent.

This means that despite all of our supposed economic growth in Canada, middle class families have barely earned a raise in a full generation.

Wealthier Canadians should draw an urgent conclusion from all this: if we don't solve this problem, the anxiety that is out there now will grow, and eventually, Canadians will stop supporting a growth agenda.

Canadians who struggle with lower

incomes have an equal if not greater stake. Core to our Canadian ideal is the promise that upward mobility will be a realistic prospect for all.

The reality is that Canadians now feel they are more likely to fall out of the middle class into poverty, than rise out of poverty into the middle class.

Food bank usage is up 31 percent since 2008 and household debt is skyrocketing. Costs have shot up for items that lead to middle class success and a high quality of life, particularly post-secondary education, childcare, and out-of-pocket health-care including prescriptions and homecare.

From coast to coast to coast, families are feeling the pressures of this economic reality.

Wherever I meet Canadians, from Squamish to Shediac, I am continuously reminded that we need to take action. The time for investment in a thriving middle class is now.

Over the next few weeks, Liberal MPs and I will be putting these issues – and your questions – to Mr. Harper during Question Period in the House of Commons.

It's time you had your voice heard in Ottawa.

from the publisher's desk

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The Summer Season Arrives

By: Krishni Narine
 B.A. (Hons.)

Spirits are high as school comes to a close and the weather we have been waiting all year for arrives. June is a busy month for many of us, students are getting ready for exams, teachers are wrapping up their classes, parents are preparing their summer plans with their children and the rest of us are preparing our own summer plans. In the sports world, June is a busy month for NBA and NHL as the playoffs come to a close and the champions for 2013 are determined.

June also recognizes Father's Day, a celebration of fatherhood and honouring the dad in our lives whomever that might represent.

Whether you are in town or out of town for the summer there are plenty of activities that we all can enjoy, and that won't cost a fortune. Beaches and parks are a great way to enjoy the summer weather without breaking the bank, especially if you pack your own food. Many free festivals take place in June as well like Taste of Little Italy, Pride Week, Luminato, and the TD Toronto

Jazz Festival. If you have not visited the Toronto Zoo since May 2013 this would also be a perfect time to go and witness the giant pandas that won't be around for too long. This summer try something new and take advantage of all of the free activities that your city has to offer. You might even be brave enough to try the CN Tower edge walk, or try camping for the first time in the Algonquin provincial park. Whatever it is, make some memories this summer. Monsoon Journal would like to wish you all a safe and happy summer!

MINISTER FLAHERTY HIGHLIGHTS ECONOMIC ACTION PLAN 2013'S STRONG SUPPORT FOR CHARITABLE ORGANIZATIONS



The Honourable Jim Flaherty, Minister of Finance, on May 27th urged Canadians to take advantage of the Harper Government's new First-Time Donor's Super Credit and donate to a charitable organization.

Speaking at Lutherwood, a not-for-profit health and social service organization serving the Waterloo Region and Wellington County, Minister Flaherty said, "Throughout our nation's history, Canadians have worked together to serve others, and have made Canada a better place in the process. Our Government wants to see that noble tradition continue, which is why Economic Action Plan 2013 builds on previous actions by our Government to support families and communities, and the quality of life for hard-working Canadians."

These initiatives include the Registered Disability Savings Plan, the Family Caregiver Tax Credit and the Enabling Accessibility Fund, which supports the capital costs of construction and renovations to improve physical accessibility for persons with disabilities.

Minister Flaherty stated, "The new First-Time Donor's Super Credit will significantly enhance the attractiveness of donating to a charity for young

and new Canadians who are in a position to make donations for the first time. By helping to rejuvenate and expand the charitable sector's donor base, this important initiative will have an immediate impact in supporting the charitable sector."

The credit will apply on cash donations of up to \$1,000, claimed in any one taxation year from 2013 to 2017. It will increase the value of the existing Charitable Donations Tax Credit by 25 percentage points, if neither the taxpayer nor their spouse has claimed the credit since 2007.

Kitchener-Waterloo MP Peter Braid, a champion for such worthy causes, added, "Canadians are some of the most generous people in the world when it comes to giving time and money to charity, and our Government is committed to supporting that spirit."

"The Super Credit is a very positive step for charities wanting to engage new donors. We are excited by the possibilities and eager to continue working with the federal government to explore innovative ways to expand charitable giving by all Canadians," said Marcel Lauzière, President and CEO of Imagine Canada.

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“If you cannot do great things, do small things in a great way.” - Napoleon Hill (Oct 26, 1883 - Nov 8, 1970) American Author

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

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60th anniversary of Her Majesty Queen Elizabeth II's coronation

By David Johnston
Governor General of Canada

OTTAWA—For much of modern history, the stability and enduring success of monarchy has been, above all, a reflection of the people's esteem and affection for the monarch.

June 2, 2013 marks the 60th anniversary of Her Majesty Queen Elizabeth II's coronation. Few monarchs have enjoyed the widespread support and longevity that have characterized her reign. In-

deed, for the past 60 years, Her Majesty has emblemized the spirit of duty and dedication that is the hallmark of all great leaders. Her tireless devotion to all the citizens of the Commonwealth and to the fulfillment of her responsibilities has earned her the love and admiration of people the world over.

As we celebrate this impressive milestone, I would like to extend heartfelt congratulations to Her Majesty on behalf of all Canadians.

Ontario Celebrates Seniors' Month

As Ontario marks the beginning of Seniors' Month, the government is dedicated to ensuring men and women across the province are healthy, active and cared for at every age.

The 2013 Budget outlines new investments that are focused on providing more home care options to seniors that would help them stay at home longer and live healthier, independent lives. And to protect the province's most vulnerable seniors, Ontario made automatic sprinklers mandatory in care homes, and launched a Wandering Prevention Program in partnership with the Alzheimer Society of Ontario.

The government has also released a new edition of the "Guide to Programs and Services for Seniors in Ontario," which features up-to-date information on

provincial and federal services available to seniors, in a smaller, easier to handle format.

The guide is now available in 16 languages - nine more than before - in recognition of Ontario's diverse communities.

Ontario's seniors' guide provides practical information on issues that affect our quality of life as we age, including:

- Health, wellness and active living
- Safety, security, finances and transportation
- Housing, long-term care homes and caregiving

The improved guide is part of Ontario's Action Plan for Seniors - a strategy to help seniors and their families access quality services and supports for healthy and independent living. (premier.gov.on.ca)

Harper Government Announces New Fines to Strengthen the Canada Consumer Product Safety Act

On June 4th, The Honourable Leona Aglukkaq, Minister of Health, announced the Harper Government has introduced new fines of up to \$25,000 per day for companies who violate orders under the Canada Consumer Product Safety Act (CCPSA). The Administrative Monetary Penalties (Consumer Products) Regulations coming into force provide a flexible and responsive enforcement approach for dealing with specific incidents of non-compliance with an order made under the Act, such as refusing to comply with a recall order.

"Canadian consumers expect the products they pick up on store shelves to be safe for them and their families," said Minister Aglukkaq. "By introducing significant fines for companies who violate orders to recall unsafe products, our Government is ensuring that companies who break the law will pay the price."

Penalties are calculated based on the Administrative Monetary Penalties (Consumer Products) Regulations. They reflect the seriousness of the violation and past violation history of the person or company. The maximum penalties range from \$5,000, (for a violation committed by an individual or a non-profit corporation, for non-commercial purposes), to \$25,000, (in any other case). These numbers represent daily penalties - meaning that the financial burden on the company can increase with each passing day until the matter is resolved.

"We all share an interest in making sure that Canadians are protected from unsafe consumer products," said Louise Logan President and CEO of Parachute. "Today's announcement by Minister Aglukkaq brings in new measures to support compliance with the Canada Consumer Product Safety Act. Canadian

Canada works due to its critical foundational advantages, says Bank of Canada Governor Mark Carney

Montréal, Quebec - Since the eruption of the global financial crisis, Canada has outperformed other G-7 countries because of critical foundational advantages, Bank of Canada Governor Mark Carney said in a speech in Montréal ON May 21. The Governor identified "the cornerstones of Canada's prosperity" as responsible fiscal policy, sound monetary policy, a resilient financial system and a monetary union that works.

"The structure of the Canadian economy, the risk sharing across the federation, labour market flexibility and financial stability together meant that Canada could adjust quickly to the shock of the global financial crisis," Governor Carney said. "It also meant that when Canadian policy-makers responded, they were able to do so swiftly and massively."

Canada's monetary union works because it has the essential elements of an effective currency union, which helps the economy adjust to shocks. During the recession, the importance, in particular, of interprovincial trade as an adjustment mechanism was clear. For example, the increased demand from other provinces for Quebec's goods and services significantly offset the loss of international exports.

Labour market flexibility is also an important part of the adjustment process. By international standards, the Canadian labour market is highly flexible, although there is still room for improvement. By some estimates, the Canadian labour market is almost four times as flexible as the European labour market. "Canadians are going where the jobs are," Governor Carney said.

Canada's sound financial system is



Mark Carney, Bank of Canada Governor

a further advantage. It helps to "ensure that changes in central bank policy are transmitted effectively to all areas of a monetary union to support growth and employment," the Governor noted.

These factors are self-reinforcing, said the Governor.

"Our monetary union - with its resilient, national financial system at its core - gives monetary and fiscal policy traction," Governor Carney said. "A strong fiscal position means that Canadian governments have had the flexibility to respond as needed. Our principles-based macroeconomic policy frameworks help ensure that extraordinary actions do not give rise to extraordinary fears. And the discipline they instil means that stimulus will be withdrawn appropriately as threats diminish."

In concluding, the Governor said: "All of this has meant that unlike the rest of the G-7, Canada does not need to repair. To keep Canada working, we need to build."



The Honourable Leona Aglukkaq, Minister of Health, announced new fines for companies who violate orders under the CCPSA. She was joined by MP Pierre Lemieux (Glengarry-Prescott-Russell), and Louise Logan, President and CEO of Parachute.

parents now have further reassurance that the products they're buying won't harm their children."

Typically, industry voluntarily takes action to address unsafe products. Administrative monetary penalties only come into effect when a company does not comply with government orders to recall a product within specified time frames, or orders to take other measures such as

stopping the manufacturing, importation, sale or advertising of a non-compliant product.

"In most cases industry shares our concern for having safe products on the Canadian marketplace," concluded Minister Aglukkaq. "These penalties will zero in on companies and organizations who won't take action to protect Canadians from dangerous products."



A round the World

Sri Lanka's post-war economic revival and tightening labour markets open opportunities for workers from abroad

Sri Lanka's post-war economic revival and tightening labour markets open up opportunities for workers from abroad, including those who had left the island, said a report on May 17th by Arun Perera, quoting business and state officials on Sri Lanka's premier business news web portal, Lanka Business Online (LBO).

Full Report courtesy of LBO as follows:

Sri Lanka's official unemployment fell to 4.0 percent in 2012 from 4.2 percent a year earlier. About 1.6 million Sri Lankans were working abroad. In some sectors of the economy labour shortages were cropping up.

Though some were willing to come back, they were not fully aware of the opportunities, a volunteer group called 'Work in Sri Lanka', who want to fill skill shortfalls, said.

"We wanted to bridge the information gap," says Kanchana Ambagahawila, who chairs the Work in Sri Lanka group. "Because right now there is a demand for highly skilled workers and there are people outside considering coming back to Sri Lanka.

"If someone wants to come to Sri Lanka there is no one place where they can go find all the information and we link to industries, so there is a place for demand and suppliers to meet."

Work in Sri Lanka was formed by a group of from various industry sectors in Sri Lanka to make it easier to find relevant information for those seeking to move to the island.

Their website, www.workinsrilanka.lk, also has links to job sites and the group also offers to circulate CVs of those who write to them for jobs that may not be advertised widely but are filled through the proverbial 'old boys' network'.

"Let's face it - many jobs, especially at senior executive levels, do not get advertised in online job sites or the Sunday papers," the website says frankly.

"Instead they get filled 'within the network' or by head hunting firms that search their networks. Of course if you're out of the country, and have been out for a while, your network in Sri Lanka is likely a bit rusty. Drop us a note!"

Members of the group include those from state and private organizations. Ambagahawila works in the Central Bank.

Central Bank Governor Ajith Cabraal said at the launch of the website that soon after he qualified as an accountant in 1976, about 40 percent of his batch left the country.

Then during the 1983 nationalist riots against Tamils, during the 1987-89 insurgency in the South, the group got further diluted.

But he said now not everyone was looking to leave and there were opportu-



nities in Sri Lanka. The five hubs (knowledge, commercial, energy, shipping and aviation) also needed skilled people, where people from outside could bring fresh ideas and value.

"The five hub needs people who can contribute on a continued basis," Cabraal said. "We also have to bring in fresh ideas from outside and we also have to have people who can work with the rest of the world."

Increasingly he was hearing anecdotes of people working in Sri Lanka informally in skilled and also non-skilled areas.

"[A]nother story that I heard few days ago is that when you want to get a nice jacket stitched, I am told that there are south Indian tailors here to do that for you at a much cheaper than what the Sri Lankan tailors do," Cabraal told an appreciative audience.

"I also know that there are barbers who are here, coconut pluckers who are here, people who are here at the time of harvesting, again new people coming to serve Sri Lanka and to work in Sri Lanka because the conditions has changed."

Sri Lanka's investment promotion minister Lakshman Abeywardena told reporters last week that there are 7,800 jobs in apparel factories within and outside, export industrial zones.

Plantations especially those bordering the Western province are seeing tight labour.

Before nation states became established in Europe, with nationalism raising its ugly head, and visas and immigration controls were designed and tightened, economic migration was commonplace all over the world.

Labour moved from places where wages were low and unemployment high to places where salaries and opportunities were high, clearing unemployment and re-balancing wage levels.

At the time, deadly currency depreciation and inflation through money supply

manipulation which created mass impoverishment (and destroyed investible capital needed to generate jobs) was not an accepted 'economic strategy' to reach 'prosperity'.

Until excessive state intervention and nationalism started after independence from British rule, Sri Lanka was also a net importer of labour, as a regional growth hub.

All foreign workers contribute to the economy by adding more value than the salaries they are paid, which is why they are hired in the first place, though nationalists in all countries falsely claim that foreigners 'steal' jobs and destroy value.

Many Sri Lankan professionals are also working abroad, to reach their personal aspirations. In the Bangladesh, garment factories are managed by Sri Lankan middle and senior management staff giving employment to thousands of unemployed in that country.

When senior people migrate, it may create a so-called 'brain drain' but it also gives their juniors a chance to move up much faster.

In Sri Lanka many students were also going abroad for a better education, due to a state monopoly in degree awarding which had hamstrung the island and limited the freedom of citizens to teach themselves the most needed skills and knowledge.

Though there are bright spots in the tax-payer funded state university system, it is spewing tens of thousands of graduates who agitate for and become tax spenders for life with state jobs. This year 50,000 more was hired to an already bloated state service.

Analysts say foreigners working in productive sectors in Sri Lanka could help pay their salaries by boosting tax collections, through greater economic activities.

But people go abroad for higher education from most countries to top universities in the world, as individuals aspir-

ing reach higher in personal growth.

They should not be stopped.

"We can't stop young people from going out seeking better economic development," Sujiva Dewaraja, head of of SLASSCOM, Sri Lanka's software and outsourcing industry chamber said.

"But what we want to do is to encourage young people to go out and acquire more skills and acquire more experience."

Dewaraja said when people come back in a later stage of their careers, they not only brought back their educational credentials but with the experience and expertise that is essential for the industries.

Analysts say allowing foreigners to work in Sri Lanka brings some of the same benefits that foreign direct investment does.

The outsourcing industry itself sprang up as a reaction to nationalist tight migration rules imposed through the coercive power of the state to close labour markets in 'developed' countries.

Such countries however had greater internal economic freedom, and therefore more activity.

By defeating nationalism through the telephone line, the outsourcing industry has made economies such as the US more competitive and prices of goods and services cheaper, raising living standards, while also creating jobs in places ranging from Costa Rica, to India to Sri Lanka.

In Sri Lanka the outsourcing industry has expanded after a state monopoly in telecom was broken, expanding international communications liberties of the people.

Many IT firms in Sri Lanka have been founded by Sri Lankans who went abroad to study, especially in America. They now employ foreigners including Americans at senior levels.

But there are also concerns.

Many Sri Lankans are now leaving the country not just for better salaries, but also due to lack of rule of law and the violent dehumanizing nationalism - currently targeting the island's Muslim minority - that is raising its head after the end of a 30-year war with Tamil separatists.

A participant at the Work in Sri Lanka website launch said, while there were people who were willing to come back, conditions had to change as intolerance was growing and ordinary people were treated as second class citizens by rulers.

He recalled a recent incident where security personnel of a VIP motorcade whizzing through a public road pushing ordinary citizens aside and scolded him in filthy language.

He said he was personally used to it, but when someone from abroad such an experience would be extremely negative, and such problems must be cleared.



India asks Sri Lanka not to remove any powers relating to Provincial Councils

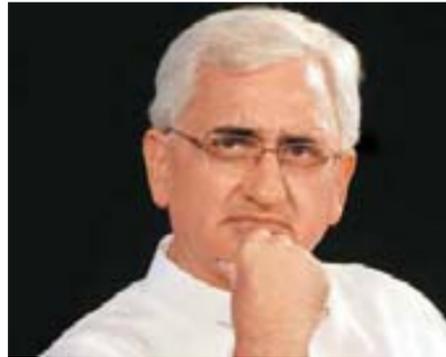
Concerned over reports of Sri Lankan government considering removal of land and police powers from the provinces prior to the elections in the Northern Province, India has asked Sri Lanka not to take any steps against their own commitments relating to the 13th Amendment.

In a telephone conversation with his Sri Lankan counterpart Prof GL Peiris, India's External Affairs Minister Salman Khurshid emphasised that this will not be in accordance with the recommendations of the Lessons Learnt and Reconciliation Commission (LLRC) and such a move will not be helpful.

External Affairs Minister Salman Khurshid had telephoned his Sri Lankan counterpart G L Peiris and had also raised the issue of 26 Indian fishermen who are in detention in his country while seeking their early release.

According to official sources, the conversation also focused on the elections that are to be held in the Northern Province with Khurshid expressing his concerns regarding media reports referring to some consideration being given to removal of land and police powers from the provinces prior to the polls.

"In this context, he urged the Sri Lankan Government not to take any step in the light of its own commitments relating to the 13th Amendment and their



Salman Khurshid

expressed intention to build upon it," the sources said.

According to reports, a key nationalist ally of Sri Lankan President Mahinda Rajapaksa is planning legislative action for the abolition of the country's provincial councils while opposing local elections in the Tamil-dominated north.

Udaya Gammanpila, the deputy secretary of JHU (Heritage Party), said his party's policy making central committee decided to move parliament to abolish the thirteenth amendment (13A) to the Sri Lankan constitution.

The 13A and the provincial councils entered Sri Lanka's statutes in 1987 as part of the India-Sri Lanka Peace Accord which envisaged devolution of powers to the island's provinces in an effort to end the civil war there involving LTTE and government forces. (Source: PTI)

U.S. Funds Renovation of Children's Park in Sri Lanka North

U.S. Ambassador Michele J. Sison declared open a U.S. Government funded \$97,925 (12 million rupees) renovated children's park for residents of Karachchi, Kilinochchi on May 4 alongside Sri Lanka's Honorable Child Development and Women's Empowerment Minister, Tissa Karaliyadda.

Karachchi suffered heavy damage to its infrastructure during the many years of conflict. The newly renovated park will provide a venue for recreation and strengthened peaceful co-existence to over 22,000 families in the area, including many resettled or returnee families. During her remarks at the opening ceremony, Ambassador Sison said "At a time that Karachchi and its residents are rebuilding, the park will provide space for children, youth and adults to meet; play and build relationships." The 75 perch park, located on the A9 highway, will also benefit tourists and contribute to the revitalization of the Kilinochchi district.

The United States Agency for International Development (USAID) funded the renovation of the park, which is lo-

located in close proximity to a newly constructed market complex in Kilinochchi. Plans are already underway to engage community members and youth groups in Kilinochchi to work together to establish an effective maintenance plan for the park. - (srilanka.usembassy.gov)



Ambassador Sison at the renovated children's park

Sri Lanka Tourist Board says arrivals in Sri Lanka rose 14.7 percent in April over a year ago

The following is table released by Sri Lanka Tourist Board showing April 2013 tourist arrivals from the 15 largest visitor-generating markets:

	April 2013	March 2013	Feb. 2013	Jan. 2013	Dec. 2012	Nov. 2012	Oct. 2012
Total Arrivals	79,829	98,155	93,232	97,411	122,252	109,202	80,379
YoY%	14.7%	7.7%	11.6%	13.4%	25.4%	20.1%	15.5%
By Country	Number of Visitors						
India	14,333	11,789	11,139	15,631	18,941	17,625	17,654
U.K.	8,233	13,088	11,031	10,235	12,861	10,828	8,767
Maldives	5,545	4,742	3,210	4,563	6,564	6,561	3,509
Germany	5,030	9,145	8,276	6,738	9,059	8,161	5,385
France	4,842	6,973	6,632	5,567	5,551	5,441	3,475
Australia	4,047	3,952	2,873	4,949	9,987	5,976	3,609
	April 2013	March 2013	Feb. 2013	Jan. 2013	Dec. 2012	Nov. 2012	Oct. 2012
Middle East	3,263	3,796	3,887	4,077	6,073	6,151	5,234
China(P.R.)	2,971	2,208	3,669	2,476	3,605	3,353	2,200
U.S.A.	2,666	3,019	2,493	2,993	3,656	3,256	2,332
Russia	2,528	4,143	3,286	3,256	4,897	5,050	2,559
Japan	2,396	2,515	2,676	2,048	2,907	3,184	1,738
Pakistan	2,030	1,695	865	1,331	1,497	1,488	1,482
Canada	1,887	2,498	1,868	2,435	2,819	2,542	1,894
Netherlands	1,619	3,119	3,020	3,716	3,152	2,310	1,201
Malaysia	1,499	1,292	1,973	1,259	2,446	2,158	2,462

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A round the World

India's Economic Growth Slowest in A Decade

Economic officials say India's economic growth fell to its slowest pace in a decade for the latest fiscal year.

India's statistics ministry released data on May 31 that showed growth stood at 5 percent for the 12-month period ending March 31, far below the 8 percent growth the country has averaged over the past 10 years.

Analysts say low business confidence, slumping investment, high inflation and failures to act on planned reforms are to blame for the bleak performance.

Prime Minister Manmohan Singh and the ruling Congress party have been plagued by corruption scandals, prompt-



ing opposition parties to hold up economic reforms that could spark an economic rebound.

- VOA News

Researcher Explores Native American Herbal Remedies

By Mike O'Sullivan

LOS ANGELES — Many modern medicines have their origin in natural remedies, and some researchers say traditional herbal cures hold clues for modern medicine. A pharmacology professor who studies Native American healing is sharing what he has learned.

Hikers often explore the foothills of the Angeles National Forest, but this group of hikers has a purpose. They are learning how Native Americans used the local vegetation in their healing, including plants like Yerba Santa, adopted by early Spanish settlers for lung problems.

The hike is led by James Adams, who teaches pharmacology at the University of Southern California.

"The science of pharmacology originally was the science of going out, talking to traditional healers, finding out which plants they used in their healing, and then taking those plants back to the lab to figure out why they work," Adams said.

Aspirin, for example, was derived in the 19th century from salicylic acid, a long-time remedy for pains and fever found in plants like willow and meadowsweet. It was developed and marketed by the German company Bayer.

Adams says each society has developed a form of medicine based on plants.

"Of course, in India, they have Ayurvedic medicine. In China they have traditional Chinese medicine. In the Arab countries, they have traditional Arabic healing. The Jews have traditional Judaic healing, on and on. Everybody has their own traditional healing that depends on plant medicines," Adams said.

In California, Adams says, the Chumash people learned from experience which plants helped with specific ailments.

"We have, of course, the sagebrush, which makes a very powerful pain-relieving liniment that I think we should all learn how to use, because it is much safer



than the non-steroidal anti-inflammatory agents. It is much safer than the opioid drugs," Adams said.

Besides easing aches and pains, Adams says the pleasant aroma of the California sagebrush helps people relax. He says a plant called Spanish Bayonet was used by American Indians for food. Its leaves and roots produce a kind of soap, and the fiber from the stems can be used as a poultice for wounds, and for making clothing. The plant called chamise can be used in a balm that helps with skin problems, and the anesthetic qualities of California bay help with toothaches.

Adams warns that some plants are poisonous, and says knowledge of vegetation is essential. He learned traditional native healing from a Chumash healer, and sometimes takes plant samples back to his laboratory to learn how they work.

He says modern pharmaceuticals remain important in medicine, but are often overused and can be harmful.

"Certainly if you need a drug that can help you, then you should use that drug. But the thing that we keep forgetting is first and foremost to balance your health. Get your body back into balance so that your body can heal itself," Adams said.

Adams says a good diet and exercise are two keys to a healthy life, and that an educational hike looking for medicinal plants is another good way to keep the body in balance.

- VOA News

Low-End High-Tech Mobile Phones to Reach World Markets



By Ralph Jennings

TAIPEI — The iPhone has become a status symbol in much of the developing world. But smartphones and their next of kin, media tablets, are falling in price as low-cost Chinese developers gain ground. That means cheaper mobile devices in countries that find the high end too expensive.

Smartphones such as the iPhone, the Blackberry and Samsung's Galaxy series have sold handily for years in developed markets. Another 875 million are expected to ship this year.

Consumers in developed countries may pay more than \$500 for each touchscreen handset. But prices are slipping as global shipments of smartphones and tablets grow, motivating new manufacturers to test the market. That trend means easier access for consumers in developing countries.

Wilson Mao, an analyst with market research firm TrendForce in Taipei, said smartphones eventually may sell for less than \$100. He said they would be made in China.

Mao said the lowest priced smartphones will sell for \$65 to \$70. He said companies such as Lenovo, Huawei and ZTE, among China's first-tier smartphone makers, will provide these handsets and that they already have experience in selling overseas.

Figures from the tech market research firm Gartner show that Chinese brands Huawei, TCL and ZTE have all seen sales grow. They shipped a combined 150 million smartphones last year, up about 15 percent over 2011. Gartner data also shows that last year smartphones cut into the market for less technically advanced feature phones, which were once the staple for developing countries.

Silicon Valley market research firm IHS iSuppli forecasts that low-end smartphone shipments will reach 559 million in 2016, more than twice last year's figure. The cheaper units, led by China, are largely bound for the nearby developing markets of India and Indonesia.

Consumers will preview the newest smartphones and tablets in Taiwan next week. Smartphones big enough to look like tablets and tablets small enough to rival phones, for example, are forecast to go on display from Tuesday at the buzzing Computex Taipei tech show. Computex is one of the world's largest annual tech shows and will bring together at

least 1,700 exhibitors through its final day June 8.

Smartphones and slightly larger media tablets have fallen in price partly because components cost less. For example, Silicon Valley's iconic chipmaker Intel has worked with mobile carriers in the emerging markets of Africa, India and Russia to develop obscure smartphone brands by offering them the key component, its Atom mobile device processor.

This year Intel plans to unveil a line of mobile device chips under the Silvermont series name. The company says these processors, designed for better smartphone photos and stronger Internet identity protection, will be affordable to producers of low-end smartphones. Intel controls 83 percent of the world processor market.

Competition also has increased as mobile device makers scramble to fill a void left by declining PC sales.

In the first quarter of 2013 compared to the same time a year ago, shipments of the traditional home and office computers dropped nearly 14 percent. Shipments are forecast to fall again for full year 2013 as the popularity of tablets has slowed replacements of PCs.

C.K. Lu, a smartphone analyst with Gartner in Taipei, says price pressure will mainly hit middle-end smartphone makers over the next two years as they struggle to differentiate themselves from the low end.

Taiwan's HTC is one middle-end smartphone maker, and it reported a squeeze in profits over the past six months. Lu said smartphones selling for \$150 or less lack the screen quality and speed of their pricier peers, but still perform. "It does put price pressure especially on the middle end, it makes the middle end player more and more difficult to differentiate prods from low end because even the low-end spec is very attractive, or another term which is good enough to use," he said.

Some analysts said top mobile device designers such as Apple eventually will release new devices to follow the low-price trend. Neil Mawston, executive director of Strategy Analytics in Britain, said Apple must release a small iPad within three years for hundreds of millions of cash-strapped, prepaid users.

Apple currently sells its iPad mini for as little as \$329, down from about \$400 for the larger iPad 2.

- VOA News



Oral health problems in the rise

By Joe DeCapua

A new report says nearly four-billion people – more than half the world’s population – have major tooth decay, or cavities. Health officials warn that poor oral health can lead to social and psychological problems.

Professor Wagner Marcenes led of team of researchers as part of the Global Burden of Disease 2010 study. It listed untreated tooth decay, or cavities, as the most common of all 291 major diseases and injuries.

“It was a massive effort. We had about 500 scientists work on it. And we reviewed all literature, all data on all disease and then came with estimations -- that was the report that has been re-

cently published,” he said.

Marcenes is with the Institute of Dentistry at Queen Mary, University of London.

Tooth decay, or cavities in permanent teeth, is also known as carries.

“Carries is a chronic disease that shares the same risk factors as cancer, cardiovascular disease. What we’re having now is an increase in disease from highly developed countries happening in sub-Saharan Africa and probably it will be in other areas of Africa, too,” he said.

In fact, the study says the “largest increases in the burden of oral conditions” were in sub-Saharan Africa and Oceania. Marcenes was not surprised at the study’s results.

“It tends to get less attention than some other disease. For example, HIV obviously [is] a much more relevant issue for the health of the population,” he said.

He said that tooth decay is rising sharply in Africa because developing countries are becoming more like Western nations in some ways.

“It is likely to be related to a change in diet. Our industrialized diet leads to chronic disease, which includes carries. And that may be the main explanation.”

The diets of developed nations are rich in sugar, a leading culprit in oral health problems. Marcenes says prior to the 19th Century, people had few cavities because sugar was not readily available. It’s also a major contributor to obesity.

Developed nations dramatically reduced the incidence of tooth decay and cavities by adding fluoride to their drinking water. He said, “The fluoridation of the water is a highly important issue, and yes, it came from research in America. It has contributed enormously to that reduction in carries.”

But while the fluoride made teeth more resistant to the bacteria that cause tooth decay, it also allowed people to eat more sweets.

Oral health problems, Marcenes said,

have a major negative effect on a person’s quality of life. For one, they make eating difficult. Second, people may change what they eat and opt for softer foods, such as those with more fat. However, the biggest issue, he found, is both social and psychological.

“We have very strong evidence in the literature that the mouth plays a big role on socialization. People feel embarrassed about having bad teeth. Then they tend to smile less. They tend to communicate less. And the familiar thing is to see someone laughing with their hand in front of the mouth because they don’t want people to see.”

Professor Marcenes said that adolescents with bad teeth can face long-term self-esteem issues.

He hopes African and Asian nations will see the health problems of the West and not follow their dietary example. He’s calling for an “urgent, organized, social response” to the widespread lack of oral health.

“We need a public health approach that deals with the causes of the disease, rather than deal with each disease independently because the most disabling disease share the same cause,” he said.

Marcenes is calling for a holistic approach that includes a healthier diet and the development of new and cheaper dental materials and treatments.

- VOA News



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



The Differential Series: The inconvenient stomach ache?

By Ahil Siva, Medical Student

How does a stomach ache present?

A stomach ache typically presents as pain or discomfort in the upper portion of your abdomen. Sometimes that's the only symptom you will feel. Other times, you may have symptoms such as:

Burning in your chest or heartburn

Feeling as your belly is filled with air or known as bloating

Burping

Feeling full too quickly when you start eating

When should I see a doctor?

Normally, most people do not need to see a doctor for a stomach ache. But keep in mind that in certain circumstances you must seek for help. Such as, if:

Your pain is severe and lasts more than an hour.

Your pain repetitively comes and goes for more than a day.

You have blood in your stool or vomit.

You've had bowel movements that are dark purple or black. This can mean old blood in your bowel.

You cannot eat or drink for hours.

You have a fever higher than 102°F (39°C).

You lose a lot of weight without trying to, or lose interest in food.

Why do we get stomach aches?

It is difficult to know the exact cause of a stomach ache. Commonly it is a result of indigestion and related to your diet. In other cases, stomach aches are caused by a specific issue within your gastrointestinal (gut) system. Common examples include a stomach ulcer or a condition called 'diverticulitis'. Stomach ulcer is a sore on the inside of the stomach which can be caused by chronic use of pain killers (aspirin) or the bacteria, *H. pylori*. These bacteria are found in most people and for unknown reasons can sometimes result in symptoms and ulcers. Diverticulitis is when small pouches in your large intestine become infected. This is commonly found in the elderly and people with

a low fiber diet.

How can you treat the stomach ache?

If your stomach ache is caused by a specific problem, like an ulcer or diverticulitis, your doctor can provide you with the medications that target this specific problem and help relieve your stomach ache. If the cause of the stomach ache is difficult to determine, your doctor may try initially with medications that reduce the amount of acid in your stomach. These medicines often relieve stomach ache and its symptoms. Few of these medications are available over the counter at your pharmacy.

Can you prevent a stomach ache?

Yes, the foods you eat and the way you eat them can help. To lower chances of a stomach ache:

Firstly, stay away from food that aggravate your discomfort

Eat several small meals a day, rather than three big ones

Avoid fatty foods like red meat, fried food, butter and cheese

Avoid taking over the counter medications that make your symptoms worse, especially aspirin or ibuprofen

Some people, children in particular, get a stomach ache after drinking milk or eating dairy products. This can be from a problem called 'lactose intolerance'. In this case, their intestines lack the ability to break down foods that have milk in them. Your doctor can help with a medication called lactase.

Another cause of stomach ache is constipation. This is when one does not have enough bowel movements. This can be helped by eating a diet with more fiber or a medicine called a laxative. You can get more fiber by eating plenty of fruits, vegetables and whole grains.

When it comes to stomach aches you are the best one to know its severity. Become in tune with your body and pay careful attention to its messages.





Colon Cancer a Catastrophe for Families in Egypt

Colon cancer in Egypt is more deadly and destructive than elsewhere, yet less understood.

A new study adds to a small body of research, through which a picture is emerging: colorectal cancer, commonly known as colon cancer, strikes younger people in Egypt far more frequently than it does in Europe or the US, making it much more lethal and socially destructive.

Yet, while colorectal cancer in European and North American contexts is well-studied, researchers have uncovered far less about the causes of the abnormally high rates of early-onset colorectal cancer in Egypt.

Ahmed Morsi started suffering from rectal bleeding three years ago, at age 37. When he saw doctors, they told him it was related to piles, commonly known as haemorrhoids, but the bleeding did not stop. It took six months and visits to five different doctors before he was correctly diagnosed with colorectal cancer.

And it was another two months before he told his wife.

"I was afraid of the situation for her, and I wanted to do everything by myself," he said.

Over the course of five months, Morsi underwent a colostomy, radiotherapy and chemotherapy.

A father of two, Morsi is the sole breadwinner of the family, and had to quit his job as a server at a Cairo coffee shop for the duration of the treatment. At first, his brothers were able to support his family, but his wife eventually had to sell all their gold to make ends meet.

Morsi is one of 412 patients diagnosed by Egyptian colorectal cancer specialist Ahmed Gado between 2000 to 2012. Gado found that one quarter of his patients were less than 40 years old, a far higher percentage than in Europe or North America, where incidence of the disease is much higher, but only 2-6 percent of patients are that young. According to the American Cancer Society, 90 percent of new cases of colorectal cancer in the US and 94 percent of deaths occur in individuals 50 and older.

Young patients have families to support, which compounds the effects the disease has on the general population.

"It's a catastrophe for families," Gado told IRIN.

What makes this trend more alarming, he said, is that the prognosis is worse for younger patients. In general, those who acquire the disease below the age of 30 are three times as likely to die within five years than those who acquire it past 50, according to European studies. The five-year survival rate drops from 75 to 25 percent for the younger patients.

Gado published the results of his research, conducted at his unit at Giza's Bolak el-Dakror Hospital, a few kilometres from downtown Cairo, in the Alexandria Journal of Medicine in April. The study was peer-reviewed by the Faculty



A fruit stand in the Egyptian capital Cairo. Junk food is becoming increasingly available in Egypt, and more than half of adult Egyptians are overweight or obese

of Medicine at Alexandria University and confirms findings of early onset colorectal cancer in Egypt by other researchers.

A study published in the International Journal of Cancer in 1997 found that 35 percent of more than 1,600 colorectal cancer patients in four Egyptian hospitals were under 40.

According to the Middle East Cancer Consortium, based on data collected between 1999 and 2001, colorectal cancer constituted 4.4 percent of cancer cases in Egypt, affecting six in every 100,000 Egyptians, compared to 32 in every 100,000 Americans.

Diagnosis

But in Egypt, colorectal cancer is often not diagnosed quickly, which Gado attributes to a combination of cultural issues and lack of awareness, even among practitioners.

He routinely sees patients who have had rectal bleeding for a year before seeing doctors, and there are rarely follow-ups on a patient's condition. Colonoscopy is an invasive procedure, and few patients with a family history of cancer agree to undertake it as a preventive measure.

General practitioners will also often misdiagnose bleeding as piles, he said, and they will not always refer patients to specialists. Few specialists have adequate competency to perform colonoscopies, even in the Cairo region.

Knowledge gap

Egypt is thought to have among the highest rates of early onset colorectal cancer in the world, and only a few studies have attempted to better understand the disease here.

In general, comprehensive data on cancer in Egypt is limited, according to Randa Abou El Naga, a researcher on non-infectious diseases at the World Health Organization (WHO), which, itself, does not have research about colorectal cancer in Egypt.

The Egyptian government has a national cancer registry, but research is not representative of the entire country. It compiles data annually, but on a rotation basis between different governorates, Abou El Naga said. For example, the registry's 2008 data covers only Aswan Governorate on the Sudanese border, and its latest report, published in 2010, covers only Damietta Governorate in the Delta region.

WHO is assessing the quality of Egypt's national cancer registry, with the goal of providing recommendations to the Egyptian government on how it can be improved to provide a complete overview of cancer occurrence in the country.

Causes and correlations

In general, higher risks of colorectal cancer appear to be related to a number of dietary and lifestyle habits, including

higher intakes of alcohol and red and processed meats; lower intakes of fibre, fruits and vegetables; micronutrient deficiencies, especially selenium, iron and vitamin D; lack of physical activity and increased obesity.

One theory is that these factors combine to create an excess of calories, resulting in obesity, insulin resistance, hyperglycaemia, inflammation and oxidative stress, which could cause cellular damage in the colon and lead to cancer over the long term.

Egyptians' diet has been changing as junk food becomes increasingly accessible and most restaurants take Internet orders.

A busier lifestyle and lack of parks and sports infrastructure means that urban Egyptian waists are taking a hit. Statistics from 2010 aggregated by the National Nutrition Institute show that 20 percent of teenagers, 55 percent of adult males, and 75 percent of adult females in Egypt are either overweight or obese.

But the reasons behind early onset of colorectal cancer, specifically, remain unclear. Researchers are looking at the roles played by genetic predisposition or environmental exposure, such as the use of pesticides. Early life exposure could also be a factor. 0

- IRIN News

Everyone's a winner at 2013 Bed Race

The excitement was at full speed for this year's Bed Race for Rouge Valley Centenary hospital (RVC), and participants competed for a number of top prizes in the annual event at Scarborough Town Centre, May 24.

Race teams pushed the colourful hospital race beds down Borough Drive for a chance at glory and trophies, having collected funds for a new operating table for RVC. The race teams came from hospital staff as well as local business sponsors and Foundation supporters, and every year the competition is fierce for the Best Costumes, Top Fundraisers and Race Champion trophies, as well as the Rouge Valley Hospital Cup, with staff and physician teams going head-to-head for bragging rights.

"Along with all of the fun of the races, it is wonderful to have this type of support for the surgical program at Rouge Valley Health System," says RVC Chief of General Surgery, Dr. Arvind Nanda. "A new bariatric operating table will be a tremendous benefit to providing the best care possible to our patients."

CTV once again was on hand, broadcasting some of the race action during CTV News at Noon. Weather anchor Anwar Knight broadcast from the races, in

this his second year riding in the bed for the CTV team.

The races were divided into heats, with teams pushing the 400-lb beds down a 200-metre track. Each year team costumes reach a new level of creativity and teams competed to outdo one another, and the costumes were as much fun as the races themselves.

This was the third year for the event at the Town Centre and along with entertainment by comedian/announcer Rick Kunst, there was food for participants provided by sponsor Scarborough Golf & Country Club. Other sponsors were CTV, Scarborough Mirror and East Court Ford Lincoln, BD Rail, Gervais and Mittman Delivery.

Although everyone that participated was a winner, these are the teams that walked away with this year's trophies:

- Best Dressed, The Real McCoy** (RVHS Diagnostic Imaging)
- Race Champs, Bell Bed Sliders**
- Top Fundraisers,** The Grease Monkeys (East-Court Ford Lincoln)
- Hospital Cup Race Champ,** Surgical Sparklers
- Hospital Cup Top Fundraisers,** Pathology Panthers.



Walk for Heart Cardiac Rehab Walkathon

The enthusiastic and dedicated team at Rouge Valley Health System's (RVHS) Cardiac Prevention and Rehabilitation Service took a big step toward providing the best care for their patients with new equipment by raising more than \$100,000 in their 2013 Walk with Heart. With the help of the community and all of the programs participants and family and friends, the event was a huge success on Saturday, April 26.

Organizers set the bar high this year, doubling the goal of past years' fundraising goals at \$100,000. The funds will be used to purchase a metabolic exercise stress test system and an improved air circulation system for the track for the program, located on Rouge Valley Centenary hospital's 11th floor.

As with previous Walk with Heart events at RVC, the staff had a fun-filled morning lined up, with themed music and a number of fun surprises like beauty contestants there to encourage, as well as many of the doctors of the program participating in different challenges.





Paediatric consult clinic opens on 7 West at RVC

By Bill Bath

Public Affairs and Community Relations, Rouge Valley Health System

A new addition has arrived on the 7 West paediatric unit at Rouge Valley Centenary (RVC) hospital campus. A paediatric consultation clinic was officially opened on the unit on May 13.

The clinic was moved from its previous location on the twelfth floor at RVC, where it was part of the Galaxy 12 Child and Teen Clinics. The paediatric consultation clinic will now be opened seven days a week.

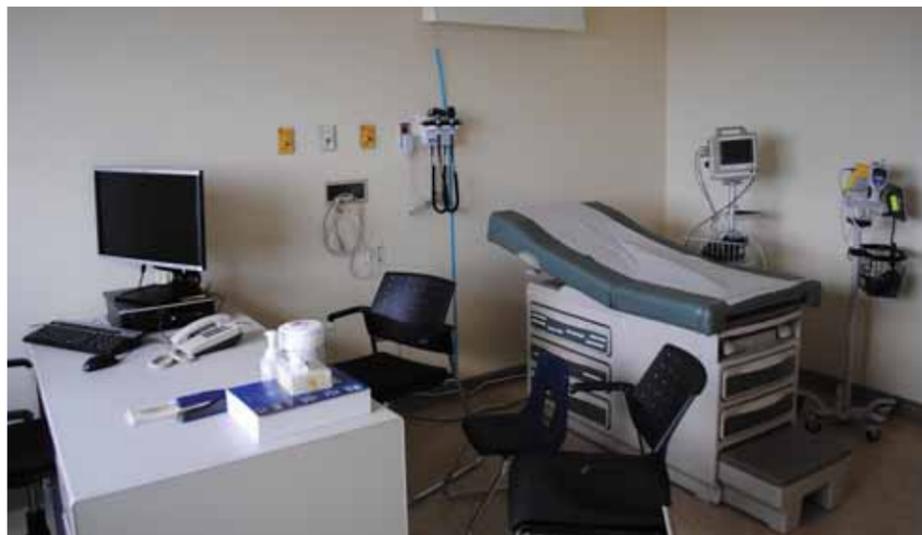
This relocation of the clinic and its expanded hours was made possible thanks to a recent Kaizen event, which is a robust process improvement activity implementing Lean management practices. Through the Kaizen event, the paediatric

team was able to create an efficient hospital space and increase access to care, while still utilizing existing staff and without adding new resources.

"The clinic was prompted by the need to offer care seven days a week, as well as ensure the best infection control practices during paediatric consults," says Elena Nikolsky, manager, neonatal and paediatric care.

The clinic consists of two exam rooms, a consultation room, a waiting room, and an office. A ribbon-cutting event was held to acknowledge everyone who made this clinic possible.

"We thank the many members of the Rouge Valley team who were an integral part in making this happen," says Susan Fyfe, director, women's and children's health.



Rouge Valley uses most effective breast cancer screening



Both of Rouge Valley Health System's hospital campuses use digital direct radiography (DR) in testing for breast cancer. Recent Cancer Care Ontario research has shown it to be the most effective screening method.

Patients who come to Rouge Valley for mammography examinations can be confident they're getting the highest quality care with the best technology available by a patient-focused team of staff and physicians.

Rouge Valley Health is part of the Ontario Breast Screening Program (OBSP) affiliated with Cancer Care Ontario. The OBSP provides high-quality breast cancer screening for women aged 50 to 74 years. Breast cancer screening is free of charge for women in Ontario.

We began using DR with the arrival of our two leading-edge digital mammography machines. We have been using DR at the Rouge Valley Ajax and Pickering hospital campus since 2009, and at Rouge Valley Centenary since 2010.

Mammography at Rouge Valley

Learn more here on our website about getting a mammogram at Rouge Valley. Or if you need more information or have any questions about our mammography services, feel free to give us a call at 416-

284-8131 ext. 5329.

You can also get more information on all of our excellent diagnostic imaging services.

Physician referrals

For referrals to Rouge Valley DR services, family physicians may call 416-281-7299.

Cancer Care Ontario

If you are interested in finding about a specific clinic where you may have had breast screening done in the past, please visit Cancer Care Ontario's web page on Mammography Changes in Ontario, which has a complete list of clinics offering mammograms across the province. This page also provides more information on their research study.

What is digital direct radiography?

Digital radiography is a form of X-ray imaging that uses digital X-ray sensors instead of photographic film. The advantages of DR include faster results because images don't have to be chemically processed, and the ability to digitally transfer and enhance images. Less radiation can be used with DR to produce an image of similar contrast to conventional radiography.

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

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



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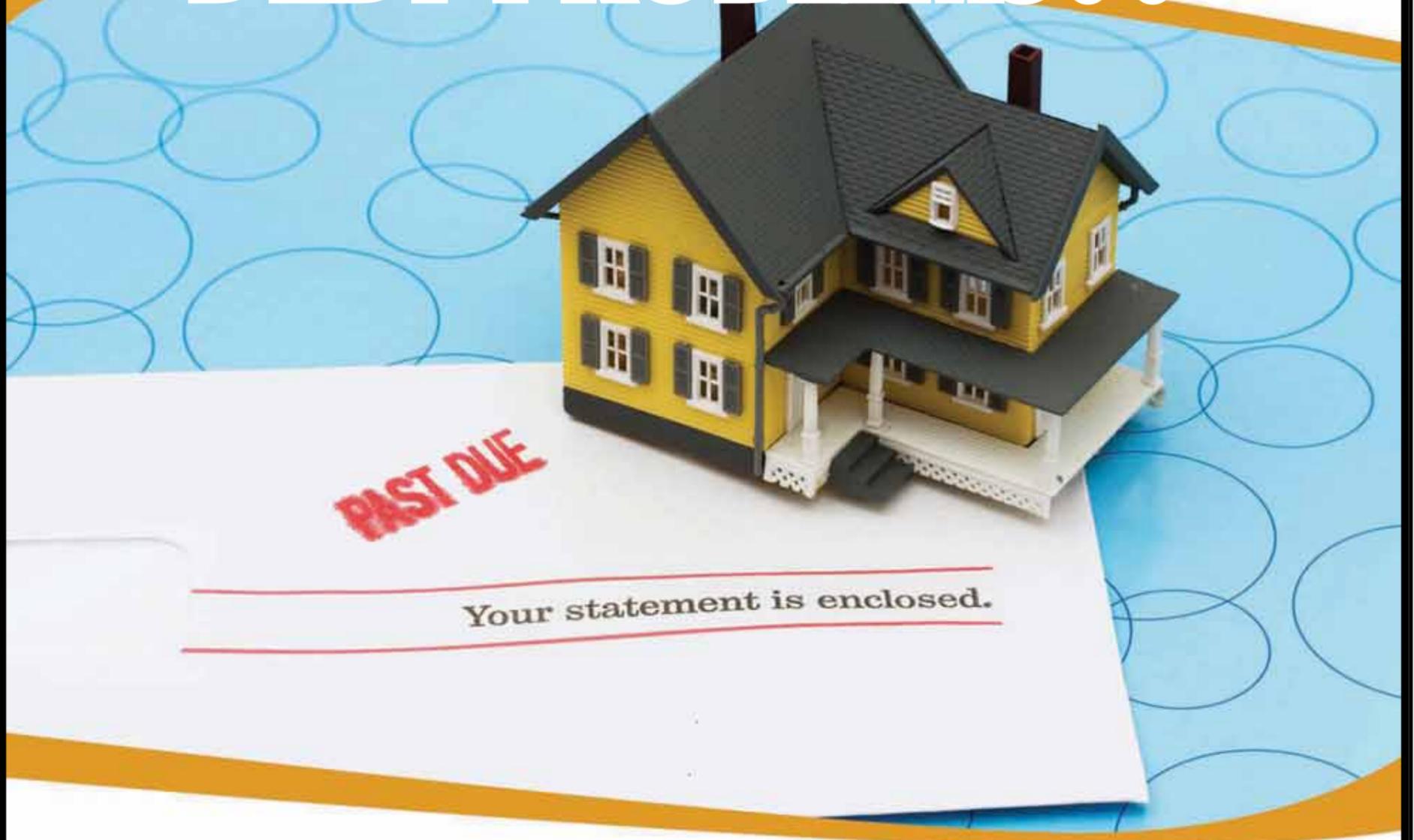
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Please RSVP by Wednesday, June 12th, 2013

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Oxonian Heart Foundation



On May 31st, Mike Ahilan, Senior Mortgage Specialist, RBC and Past President of the Canadian Tamils' Chamber of Commerce organized a fundraising dinner at J&J Swagat Banquet to support the Oxonian Heart Foundation. The evening was attended by many well wishers from Greater Toronto. Dr. Ravi Perumalpillai, Chairman for Oxonian Heart Foundation was in Toronto to explain the attendees and demonstrate the need to set up a cardiac care unit in the north and east of Sri Lanka. Mike Ahilan along with Ajith Sabaratnam of Sun Life Financial led the fundraising project and raised approximately \$15,000 on that evening. There were some entertainment too was organized for the attendees to enjoy the evening.

The Oxonian Heart Foundation is a non-profit trust. It has been set up to support the development and delivery of cardiac care to the northern, north central and eastern regions of Sri Lanka. Some more information and few photos taken at the event can be seen here.

Background

At present there is no modern day cardiac service provision in the northern, central and eastern regions of Sri Lanka. Today, patients needing cardiac surgery are required to travel to Colombo and Kandy. Inevitably, the distances involved preclude urgent transfer for emergency surgery. Therefore, significant numbers of patients both children and adults die before appropriate care can be provided. For patients who are referred electively, travel to these centres is inconvenient and costly. Most would be deprived of the support of their family and loved ones, having been

removed from their familiar surroundings. This has implications for their recovery after major surgery.

Therefore, the Foundation approached the management team of the Northern Central Hospital (NCH) Jaffna, seeking to help rectify this deficiency.

About the Founder

Dr. Perumalpillai has been a Consultant Cardiothoracic surgeon and Senior Lecturer at the University of Oxford for the last 25 years. He was chairman of cardiac services at Oxford University from 1992-1997. He is also the Director of Cardiacore Ltd, which is a company dedicated to setting up cardiac surgical units and providing staff support as well as teaching and training. Cardiacore was instrumental in setting up the cardiac surgical practice at the Nuffield Health Manor hospital in Oxford; U.K. He is the author of the book 'Surgery for Ischaemic Heart Disease' and has contributed chapters in several books including the 'Oxford Text Book of Surgery'. He has over one hundred other publications.

During the course of the 1990's Dr Perumalpillai arranged for a complete team from Oxford to come to Sri Lanka, and perform open-heart surgery at the National Hospital Colombo and the Sri Jayewardenepura Hospital. These visits made a significant contribution to the development and establishment of modern day cardiac surgery in Colombo, Sri Lanka. A team from Oxford will similarly support the proposed cardiac surgical programme at the Northern Central Hospital (NCH).

Board of Trustees

Dr Ravi Perumalpillai, (Chairman), Dr Naomali Amarasena, (Secretary), Ananda Atukorala (Treasurer), Jagath Fernando, Faiz Mohideen, Dr Ranjit Rajiyah, Sinha Ratnatunga, S Ponnasamy.

FUNDING

The Oxonian Heart Foundation (OHF) and the Northern Central Hospital (NCH). The involvement of the OHF in this venture is as follows:

1. Provide funds for the additional equipment needed to set up cardiac surgery at the NCH
2. Provide funds for the training of support personnel that will constitute the cardiac surgical team.
3. Provide funds for the support team from Oxford that will initiate, train, monitor and support the programme in the short term, until it is established.
4. Provide funds for overseas specialists (from India, Singapore who have already offered their time) who will help support the programme until it is established.
5. Establish a fund for treating the destitute for free. Non-medical Personnel: Personnel required for a cardiac surgical programme will need to be trained from scratch. The Srimati Gnanambikai Trust (SGT) will pay the salaries for 5 enthusiastic and committed individuals to be trained in Colombo, in the areas of Cardiac Intensive care (2 nurses), theatre nursing (2 nurses), Cardio-pulmonary perfusionist (1) and cardiac technician (1).

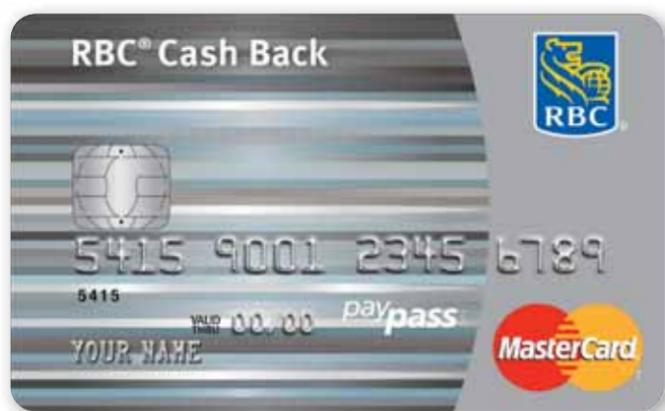


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ROBERT BIRON: FOCUSED ON IMPROVING PATIENT EXPERIENCE AND COMMUNITY ENGAGEMENT



Robert Biron

A deep-seated need to be of service has led Robert Biron to devote the past 21 years of his career to Ontario's hospital sector – a role he sees as both a job and a calling.

"We're all in the hospital sector, funded by taxpayers, and that makes us public servants by definition," he says. "We're here to serve patients and communities, and that to me is an important calling in life. I can't be a clinician – it's not my area of comfort – so I obviously found something I can be

passionate and compassionate about. That's why I'm here."
Robert began his career specializing in information technology (IT) systems for clients which is how he first got into healthcare.

"My first hospital position was in an IT department implementing Meditech systems," he adds. "When I was reeled into management for a year, I realized this was my calling."

Since then, Robert has led several hospitals – the most recent, Northumberland Hills Hospital – as well as serving on a number of working groups and committees for the Ontario Hospital Association.

Robert deliberately chose TSH as his next stop because he sees the organization's current challenges as a tremendous opportunity for both the organization and the community it serves.

"I have always been selective about which organization I work for. I like to come into an organization and make a difference," Robert explains. "I look at TSH and its very extensive journey over the last few years under Dr. John Wright, and this is a remarkable hospital on the quality front. The successes are many and the Exemplary Status (Accreditation) achieved in the last cycle is remarkable. This team should be very proud of that."

"The challenges before us – fiscal as well as integration – are something every hospital is facing and I think I can add value and contribute. I'm looking forward to working with the Scarborough community and the hospital to see how we can advance healthcare."

Robert's views on integration are in line with TSH's new directions from the Central East LHIN.

"We refer to the healthcare system, but many of us would argue it's not a system at all but rather, a patchwork of providers that somehow connect and provide care to patients," he explains. "I'm a firm believer we have to do a better job of integrating services and providing a better patient experience throughout the continuum of care, so collaboration within the organization and collaboration among providers is essential. That's going to define our system moving forward."

"My approach is very much about focusing on relationships and collaboration. The 'silo thinking' that is prevalent in some communities and some organizations won't work. We have to work as a team. I believe in strong stakeholder engagement, and we need to engage the community at large in the big decisions we face. And we need to engage our patients and caregivers in operational changes when designing

systems and processes; the patients' voice and the caregivers' voice have to be there."

And while Robert has a clear vision of the value of integration and different providers working together more collaboratively, he still recognizes the competitive element introduced by the new funding model.

"One of the challenges is how do we position TSH to obtain increased funding in a competitive environment? How do we differentiate ourselves so that patients in our community come to our hospital first? I think the strategies we adopt to address those questions will move us forward," he explains. "Given the strength of this hospital from a quality perspective, we have a solid foundation to work from. It's now a matter of positioning ourselves, and we have a lot of work ahead of us."

While he and his wife Doris settle into their new home in Scarborough, Robert adds that, "I started my career in Toronto, so I have come full circle."

"I really enjoy the diversity of the Scarborough community and look forward to new experiences," he says. "Both my wife and I love the outdoors, hiking, cycling; we're both avid runners but our interests have changed with age. I'm an early beginner in yoga, which my wife teaches."

FOUNDATION HOSTS FIRST-OF-ITS KIND CRICKET TOURNAMENT TO RAISE FUNDS FOR CANCER CARE PROGRAM

Cricket is a sport that's rapidly gaining popularity in the Greater Toronto Area (GTA), and fans can cheer on their favourite teams, and sharpen their skills, at a first-of-its kind community-wide cricket tournament and family event on Saturday and Sunday, June 22-23 at L'Amoreaux Park.

The Scarborough World Cup of Cricket, an inaugural event, is being held in support of The Scarborough Hospital's Cancer Care program.

According to Sari Greenwood, Patient Manager of The Scarborough Hospital Cancer Care program, the hospital receives more than 24,000 visits annually to its cancer centre, and the numbers are growing.

"Managed by a multidisciplinary team of oncologists and specially-trained nurses, the hospital's Cancer Care program is very strong, and with increased integration of services, our program will become even stronger."

The event will also include cricket

clinics by leading professional cricket player Umar Bhatti and well-known coach Nadeem Khokhar, a family barbeque and international food fair, and Teddy Bear "check-ups" performed by hospital doctors and nurses in field tents.

Sponsored by Scotiabank, TD Canada Trust, Royal Bank of Canada, Habib Canadian Bank, ATN (Asian Television Network), The Islamic Foundation of Toronto, Scarborough Muslim Association, Western Union, Arthur Fire Protection, Scarborough Town

Centre, Physiomed, BMO and Woburn Medical Centre, The Scarborough World Cup of Cricket is a two-day, 10-team round robin tournament with a reduced format of 10 overs per match. Teams, put together by the sponsors, consist of 15 players, with qualifying games on day one. The top four teams will proceed to day two, which will include two playoff games and a championship game, with the leading three teams receiving gold, silver and bronze medals.

"Response from the community to the tournament announcement has

been overwhelming, as is evident by how quickly our sponsors pulled teams of players together," said Tournament Chair Nigel Samaroo, adding that organizers expect the event to draw hundreds of local residents. "This will be a true community-wide event, with something for every member of the family."

Michael Mazza, President of The Scarborough Hospital Foundation, explained that the funds raised from The Scarborough World Cup will help The Scarborough Hospital provide integrated cancer care services to the community.

"It is The Scarborough Hospital's vision to have a coordinated and integrated Cancer Care program so our community can continue to receive high quality cancer care close to home, across our organization," he said, adding that when the community comes together, great things can be accomplished.

The Scarborough World Cup of Cricket takes place on Saturday, June 22 from 9:30 a.m. to 7:15 p.m. and on Sunday, June 23 from 10 a.m. to 6:45 p.m. at L'Amoreaux Park. Admission and all activities are free of charge, with food available for purchase.

For more information, visit: http://tsh.resourcecenter.com/event/index.asp?Page_ID=246.



The Scarborough Hospital Foundation's World Cup of Cricket will feature a two-day tournament, mini 'kids learn to play' cricket clinics, a family barbeque, international food and teddy bear "check-ups" performed by hospital doctors and nurses. All proceeds support the hospital's cancer care program.



THE GIFT OF ORGAN DONATION TOUCHES SCARBOROUGH RESIDENT

Tom Mitrovski is a good natured man with a warm smile who appreciates every day – and for Tom, that means he



Scarborough resident Tom Mitrovski shares his story of organ donation whenever he can. He received a donated kidney 33 years ago and is still doing well. He encourages others to register their consent to be a donor and possibly save a life just like his.

has been able to enjoy more than 12,000 days he might not have otherwise.

Tom is an organ recipient.

Thanks to the selflessness of one family, he received a new kidney in November 1979. In the more than 33 years he's had since then, he's been able to watch his three children grow up, get married and have children of their own.

Tom appreciates that gift every day.

"I am able to see my nine grandchildren," he says. "I have a different outlook. I have a second chance at life and I appreciate that."

But Tom is one of the lucky ones. In Ontario, there are nearly 1,500 people waiting for an organ. There are 89 alone in Scarborough. Every three days, someone dies waiting for an organ. One donor can save up to eight lives.

To help change that situation, The Scarborough Hospital is asking staff, volunteers, physicians and anyone else it can to consider registering their consent to be an organ donor. We've started a Gift of 8 campaign page on which people can register their consent. It can be found at <https://beadonor.ca/scarborough-hospital>

In 2012, 26 Scarborough residents – people just like Tom – received an organ

from a donor, but only six people from The Scarborough Hospital were donors. Just nine per cent of Scarborough residents have registered their consent compared with 14 per cent across Toronto as a whole and 22 per cent provincially.

"One donor can save up to eight lives and enhance the lives of up to 75 others through the gift of tissue. A signed donor card does not mean you are registered; you can register your consent or check your status online or in-person at a ServiceOntario centre," says Michele Stoncius, Trillium Gift of Life Organ and Tissue Donation Co-ordinator at The Scarborough Hospital.

TSH's entire ICU team is supportive of organ donation; they know how important it is for people to register their consent and to share their wishes with their family.

"Registering as a donor can help prevent unnecessary deaths of Ontarians on the transplant wait list. Families approached to consider organ and tissue donation almost always consent when they are given evidence of their loved ones' registration, while those who decline usually state it is because they are not sure what their loved one would have wanted," says Dr. Howard Clasky, lead ICU physician at The Scarborough Hospital.

Tom spent three years on dialysis waiting for the call that there was a kidney available for him. While happy to receive the

call, he was still uncertain about his future. Not knowing how much time the new kidney had bought him, Tom took his young family to Florida for a vacation.

Eventually, he hit the three-month mark without rejection or complications, so he went back to work; then he hit the six-month mark, the one year milestone; and finally, at five years and with his health still on track, he began to feel positive about the future.

"After that, I almost forgot I had a transplant," Tom says.

But, of course, he never forgets. He thinks every day of the selfless gesture of the family who gave him a second lease on life and he is careful to take good care of the kidney – which he's nicknamed "Jerry" – to honour the decision that family made.

Tom is also happy to share his story of organ donation with whomever he can.

"Sometimes you can inspire someone," he says. "Especially if people see that I've had a kidney for almost 34 years."

He and his family also made the decision to give back.

"As a result of my transplant, when my wife passed away, she donated her eyes," Tom says.

He hopes others will do the same. When asked if he's registered his consent, he replies without hesitation "Oh, yes!"

To help The Scarborough Hospital reach our goal for registered donors, visit <https://beadonor.ca/scarborough-hospital>

TSH resource centre offers workshops on a variety of topics

Whether it's healthy eating on a budget, stress management for caregivers or settlement issues, The Scarborough Hospital's Global Community Resource Centre has a

workshop for that.

The GCRC is a one-stop interactive educational centre for patients, families and the community to access reliable, current multilingual health and

community information in a variety of formats, including print, online and through interactive workshops.

The workshops take place every Wednesday at noon with the facilitator alternating between a TSH staff member and a representative from one of TSH's community partners. For example, a recent workshop featured TSH dietitian Shelley Linden sharing tips and tricks for eating healthy on a budget while the following week TESOC settlement counsellor Krishanthi Shanmuganathan spoke about immigration and settlement issues.

"We try to offer a range of topics from different TSH representatives and community partners with the goal of empowering visitors to the

Centre with increased knowledge about health and community services," said Waheeda Rahman, Director, Organizational Development and Diversity office.

The free workshops are open to everyone.

Tatiana Clarke lives close to the hospital and she's been to a number of the workshops. Tatiana came to Canada from Venezuela almost two years ago, and says the workshops and the Centre are a good resource.

"I find them very interesting," she says. "I like to learn."

Tatiana isn't alone. She was joined by many others at Shelley's workshop where they learned valuable tricks and tips about how to eat healthy on a budget, such as always shop with a list and cook with the intention of having leftovers because it's easier than cooking again.

Barbara Penny, Spiritual and Religious Care Chaplain, is one of the staff members who attended Shelley's workshop. She'd been to a few others in the past that had piqued her interest.

"I enjoy learning new things so when I go to a workshop I hope to get something out of it," she says. "It's a valuable resource."

In addition to the weekly workshops, the GCRC has a Community Desk from 9 a.m. to 1 p.m. Monday through Thursday featuring 13 community partners who provide information on health and community services available in Scarborough.

For information on the GCRC visit iConnect or www.tsh.to

Moji Adurogbangba, TSH bioethicist, leads a workshop at the Global Community Resource Centre.



MCHAPPY DAY PROCEEDS HELP SUPPORT PURCHASE OF NEW EQUIPMENT AT TSH

Thank you to all staff who donated their time to various McDonald's restaurants on McHappy Day in support of The Scarborough Hospital.

On May 8, several staff members flipped burgers and worked the drive-thru in an effort to raise funds for The Scarborough Hospital Foundation and to support the greater Scarborough community.

A portion of the proceeds raised on McHappy Day will be donated to the Foundation's Equip to Care Campaign, which will support the purchase of new equipment for the hospital's Maternal, Newborn and Childcare Program.

A special thanks to hosts John and Catalina Pang, and Terry and Janet Brazill, owners of the supporting McDonald's restaurants. Their store managers and staff did an excellent job managing the volume of customers and juggling our volunteer teams for a most successful McHappy Day!



McDonald's employee Shelby (middle) showed the ropes to Sonia Johnson, Patient Care Manager, Oncology and Medicine, TSH (left) and Nancy Veloso, Patient Care Director, Medicine and Patient Flow, TSH (right) who volunteered to help raise funds for the hospital during McHappy Day.

TSH announces clinic changes

Procedures and programs currently available through three free clinics at The Scarborough Hospital will soon be delivered safely and at the same high level of care in a community setting or at a consolidated hospital location.

The Outpatient Physiotherapy Clinic will be consolidated at the General campus; services provided by the Rheumatology Clinic will be transitioned to the community; and Outpatient Mental Health will be consolidated at one of TSH's satellite locations.

"The transfer of these clinics to the community is being carefully planned with our partners and physicians to support a smooth transition for patients," says Robert Biron, President and CEO. "Through the consolidation of the outpatient physiotherapy clinic at our General campus, we can maintain access while delivering the program in a more efficient manner."

Consolidating all outpatient physiotherapy at the General campus provides the opportunity to become a Centre of Excellence while delivering care in a more efficient manner.

"Neither of the two separate outpatient physiotherapy clinics operated at full capacity. By moving all outpatient physiotherapy to the General campus, we will improve efficiency and reduce wait times," explains Nurallah Rahim, Patient Care Director, Surgical Services, Orthopaedics and Rehabilitation. "This move will also result in the reallocation of physiotherapy services to inpatient units at both sites, providing the right care by the right caregiver to the right patient."

Service will also be extended by two hours each weekday (from the current 8 a.m. to 4 p.m. to 8 a.m. to 6 p.m.), resulting in more accessibility for outpatient physiotherapy at the General campus.

"The Scarborough Hospital is one of the few community hospitals to retain an outpatient physiotherapy program. We have worked very hard to retain this service at TSH," Nurallah adds.

The Rheumatology Clinic at the General campus serves a small, concentrated patient population during a limited number of hours one

day per week. These services can be transitioned out of an acute hospital setting into a community clinic or doctor's office where they can be delivered safely at the same high quality, providing the right care in the right place.

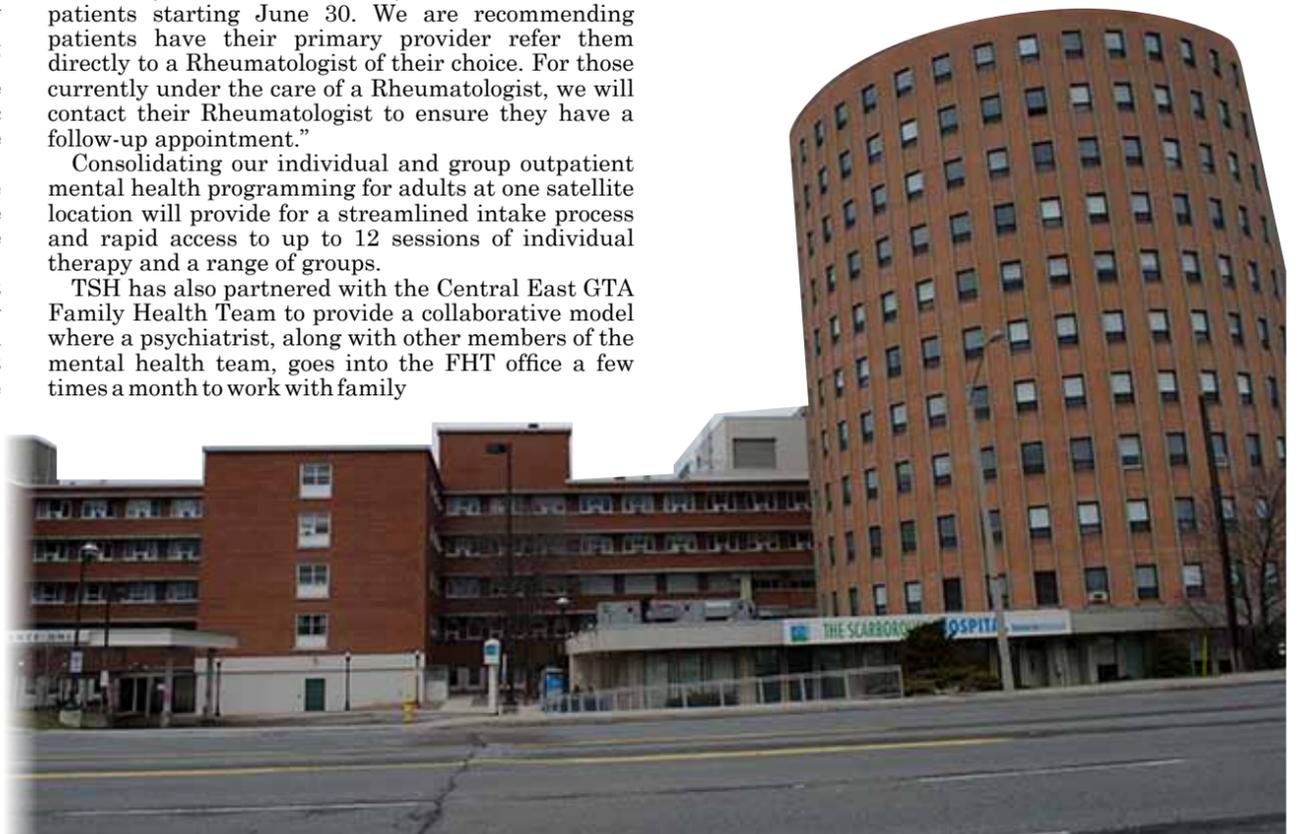
"All patients booked in the clinic until June 29, 2013 will continue to receive services at the clinic," says Jacqui Ho, Patient Care Manager. "We are working with our community partners and Rheumatologists to identify a list of community clinics available to patients starting June 30. We are recommending patients have their primary provider refer them directly to a Rheumatologist of their choice. For those currently under the care of a Rheumatologist, we will contact their Rheumatologist to ensure they have a follow-up appointment."

Consolidating our individual and group outpatient mental health programming for adults at one satellite location will provide for a streamlined intake process and rapid access to up to 12 sessions of individual therapy and a range of groups.

TSH has also partnered with the Central East GTA Family Health Team to provide a collaborative model where a psychiatrist, along with other members of the mental health team, goes into the FHT office a few times a month to work with family

physicians to assess clients with mental health issues. The model, known as Shared Care, is being expanded to include other family practice offices in Scarborough.

TSH will continue to provide some outpatient services at the Birchmount campus and community-funded programs such as Assertive Community Treatment will be provided at the satellite location. We will continue to provide a hospital-based inpatient program.





GARDENING ESSENTIALS SPRING/SUMMER 2013

“At Garant®, we believe in the benefits and pleasure of gardening, whether it is in a large backyard or in a beautiful container on your balcony. It all reflects your personal vision for a special space to enjoy,” says Isabelle Dorval, Marketing Director at Garant®.

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Some of the gardening essentials images and a brief description of those tools are given below.

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Botanica™ SHRUB RAKE

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- Total length 23"
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- 8" wide by 9" high poly head with 15 teeth

Suggested retail price: \$10.99. Available in garden centres, specialty hardware stores and Home Building Centres across Canada.

Botanica™ LEVEL RAKE

The tool of choice for levelling the ground when creating a flower or a vegetable garden. This medium size rake performs the same way as a traditional rake while accessing restricted areas more easily. Simple to store and easy to move, it is tailor-made for balconies, containers and other difficult to access areas.

Features :

- Total length 19"
- 14" length with a wood handle and non-slide grip
- 6 1/2" wide and 5" high steel header with 7 teeth

Suggested retail price: \$10.99. Available in garden centres, specialty hardware stores and Home Building Centres across Canada.



Botanica™ CULTIVATOR

Traditionally, the cultivator is used to remove weeds. This tool can not only accomplish this task perfectly, but it is also well suited for loosening the soil in containers and flower boxes

Features :

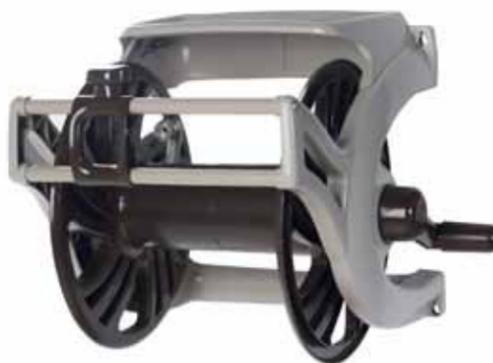
- Total length 23"
- 14" wood handle with non-slide grip
- 3" wide and 9" long forged steel head with 3 teeth

Suggested retail price: \$10.99. Available in garden centres, specialty hardware stores and Home Building Centres across Canada.



NEVERLEAK™ WALLMOUNT BY AMES®

Ames® wallmounts are popular for their practicality and user friendly features. The latest addition to the line, constructed out of sturdy poly, is sold fully assembled. This wallmount is equipped with the aluminum Neverleak™ water system which is 8 times stronger than a regular plastic system and there is no cross threading. It will not corrode and will also keep its original shape upon use. Its rotary handle makes it easy to wind up, while its hose guide easily stores its 225 feet of hose capacity. The storage tray for garden accessories is a practical and aesthetical addition.



Features :

- Height: 17"
- Width: 21 1/2"
- Depth: 18"
- Capacity: 225 feet

Suggested retail price: \$59.99. Available in garden centres, specialty hardware stores and Home Building Centres across Canada.

TRUE TEMPER® HOMEOWNER LAWN ROLLER

Garant®'s mission is to make this lawn roller accessible to all by creating an easy-to-use tool, while still meeting the standards required by landscape professionals. In addition to being an essential tool for



levelling the ground, the lawn roller is an ideal way to assist the grass's rooting in spring. With a partially retractable handle for easy storage and a cushioned grip to provide more comfort, this new tool will continuously surprise you with its many functions. Filled with water or sand, the 16" x 20" roll has a capacity of 155 lbs. and a compression force of 93 lbs. per foot, which is perfect for spring chores. It is also equipped with a screw cap for easy filling and emptying, making it simple to move and store. It is sold in one compact box for effortless transportation.

Features :

- Handle Length: 43"
- 16" diameter x 20" long
- 93 lbs per Ft.

Suggested retail price: \$99.99. Available in garden centres, specialty hardware stores and Home Building Centres across Canada.

LIL' TRUE TEMPER® CHILDREN'S WHEELBARROW

Children always want to imitate their parents and help them with outdoor chores. Garant® is pleased to offer the perfect quality product that children will love! LIL' TRUE TEMPER® wheelbarrow is an ideal way to introduce gardening to the little ones. It's durable, a beautiful shade of red and the poly tray is resistant to corrosion and weathering. In addition, this smaller size wheelbarrow meets all the safety standards for Canadian products and games. Much more than just a tool, it's a wonderful way to bond as a family in the great outdoors!



Suggested retail price: \$27.99. Available in garden centres, specialty hardware stores and Home Building Centres across Canada.

When it comes to keeping your outdoor space looking its best, you can't go wrong with Garant®.

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Fruitman Communications Group

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Special Feature

On the occasion of Buddha Pournami, Sadhguru tells us what it means and what it takes to be a Buddha.

Sadhguru:

A person who grows on the spiritual path cannot ignore Gautama because his presence has become so dominant. In his own lifetime, he had forty thousand monks who went out to spread the spiritual process. In his own silent way, he changed the world forever. He has been one of the greatest spiritual waves on the planet. Buddha Pournami has always been significant in the yogic culture and was always a very auspicious day in any spiritual aspirant's life, but today, in commemoration of Gautama Buddha we named it after him. On that full moon evening over 2500 years ago, a man blossomed into a being.

Though people generally associate the word Buddha with Gautama, he is not the only Buddha. There have been thousands of Buddhas on this planet and there still are. "Bu" means Buddhi or the intellect. One who is above his intellect, one who is no longer a part of his mind, is a Buddha.

Right now, most people are just a bundle of thoughts, emotions, opinions, and of course, prejudices. Please see, what you consider as "myself" is just a jumble of things that you have gathered from outside. Whichever kind of situations you were exposed to, that is the kind of nonsense you have gathered in your mind. Your mind is society's garbage bin because you have no choice about what to take and what not to take. Whoever goes that way throws something into your head. You can enshrine this nonsense as divinity if you want but it will not become divinity; it is just simple mind. There is another way to experience life and go beyond the process that you call as mind. To do this, you need to shut the garbage bin and keep it aside.

THE MIND IS A PHENOMENAL THING, BUT IF YOU GET STUCK TO IT, IT WILL TAKE YOU FOR A RIDE ENDLESSLY.

The mind is a phenomenal thing, but if you get stuck to it, it will take you for a ride endlessly. If you are in the mind, you are a nonstop suffering human being – you cannot help it. Suffering is inevitable. Maybe when you are watching the sunset, it is so beautiful that you forget everything, but your suffering is sitting right behind you like a tail. The moment you look back, it is right there. What you call as "my happiness," are those moments when you forgot your suffering. As long as you are in the mind, fears, anxieties and struggles are inevitable; that is the nature of the mind.

It is because people are unable to bear the torture of the mind that they have devised many ways in society to go below the mind. Excessive eating, alcohol, excessive indulgence in physical pleasures, these are all ways to go below the mind. People use them and for a few moments they forget the torture. You hit the bottle

and sleep. For a few hours your mind does not bother you anymore because you have gone below the mind. There is great pleasure and it is so relaxing because suddenly the tortures of your mind are not there. So you get deeply addicted to it.

But the nature of the evolutionary process is such that this being which was below the mind has right now evolved into the mind. If it wants to become free, it has to go beyond the mind. There is no such thing as going back. If by using a chemical you go below the mind, you will see, life always catches up with you with more intensity after that is over. It is always so. Suffering intensifies. The process of yoga is to see how to go beyond the mind. Only when you are beyond the mind can you really be yourself.

In this episode of Why We Do What We Do, we explore the science behind vibhuti, the sacred ash.

Sadhguru:

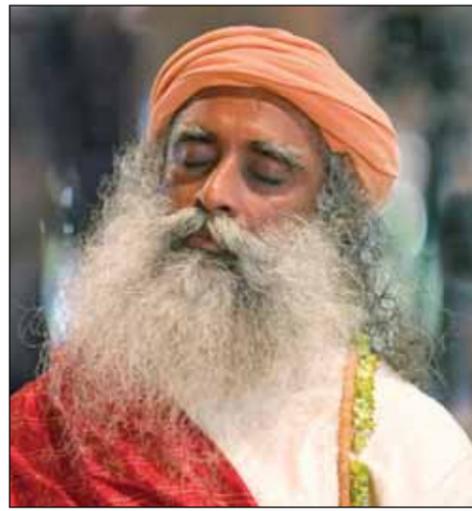
There are many aspects to the usage of vibhuti or sacred ash. First of all, it is a great medium to transfer or transmit energy, and it has an ability to help direct and control the energy body. Apart from that, there is a symbolic significance to applying vibhuti on the body. It is a constant reminder of the mortal nature of life – it is like you are always wearing mortality on your body.

Normally, yogis use the ash that they pick up from the cremation grounds. If this ash cannot be used, the next alternative is to use cow dung. There are other substances used but the basic material, the body of it, is cow dung. If even this ash cannot be used, the next alternative is to make vibhuti of rice husk. This is indicative that the body is not the core substance, it is just the husk.

"...you apply vibhuti at certain points to receive the divine around you, not the devil"

Unfortunately, in many places it has become a scandalous business where they are just giving a certain white rock powder as vibhuti. But if vibhuti is properly prepared, and if you know where and how to apply it, it makes you much more receptive, and the place where you apply vibhuti on your body becomes more sensitive. The sensitivity gets more subtle and goes towards the higher nature. So, before you step out of the house in the morning, you apply vibhuti at certain points to receive the divine around you, not the devil. Depending on which aspect of you is receptive at that moment, you can receive life in different ways and from various dimensions of who you are. You must have observed this – at one time, you saw something and experienced it in a certain way. Some other time, you saw the same thing and experienced it in a totally different way. The way you receive life makes the difference. So, you want the higher aspects of you to be receptive, not the lower.

Within your physical body, there are



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



seven basic centers representing seven dimensions of experiencing life. These centers are known as chakras. A chakra is a certain meeting point within the energy system. These chakras are not physical, they are of a subtle nature. One can experientially know these chakras, but if you cut the body and see, you will not find any chakra. As you move into higher levels of intensity, naturally the energies will rise from one chakra to another. If you receive life from the higher chakras, the same situation will be different for you than if you receive life from the lower chakras.

HOW SHOULD WE APPLY VIBHUTI?

Traditionally, vibhuti is taken between your thumb and your ring finger – you don't have to pick up a lot of it, just a little bit – and applied between the eyebrows, known as the agna chakra, at the pit of the throat known as the vishuddhi chakra, and in the center of the chest where the ribcage meets, known as the anahata chakra. It used to be common knowledge in India that you must apply vibhuti at these points. The reason why these particular points have been specified is because vibhuti makes them more sensitive.

Vibhuti is usually applied at the anahata so that you receive life as love. It is applied at the vishuddhi so that you receive life as power; power does not mean just physical or mental power, there are so many ways in which a human being can be powerful. The idea is to make the life energies very strong and powerful so

that your very presence has an influence on life around you – you don't have to speak or act – if you simply sit, you influence the situation around you. This kind of power can be developed within a human being. Vibhuti is applied at the agna so that you receive life as knowledge.

This is a very deep science, but today, without understanding the science behind it, we simply apply vibhuti like a stripe on the forehead. The one who has stripes one way does not agree with the one who has the stripes another way – this is stupidity. Vibhuti is not something that Shiva gave, or this or that god gave. This is not a question of belief. In this culture, it has been looked at deeply as a tool for a person's growth. Properly prepared vibhuti has a different vibrancy. There is a need to revive and make use of the science behind this.

Sadhguru is a Realized Master, Yogi and Profound Mystic of our times. A visionary, Sadhguru asserts that peace and happiness are not the ultimate goals of life, but the most basic needs in every human being. He developed Isha yoga as a powerful method for individual transformation leading to human emancipation. A glimpse of his life and work can be found in the books *Encounter the Enlightened and Mystic's Musings*. For more details visit www.ishafoundation.org Email: Toronto@ishafoundation.org Local contact: 416 300 3010

Editor's note: Isha Kriya is a free online guided meditation that helps bring clarity and well-being into one's life. For more information, please visit: <http://ishafoundation.org/ishakriya>



UTHAYAN THURAIRAJAH SPEAKS AT ROADWAY LIGHTING CONFERENCE

Uthayan Thuraiajah, an electrical systems and transportation engineering senior project engineer and Associate in MMM Group's Thornhill office, recently presented a Holistic Approach to Roadway Lighting Design at a roadway lighting conference organized by the Illumination Engineering Society of North America (IESNA) in Dallas, Texas.

A professional engineer with more than 15 years' experience

in the electrical engineering and lighting field, Uthayan presented a comprehensive lighting design process and an overview of the policies and practices of various authorities throughout the world regarding the issue of light and health. He also reviewed the science of vision, including the latest research on visual and non-visual receptors, and the effect they have on body rhythms and health.

Uthayan is a lecturer at Ryerson University, and has extensive

experience in the design of roadway illumination projects, traffic signal systems, traffic detections systems, traffic counting stations and truck inspection stations. He is a member of several Canadian and international professional engineering and lighting associations, including IESNA.

The Illuminating Engineering Society of North America is the recognized technical authority on illumination. For over 100 years; its objective has been to communicate

information on all aspects of good lighting practice to its members, to the lighting community, and to consumers, through a variety of programs, publications, and services.

More information on the organization can be found at <http://www.iesna.org/>

"WOMEN - ASSETS TO HUMANITY AS MOTHERS'"

Mothers Day Message

The Rev. Grace Caldwell Hill of the Barnabas Anglican Church on Danforth, speaking at the Mothers' Day service of the Tamil Christian Church of Canada said that mothers play a very significant role in the upliftment of humanity in their capacity as mothers. She pointed out two types of mothers from the Bible to prove her point. One was Mary, the mother of Jesus who nurtured the greatest man in history and the other is one of the mothers who came to

King Solomon to claim ownership for her son. The second one was prepared to give up her ownership as she was more worried about the security of the child. Mothers are sacrificial in nature and they can give up their everything for the welfare of their children. As a kite is guided and directed by the one who holds the string, a good mother guides and directs the child without just petting and pampering. Many a mother has been behind the success of

her off-springs. Through their kindness, faithfulness and beautiful spirit, they shower abundant blessings on the lives of their loved ones.

The service was presided over by Mabel Edwards, the president of the Women's Ministry. The choir rendered captivating lyrics underlining the theme of the occasion. The Sunday School Children sang a melodious song thanking mothers for their sacrificial

and limitless love. The youths showed a video film where they displayed their appreciation of their mothers in a very attractive fashion. The Men's Ministry of the Church provided a scrumptious dinner to entertain the congregation at the end of the service. May all glory and praise be to God who has enabled His people to serve Him.

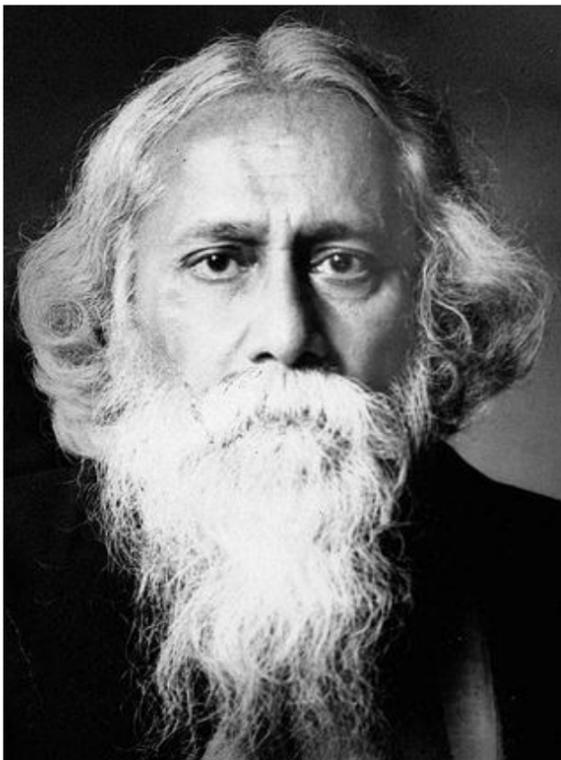


Artist: Frederic Leighton (UK)

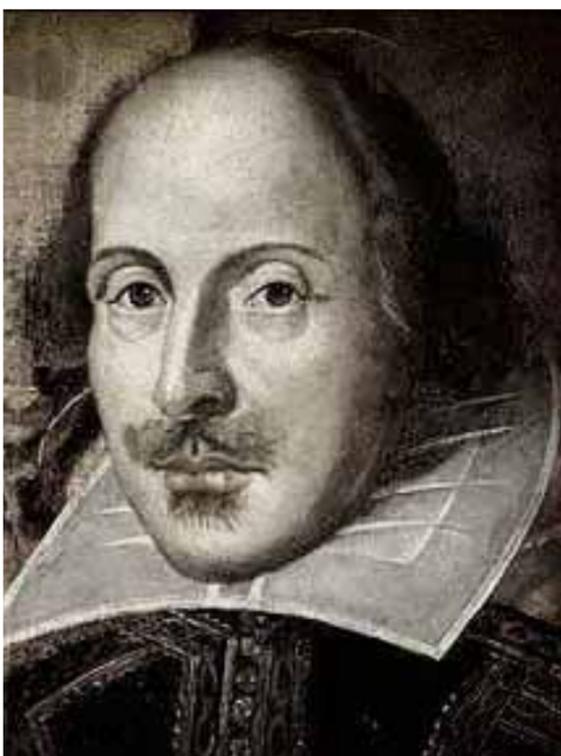


LITERARY LUMINARIES OF THE EAST AND WEST

C. Kamalaharan



Rabindranath Tagore (1861 - 1941)



William Shakespeare (1564 - 1616)

During my visit to Shakespeare's Birthplace in Henley street, Stratford-upon-Avon, Warwickshire, England a pleasant surprise awaited me. I couldn't believe my eyes when I saw a bronze bust sculpture of Rabindranath Tagore, among the flower beds in the Birthplace of William Shakespeare. I wondered on what basis was the bust sculpture of Tagore installed in the Birthplace of Shakespeare, maybe due to the common bonds of these writer philosophers, I presumed.

Rabindranath Tagore, the Bengali poet, writer, philosopher and painter had reached luminous

heights in the field of literature, through his pen. He became Asia's first Nobel laureate, when he won the 1913 Nobel prize in literature, for his composition of 'Geethanjali', a collection of poems of love, art, culture and above all nature. William Shakespeare, the English poet and playwright is widely regarded as the greatest writer in English Language and the world's pre-eminent dramatist, who had written 38 plays, 154 sonnets, two long narrative poems and several other poems. Furthermore his plays have been translated into every major living language and are performed more often than any other playwright's plays. Even now his plays are staged in the reconstructed Globe theatre, bordering the Thames. Tagore and Shakespeare were not contemporaries, yet it is a fitting tribute to the two icons of literature, by installing a sculpture of one in the Birthplace of another.

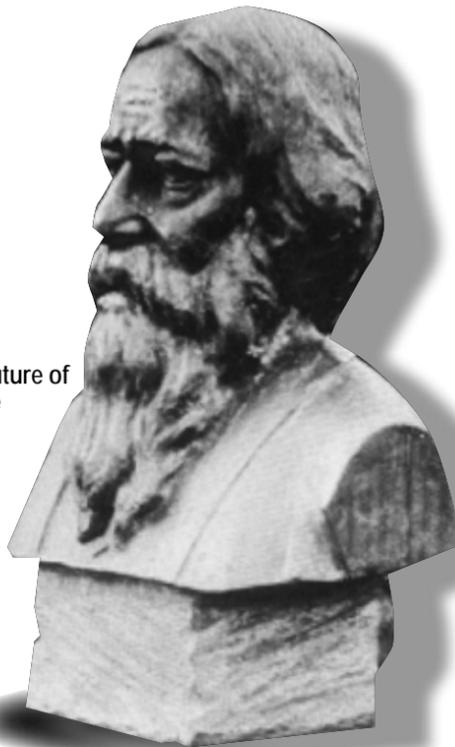
As regards versatility, Tagore outshines Shakespeare but in the international field Shakespeare's prominence is above that of Tagore. For a person who is steeped in poetry it is Tagore and for one who is steeped in drama it is Shakespeare. Both writers have been a great source of inspiration for literary personnel as both are regarded as the two oceans of two languages- Rabindranath to Bengali and Shakespeare to English. Rabindranath Tagore was greatly

inspired by Shakespeare's work and is regarded as Shakespeare of Bengal. Tagore's own translation of his Bengali poem on Shakespeare, 'To Shakespear' was included in 'A Book of Homage to Shakespeare', published by the Oxford University Press in 1916, on the occasion of the tercentenary of Shakespeare's death.

Shakespeare's Birthplace

Shakespeare's Birthplace Trust (SBT) owns and runs the five Shakespeare houses. The half timbered Shakespeare's house is now a small museum opened to the public and visitors. It is managed by the SBT. The bronze sculptured bust of Tagore was presented as a gift to Shakespeare's Trust by the Government of West Bengal in 1995. The director of the SBT was a friend of the then Indian High Commissioner and so both of them decided to install the bust sculpture in the garden. The plinth of the bust sculpture bears the inscription:

Sculpture of Tagore



“
Rabindranath
Tagore-Poet,
Playwrite, Thinker,
Teacher and Painter

- The voice of India.

”

In early May every year, the Chatterjee family (Jayanta and Ohbi Chatterjee and Kaberi Chatterjee) with friends assemble in the garden of Shakespeare's Birthplace to honour the birthday of Rabindranath Tagore, by organizing cultural programmes: reciting excerpts from Tagore's poetry, speeches depicting Shakespeare's influence on Tagore and concerts. It's a tribute to Tagore to have his sculpture installed in Shakespeare's Birthplace. It's also a tribute to Shakespeare for having installed the sculpture in his mansion. Both of them will continue to remain as living presence among us.



Shakespeare's Birthplace



WORDS OF PEACE

Miracle of Miracles

Prem Rawat travels the world with an age-old message. Know yourself, he says. This is important—very important. Often Mr. Rawat, known to millions of people by the honorary title Maharaji, reminds his audiences of Socrates' famous advice: "Know thyself."

"What does Socrates say?" he asks. "Know thyself.' What do people want to do? Debate it. 'What did he really mean?' Well, just take it at face value. 'Know thyself.' How's that for starters? Come close to this—who you are. Understand your need—your need."

What he is talking about, Mr. Rawat says, is the same as thing that Socrates and many others have talked about—a simplicity, a beauty, that is already within us. It just needs to be nurtured.

"A tree is quite capable of producing fruit," he says, "but it needs to be nur-

tured. In the same way, we, as human beings on the face of this Earth, have a possibility, but it needs to be nurtured. What needs to happen is to go back to the simplicity of who we are. Of course, that begs a very interesting question: Who are we?"

Where would a person begin this journey towards understanding their need, towards knowing who they are? Mr. Rawat points to an obvious place—so obvious, in fact, that it is all too easily overlooked. He says, "Look in this moment called now."

"Now," he says, "is the most beautiful place on the face of this Earth. It's gorgeous. Do you know why? Because that's where you live.

"I didn't make the rules, but I observe the rules. There is nothing I can do to go even just a little bit into the past, and

there is nothing I can do to go just a little bit into the future. Now is where I am alive. Existence takes place in the now."

The thought of living in the moment called now—of being aware of life itself, of being conscious—is very challenging to most people, Mr. Rawat says, because "it is too simple."

"Of course you live in now," he says. "Where else are you going to live? What most people find really challenging about the now is that they know so little about it. They may know the definition, but they have no idea what it actually is."

The future people are entranced with, he says, is actually born in this moment called now. "Did you know that?" he asks. "Your unconsciousness in the moment called now is going to affect your future. Today, I sow the seeds of my tomorrow.

"Today, did you pay attention to being



alive? It's a simple question."

It's also simple, he says, for people to know who they are—if they look in the right place.

"If you want to see this moment," he says, "if you want to know who you are, if you want to be familiar with your potential, you need to see these elements in focus.

"If you want to know the self—that potential, that reality that you are—then one thing you're going to have to do is come closer to yourself. The reason we don't see ourselves as we are is that we're not in focus. So come closer to who you are."

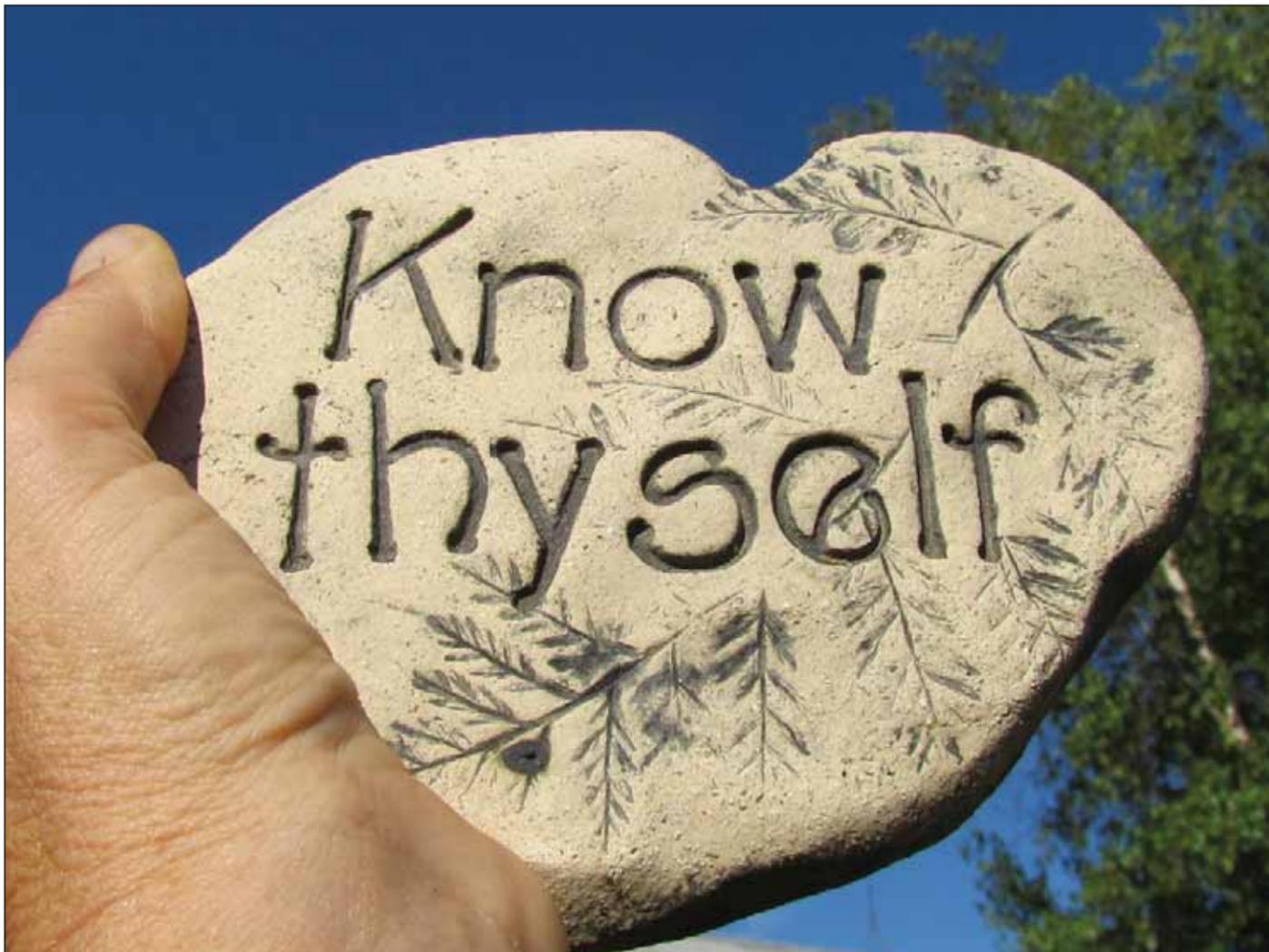
To be fulfilled in living every single day, every moment, would be the best value people could have in their lives, Mr. Rawat says.

"That's security, and we need to feel that. We need to feel something solid."

Knowing the self, he says, does not involve sacrifice. He tells people to do whatever they want to do and be as successful as they can be at it—but "be successful on the inside, too. Know as many people as you want, but don't forget to know yourself."

"Be alive. Be thankful. Be conscious in your life. Be aware of what you have been given. This is the miracle of miracles."

To learn more about Prem Rawat, :
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Sri Lankan Cardiologist Dr. Sanjeevan Pasupati in New Zealand pioneers a new cardiac technique to treat heart valve diseases

By Siva Sivapragasam

He has successfully pioneered a technique to treat one of the most prevalent heart valve diseases in the Western World.

Dr. Sanjeevan Pasupati, a Sri Lankan cardiologist working for the Waikato Hospital in New Zealand has pioneered a new technique along with a cardiothoracic surgeon Mr. Adam El Gamel to treat one of the most prevalent heart valve diseases in the western world.

Aortic regurgitation is a condition where the heart's main outflow valve fails to close properly. This causes the blood that has already pumped out of the heart to leak back into the heart, such that it must be pumped out again with

the next beat. Traditionally, replacement of the aortic valve has required open heart surgery. However, 10-15 per cent of patients who need surgery for aortic regurgitation have other conditions that make it dangerous for them to undergo open heart surgery.

The new procedure pioneered by Dr. Sanjeevan is the new approach to treating primary aortic regurgitation. The Edwards HELIO system technique involves a cardiologist working from the leg and a cardiac surgeon working simultaneously through a small incision on the chest. The pair work together to insert an anchoring device (dock) from the leg, to place it outside the patient's aortic valve. A new valve is passed through the chest and the tip of the heart and placed inside



the docking device. The whole apparatus is held in place by the old aortic valve, which is sandwiched between the docking device and the new valve. "This procedure corrects the leak and acts as an alternative to major heart surgery," says Dr Pasupati. Dr.Pasupati presented this new procedure to 12,000 delegates at the EuroPCR conference in Paris recently.

Doctor Sanjeevan is a professional member of the American Heart & American Stroke Foundation. He is well versed in several cardiac procedural skills such as cardiac catheterization, angioplasty and stenting, permanent pacemaker insertion and echocardiogram. He was also a winner of several school awards both in studies and sports.

Dr. Sanjeevan Pasupati comes from a family of Doctors. Both his parents Dr. Jega Pasupati and Dr. Nimala Pasupati were medical practitioners in New Zealand while his sister Dr. Nishkala is also a Doctor working in New Zealand.

Dr. Sanjeevan is an old boy of St. John's College, Jaffna and excelled both in studies and sports.

Radhika Coomaraswamy under consideration for post of Executive Director of UN Women

Radhika Coomaraswamy, a Sri Lankan Tamil, is being considered for a top U.N. Post as the Executive Director of U.N. Women.

At least six candidates are rumored to be under consideration for the post of Executive Director of U.N. Women, according to the Global Memo. Global Memo which covers the processes and actors involved in the selection of high-level multilateral leadership named them as follows;

Radhika Coomaraswamy's name is among the nominations for the Executive Director of UN Women. The candidates will succeed the organization's first head, Michele Bachelet, who resigned suddenly in March to return home and stand for election to Chile's presidency. Radhika Coomaraswamy was the former special advisor to the Secretary General on Children and Armed Conflict, is looked upon more favorably by women's groups. She had been under consideration in 2010. She is a lawyer by training and was the Chairperson for the Sri Lankan Human Rights Commission. Radhika received her LLM from Harvard University and her honorary PHDs from Amherst College, Universities of Edinburgh & Essex. She is currently a visiting scholar at New York University's Center for Constitutional Transitions.

A strong advocate on women's rights, she has intervened on behalf of countless women throughout the world seeking clarification from Governments in cases involving violence against women.

Radhika Coomaraswamy is the daughter of the veteran Sri Lankan diplomat Late Raju Coomaraswamy who was fondly referred to as "Roving Raju" for the many diplomatic postings he held.

Other nominations for the post are as



follows:

Kim Campbell, the former and first female Prime Minister of Canada & the former board chair at the International Women's Forum and the Council of Women World Leaders. She now sits on the board of the International Crisis Group.

Lakshmi Puri is the current Acting Executive Director, stepping in shortly after Bachelet's resignation. She is from the Indian foreign service.

Rebeca Grynspan is considered a strong contender and possibly the front runner for the post. Grynspan is the former Vice President of Costa Rica and currently serves as an Associate Administrator at UNDP. Tarja Halonen, former President of Finland, is also rumored to be a nominee. Like Coomaraswamy, she had also been nominated in 2010.

Nyaradzayi Gumbonzvanda is currently the General Secretary of the World YWCA. She is a trained human rights lawyer from Zimbabwe with extensive experience in conflict resolution and mediation, including 20 years experience on issues of women and children's human rights, with a special focus on crisis countries.

US Honours Tamil American Sivalingam Sivananthan for Technology Contribution to Raid Where Osama Bin Laden was Killed

Sivalingam Sivananthan, hails from Chavakachcheri in Sri Lanka North and was a student at Haffna Hindu College

Illinois University Physics Prof Sivalingam Sivananthan Named White House Champion of Change

By Jeanne Galatzer-Levy

Sivalingam Sivananthan, professor of physics at the University of Illinois at Chicago, has been named a White House Champion of Change. He was presented with the honor at a ceremony this morning (May 29, 2013) at the White House.

The honor recognizes immigrant innovators and entrepreneurs—"the best and brightest from around the world who are helping create American jobs, grow the economy and make our nation competitive in the world," the White House said in a press release.

Sivananthan's work with a semiconductor material, mercury cadmium telluride or MCT, is at the heart of night vision technology and made the raid that took down Osama Bin Laden on a moonless night possible. Developing "technology that protects our protectors" has given him the opportunity to give back to his adopted country, said Sivananthan.

"Immigrants have long made America more prosperous and innovative, and the Champions we are celebrating today represent very best in leadership, entrepreneurship, and public service," said U.S. Chief Technology Officer Todd Park. "We are proud to recognize these leaders who work every day to grow our economy, advance science and technology, and support their home communities."

Sivananthan is the founder of the high-tech, Bell-Labs-styled incubator, Sivananthan Laboratories, Inc. in Bolingbrook, Ill. The Laboratories' focus is on infrared technology, radiation detection, materials research and biosensors.

Because, at its most fundamental, MCT technology is about transforming light into electricity, Sivananthan is also leading an effort to develop next-genera-



Siva Sivananthan at the Sivananthan Laboratories in Bolingbrook

tion solar power. To that end, he helped found InSPIRE (the non-profit Institute for Solar Photovoltaic Innovation, Research, and Edu-training), whose mission is training Illinois's workforce and exciting Illinois undergraduate and high school students to create a renewable energy and solar eco-system in Illinois.

In Sivananthan Laboratories Sivananthan is promoting economic growth by fostering cutting-edge, fundamental research and development that bridges the ween academia and industry.

Sivananthan credits much of his success to the support he received from UIC from his days as a student to his continuing engagement on the faculty.

"UIC is a community of individuals that has treated me with respect for who I am," he said.

"I have been blessed with having talented people around me," said Sivananthan. "I can take credit only for hiring them. Our success has been and always will be a product of team work."

Immigrants make America more prosperous and entrepreneurial. Immigrants are more than twice as likely to start a business in the United States as the native-born, and more than 40 percent of Fortune 500 companies – from GE and Ford to Google and Yahoo! – were founded by immigrants or the children of immigrants, according to the White House.

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Special Feature

JOHN BODDY HOMES PRESENTS 'EAGLE WOODS'



BEDFORD ELEV A



PARKLANE ELEV A

John Boddy Homes, voted 'Best Home Builder' in Ajax/Pickering for the sixteenth year in a row for this year's Readers' Choice Awards, has just broken ground in its newest community in south Ajax, 'Eagle Woods'. Located just minutes east of Toronto, and within walking distance to shores of Lake Ontario, 'Eagle Woods' combines the closeness and convenience of city living with the beauty and tranquility of the neighbouring lakeshore. 'Eagle Woods' currently offers spacious two-storey, freehold townhomes and will feature later semi-detached homes as well as detached homes in two-storey, back-split and side-split designs. Homes start at 1,700 square feet and will range up to 3,534 square feet in size. John Boddy Homes offers full-depth traditional size lots with a minimum of 110 feet in depth and 'Eagle Woods' will offer a great selection of extra deep lots, pie shaped lots, pond lots, conservation area lots, golf-course lots and walkout basement lots. With such a broad range of house sizes and styles, 'Eagle Woods' has the ideal home to suit every preference. From the unique exteriors and charming streetscapes, to the elegant interiors, various John Boddy Homes include impressive standard features such as vaulted ceilings, double door entries, décor columns, mirrored sliding closet doors, ceramic kitchen backsplashes, double basin bathroom vanities with make-up counters and so much more. Their gourmet kitchens, welcoming great rooms, cozy gas fireplaces and elegant dining rooms with coffered ceilings are all spacious and comfortable, making them the perfect location to enjoy time together with family or entertain friends. In addition, some models include impressive extras such as classic French doors, transom windows and custom octagonal skylights allowing light to travel throughout the home for a bright and spacious feel.

For their homeowner's convenience, most homes from John Boddy include main or second floor laundry rooms, kitchen breakfast bars, walk-in pantries, private water closets, interior garage access, high efficiency furnaces and basement rough-ins for future bathrooms. Other features include arched entryways,

custom millwork, window mullions on all front and rear facades and decorative garage doors featuring appealing window lites. Custom landscaping packages and paved driveways are also included in all homes providing the renowned curb appeal that enhances the entire 'Eagle Woods' community.

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

When you purchase a new home in 'Eagle Woods' there are no hidden closing costs. John Boddy Homes pays for H.S.T., education levies, development charges, water and hydro meter hookup fees, boulevard tree planning, a landscape package and paved driveway.

Currently John Boddy Homes is offering an incentive package of 5 appliances or Builder's Premium Hardwood 5/8" by 3" in the Great Room and Dining Area, as well as a 6 months Roger's Package which includes free internet, phone, cable and a HD PVR.

John Boddy Homes now offers exclusive in-house financing and mortgage services through JBH Financial Services Ltd. JBH Financial Services is able to provide you with the convenience of purchasing the new home of your dreams and qualifying for a mortgage all in the same place. JBH Financial Services works with most major banks and lending institutions and offers a six-month rate hold through National Bank. These six-month rate holds allow you to lock in the lowest rates available while guaranteeing you the security and peace of mind of knowing that your rates will not increase before your house closes.

The 'Eagle Woods' community offers many important neighbourhood amenities such as places of worship, fully equipped parks and easy access to both Ajax and Go-Transit Services. Toronto is easily accessible from nearby Highway 401. Located just south of a host of shopping and recreation centres, 'Eagle Woods' allows residents all the amenities of the urban lifestyle while providing the serenity of the neighbouring lakeshore.

Since 1955 John Boddy has been involved in the construction of thousands of new homes throughout Ontario and has earned a reputation as an accomplished builder of fine residential communities. Of significance are the award winning 1000-acre 'Bridlewood Community' developed during the 1960's and 1970's in Scarborough; the 'Forestbrook Community' in Pickering developed in the 1980's; 'Willowcreek' in Peterborough; and, more recently 'Eagle Ridge on the Green' and 'Eagle Glen' in Ajax developed from the 1990's until present day.

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

New model homes for the 'Eagle Woods' community are under construction and will be open by the Fall of 2013. Drop by the current Sales Presentation Centre located on Stevensgate Drive, north of Rossland Road West, one half kilometre west of Westney Road three kilometres north of Hwy. 401.

Sales Presentation Centre hours are Monday through Thursday 1:00pm to 8:00pm; Saturday, Sunday and Holidays 11:00am to 6:00pm; closed Friday.

Let their friendly knowledgeable staff help you determine which John Boddy home is perfect for you and your family and get set to join the ever growing 'Eagle Woods' family community.

For more information, please call (905) 619-1777 or visit their website at www.johnboddyhomes.com.



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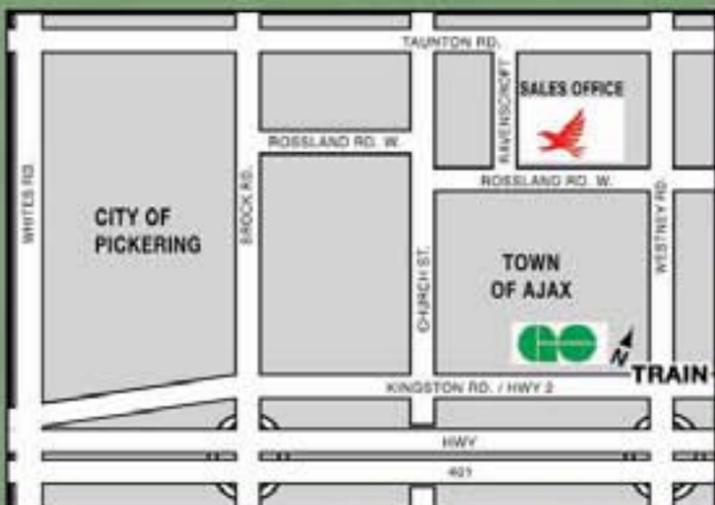
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NEW REAL ESTATE OFFICE AT MORNINGSIDE & SHEPPARD

Re/Max Community Realty Inc. to serve the Real Estate needs of the Community

The launch of Re/Max community Realty Inc. was held grandly on Tuesday, May 21st at Delta Toronto East attended by all of their sales representatives and Re/Max head office staff including Gurinder Sandhu, Executive Vice-President, Regional Director, Re/Max Ontario-Atlantic Canada Inc.

After the announcement of the launch Gurinder Sandhu, Rajeef Koneswaran, Broker and Logan Velumailum, Broker of Record attended the press conference and explained how the leading Real Estate Franchisor in Canada and World, Re/Max awarded this Franchise, Re/Max Community Realty Inc., the very 1st one under a Tamil owned management. There were TV, Radio, On-Line and Print media present to cover this exiting Real Estate news in the East Toronto.

On May 21st, Re/Max Community Realty Inc. opened its doors for business at Morningside & Sheppard. A new Re/Max franchise in the east Toronto among a diverse population was broadcasted and publicised through several media.

The press release just before the launch by Re/Max can be seen here;

RE/MAX presence, reach expands in East Toronto with new franchise opening

Mississauga, ON (May 21, 2013) – On May 21st, RE/MAX Community Realty Inc. will officially open its doors for business at 1265 Morningside Ave. in Scarborough.

The new office, complete with training facility, is currently home to 40 knowledgeable and experienced sales associates and support staff. Real estate veteran and new Broker-Owner Logan Velumailum of RE/MAX Community Realty Inc. is hoping to expand the sales force to more than 100 agents in coming months.

“We believe that the combination of reputation and brand will attract the industry’s top real estate professionals to our organization,” says Velumailum. “Diversity will be a key component in our exponential growth. The realtors in our office are as diverse as the community we serve. We speak more than 11 languages and have solid roots in the community. Our sales associates have supported local hospitals and charitable endeavours, and we look forward to participating in the RE/MAX

Miracle Home Program and Sold on a Cure to benefit SickKids Hospital and the Canadian Breast Cancer Foundation. We anticipate a very successful launch. As a market leader and innovator, RE/MAX was founded on the cornerstones of quality, integrity, service excellence and results—values we’re proud to build our franchise around.”

Under the RE/MAX brand, RE/MAX Community Realty Inc. clientele will benefit from the latest technology, access to an expanded buyer pool through its worldwide network and remax.ca, as well as unparalleled support and industry-leading brand awareness. The new franchise’s sales force will have access to exclusive and comprehensive tools, training, programs, and services designed to facilitate an exceptional real estate experience, advance professional development and promote business growth, while improving efficiencies and competitive advantages.

“After extensive research, we’ve chosen to align ourselves with a global powerhouse that is on the cutting edge,” says Velumailum. “RE/MAX has an exceptional reputation. We wanted our franchise to be synonymous with excellence, and RE/MAX delivers on every front. This move will ideally position us for the future.”

RE/MAX has been ahead of the curve for over 30 years with a finger on the pulse of the industry. RE/MAX boasts the most productive agents in Canada, dominating the Real Trends Top 250—a list of the country’s most productive real estate brokerages. RE/MAX realtors are renowned for experience and results—selling one in every three homes nationally.

“With strong leadership, under the direction of Logan Velumailum, RE/MAX Community Realty Inc. has excellent potential,” says Gurinder Sandhu, Executive Vice President and Regional Director, RE/MAX Ontario-Atlantic Canada. “The Scarborough community continues to experience



solid growth. New Canadians value its attractive affordability levels in close proximity to Toronto proper, while experienced buyers covet its established neighbourhoods, large lots and abundance of parkland. The area is renowned as the greenest place in Toronto. It remains home to

nearly 89,000 member sales associates. RE/MAX realtors lead the industry in professional designations, experience and production while providing real estate services in residential, commercial, referral, and asset management. For more information, visit: www.remax.ca.



some of Ontario’s most successful companies and is supported by excellent access to transit and major commuter routes. Welcoming RE/MAX Community and its team of respected professionals to the fold allowed us an opportunity to extend our marketshare, make a stronger connection to our multicultural clientele, and increase our presence in an area undergoing positive evolution.”

RE/MAX is Canada’s leading real estate organization with over 19,000 sales associates situated throughout its 750 independently-owned and operated offices in Canada. The RE/MAX network, now in its 40th year, is a global real estate system operating in over 85 countries, with more than 6,300 independently-owned offices and



*Based on 2012 closed transactions. Source CREA and RE/MAX.

For more information:

Logan Velumailum,
Broker of Record,
RE/MAX Community Realty Inc.,
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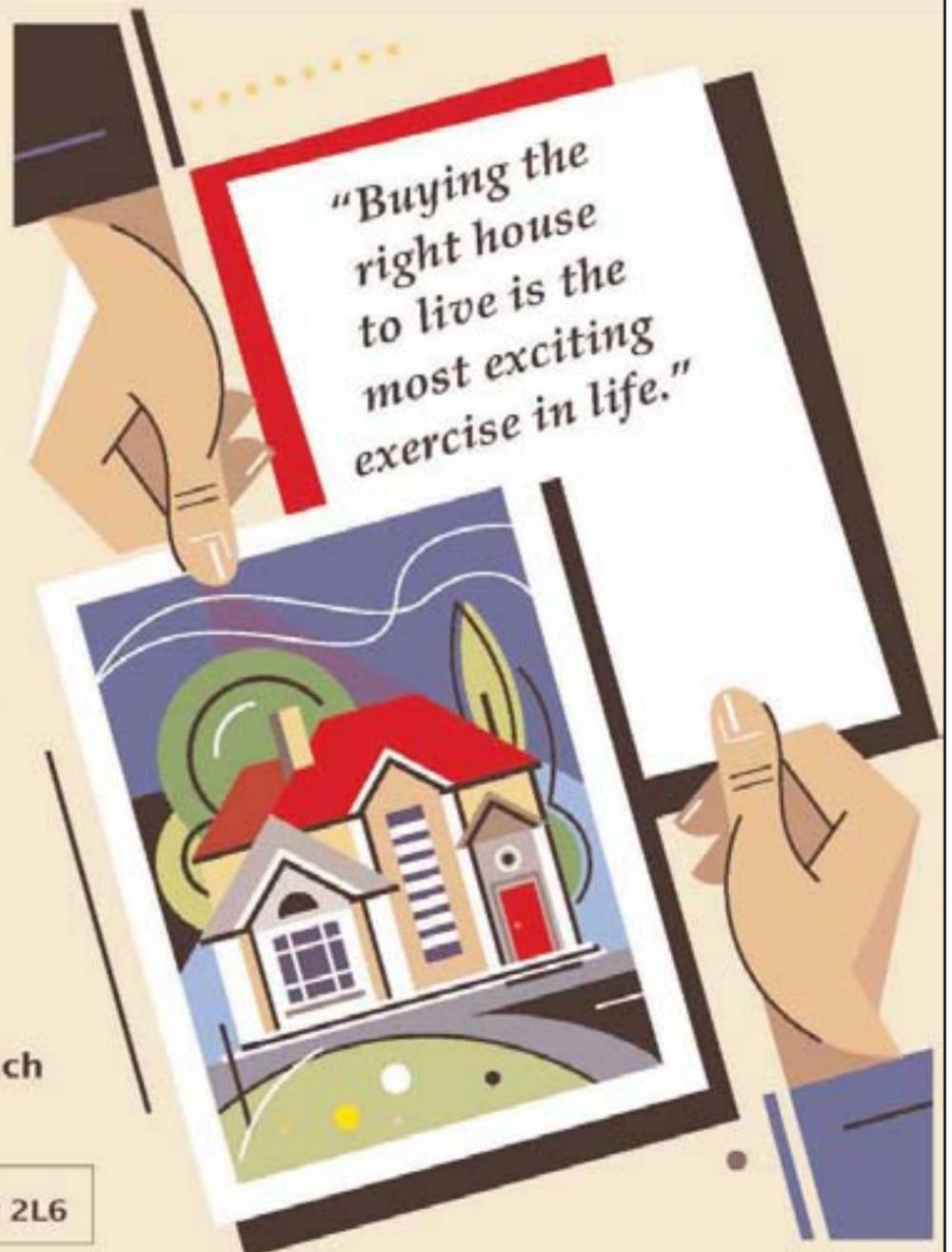
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Old Age is not the end of life

Old age is actually just another phase of life and has to be accepted whenever it occurs. However it is very painful to hear the sufferings faced by many seniors even in their own homes. Old age is generally measured by one's chronological age. Essentially old age is actually a combination of an individual's increased level of knowledge, increased worldly experience and a greater sense of responsibility. It is the period of life when after a person who had worked hard for many years and guided his children seeks well deserved rest and peace of mind. It is a God given golden period which provides a great opportunity for an individual for not only enjoying a sense of happiness, but also provides him/her the freedom of participating in cultural functions, social events and visit various place of worship to achieve peace of mind. Old age is like the two sides of a coin. On one side of the coin there is maturity and great experience. On the other side, seniors face various health issues such as disability, chronic disease, poverty, loneliness and fear of death.

People of both sex face various forms of difficulties Physically, Psychologically as well as Socially though the extent to which the males and females face such difficulties vastly differ. When a person grows old, the loss of life of his or her close friends exerts a devastating effect and increases further the fear of loneliness and impending death. One also feels like recalling various incidents from the past and many of the unfulfilled desires cause great pain of mind. Along with the inability to adapt to any changes, eye sight begins to fail, the ability to walk briskly gets affected and dental diseases too begin to develop. While most men do not feel ashamed by such physical and physiological changes many women go to great extent to make them appear younger.

Various factors contribute to old age. Heredity, destruction of body cells, formation of relatively weaker cells, irregular cell division, destruction of cells due to accumulation of toxic waste, depression are some such factors.

• *Dementia and Delirium are two psychologically important age related diseases.*

Dementia is accompanied by memory loss. This is due Alzheimer's disease, Meningitis, AIDS, Parkinson disease etc. Delirium refers to disorderly function of brain. Insomnia, unpleasant dreams, thought process getting affected are some of the effects of this problem. These are caused by Diabetes, Thyroid problems and nervous disorders. In addition conditions such as Anxiety, Schizophrenia, Delusion, suicidal thoughts, and sleep disorders may also develop

HYPERTENSION

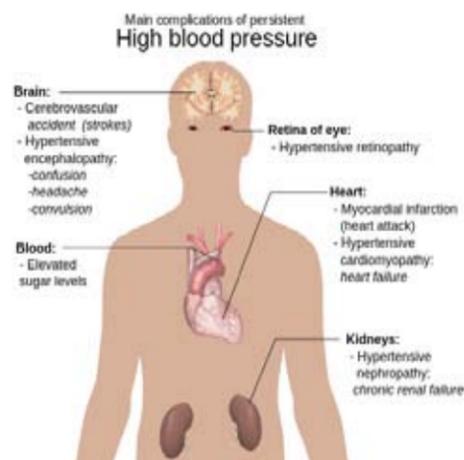
(High Blood Pressure)

Blood Pressure is an important physi-

BY S. PATHMANATHAN B.A (HONS) CEY

REVISED AND TRANSLATED BY

S. RAYMOND RAJABALAN B.SC (HONS) CEY



cal problem and it may develop at any age and not necessarily when one becomes old. The level of blood pressure is determined by various factors. During each heart beat, blood pressure varies between systolic pressure and diastolic pressure

Diastolic is the pressure that is exerted on the walls of the various arteries around the body in between heart beats when the heart is relaxed. Systolic measures the amount of pressure that blood exerts on arteries and vessels while the heart is beating.

In adults the normal range of Diastolic pressure is 60 – 80 mmHg while the normal range of systolic pressure is 90 – 120 mmHg

The ideal Systolic blood pressure should be less than 140mm Hg while the Diastolic blood pressure should be below 90 mm Hg. Whenever these numbers reach a higher level one should take precaution to bring these levels under control by seeking medical advice right away.

Family background, smoking, Heavy Consumption of Alcohol, Food habits, Obesity are some of the reasons for high blood pressure

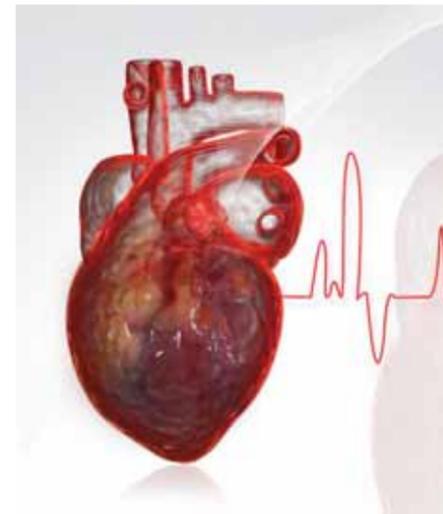
Blood pressure may be measured by three different methods - while seated, lying down on the bed doctor's examination room or while standing - because the readings may vary during these testing methods. If one does not get immediate proper treatment various adverse conditions such as Heart attack, Stroke, Memory loss, Kidney failure, Poor eye sight may develop. As such efforts should be taken to control body weight, reduce the intake of salt in the daily diet. In addition taking part in regular daily exercise and Meditation too will be helpful in reducing stress which in turn will keep blood pressure under control.

HEART ATTACK

Another problem facing people in their old age is heart attack though it may occur at any age irrespective of the fact whether they are male or female. Generally when one becomes old, fat deposits

accumulate in the blood vessels resulting in reduced blood flow and may result in preventing the normal heart function. This situation may be the result of combination of a variety of factors such as High blood pressure, increased fat content, stress, obesity, diabetes and smoking.

Whenever there is blockage of vessels, a medical procedure called Angioplasty is performed to widen the nar-



rowed or blocked coronary arteries while if there are many blockages yet another medical procedure named Heart bypass surgery is done. The latter procedure provides a new route for blood and oxygen to reach the heart.

DIABETES

This condition may develop at any age including infants. However it usually develops around early forties. This is due to increased blood sugar level because the ability of kidneys to filter the sugar decreases. When the blood sugar levels increase beyond a certain levels it gets released along with urine. As a result Diabetic patients need to undergo testing



of their blood as well urine samples.

There are three types of diabetic patients.

• One group of patients face increased thirst, increased hunger, frequent urination and weight loss.

• The second group of patients may

face cataract disease, kidney failure and or heart attack.

• The third group may not exhibit any symptoms and their condition may be confirmed only by medical examination

Decrease in blood sugar causes a variety of health problems. Whenever the blood glucose level gets diminished an adverse health condition called Hypoglycemia develops. This may result in tremor, increased sweating, anxiety, hunger and fatigue. When such a situation occurs one must consume a glucose drink or eat hard candies. If this does not improve the situation the patient should be rushed to the hospital for intravenous glucose injection treatment. In order to maintain acceptable blood sugar level, one should consume doctor recommended food, test the blood sugar level frequently and maintain proper body weight.

STROKE

This is yet another disease that affects older people. When there is a blockage in the blood vessels or when there is oozing of blood in the brain this condition may develop. Since one part of the brain gets affected, eye sight may be diminished, vertigo, headache, nausea and vomiting may also occur. The functioning of one side of the body may be affected from head to toe, speech may be affected and depression could develop. Regular exercise, Stopping smoking and drinking may help to prevent the onset of stroke.

PARKINSON 'S DISEASE

Parkinson's disease is a degenerative disorder of the central nervous system. The motor symptoms of Parkinson's disease result from the death of dopamine-generating cells in a region of the midbrain; the cause of this cell death is unknown.

Early in the course of the disease, the most obvious symptoms are movement-related; these include shaking, rigidity, slowness of movement and difficulty with walking and gait. Later, cognitive and behavioural problems may arise, with dementia commonly occurring in the advanced stages of the disease. Other symptoms include sensory, sleep and emotional problems. Parkinson Disease is more common in the elderly, with most cases occurring after the age of 60 and it is difficult to treat this condition

ALZHEIMER

Alzheimer's disease is a fatal, progressive and degenerative disease that destroys brain cells. It is the most common form of dementia, accounting for 64 per cent of all dementias in Canada.

Symptoms of Alzheimer include having difficulty remembering things, making decisions and performing everyday activities. These changes can affect the way a person feels and acts.

No one knows what causes Alzheimer's disease but researchers have identified risk factors associated with it. Aging and Genetics are two important factors



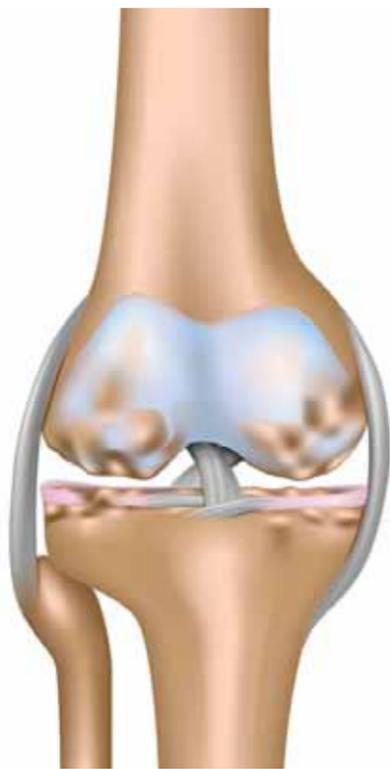
contributing the development of Alzheimer's disease

The most important risk factor is aging. A minimum age needs to be reached for Alzheimer's disease to develop. People do not get the disease in their teenage years or even in their 20s. It is well-established that aging can impair the body's self-repair mechanisms and, many of the risk factors such as blood pressure, stress, and obesity increase with age. There is no doubt that genetics play a role in the disease. Yet only a small percentage of cases is associated with the specific genes that cause the inherited form of the disease.

Research is being done on other factors such as existing diseases or conditions that the person may have, infections, toxins in the environment, education level, alcohol and tobacco use, diet and exercise.

ARTHRITIS

Arthritis is a chronic disorder that affects 1 in 7 Canadians, half of whom are between the ages of 30 to 50 years old. It is one of the major reasons people see their doctor.



The word Arthritis is derived from the Greek words arthron for "joint" and itis for "inflammation." Today, the term is used for hundreds of different varieties of joint problems that have specific symptoms, such as pain, swelling, and stiffness. Arthritis means a change inside a joint.

Osteoarthritis (OA) and Rheumatoid arthritis (RA) are the two most common types of arthritis conditions.

The effects of arthritis are often mild, but in some cases they can be crippling. RA affects 1 to 2 out of every 100 people, with more women than men being affected. Joints and other organs may be affected by this form of arthritis. The Arthritis Foundation estimates that almost every person over the age of 60 years probably has OA to some degree, but fewer than half have it severe enough to notice any symptoms. OA occurs equally in both sexes but in people under 45 years of age, it

is more common in men. It is also much more common in overweight people.

Some types of arthritis are genetic or inherited (i.e., they tend to run in families). Others are related to a chemical imbalance or are due to an overactive immune system. All forms of arthritis affect the joints to some degree, but others may have their most serious effects on other parts of the body.

OSTEOARTHRITIS

OA is the most common form of arthritis, primarily affecting people over the age of 60 years. It is degenerative in nature - cartilage in the joints gradually wears away, causing the ends of the bones to rub against each other. OA can develop spontaneously for no apparent reason or be due to a secondary cause, where the joint damage results from an injury or trauma. By far the greatest risk factor for OA of the hips and joints of the legs is being overweight. Wear-and-tear is the principal sign of OA, but science has begun to unravel the specific mechanisms of the disease. Inflammation does not play as great a role as in other types of arthritis, but for some people it can be a prominent feature. An athlete who has suffered joint injuries or someone who works in a job that puts daily stress on the joints is at higher risk of developing OA later in life.

RHEUMATOID ARTHRITIS

RA is caused by inflammation and thickening of the joint's lining, called the synovium. Scientists suspect that inflammatory forms of arthritis such as RA may be triggered by bacterial or viral infections heightened by a flaw in the body's immune system, but no proof has been found yet. The result is an abnormal immune response that destroys the body's own tissues. In the case of RA, the joints are the primary target.

Some forms of arthritis are due to metabolic problems, called crystal-associated arthritis. These include gout and pseudogout, which are caused by crystal deposits within the joints. 80% of gout sufferers are men, but women become equally prone after menopause. Gout may be genetic, but it can also be precipitated by excessive alcohol consumption, obesity, and conditions that suddenly break down large amounts of tissue. Gout results from the accumulation of uric acid, a waste product from the breakdown of digested proteins. Excess uric acid forms sodium urate crystals that collect in many tissues, including the joint linings, which causes inflammation. It can also lead to kidney stones.

CANCER

Cancer is a group of diseases that can cause almost any sign or symptom. The signs and symptoms will depend on where the cancer is, how big it is, and how much it affects the organs or tissues. If a cancer has spread (metastasized), signs or symptoms may appear in different parts of the body.

As a cancer grows, it can begin to push on nearby organs, blood vessels, and nerves. This pressure causes some of

the signs and symptoms of cancer. If the cancer is in a critical area, such as certain parts of the brain, even the smallest tumor can cause symptoms.

But sometimes cancer starts in places where it will not cause any signs or symptoms until it has grown quite large. Cancers of the pancreas, for example, usually do not cause symptoms until they grow large enough to press on nearby nerves or organs (this causes back or belly pain). Others may grow around the bile duct and block the flow of bile. This causes the eyes and skin to look yellow (jaundice). By the time a pancreatic cancer causes signs or symptoms like these, it's usually in an advanced stage. This means it has grown and spread beyond the place it started—the pancreas.

A cancer may also cause symptoms like fever, extreme tiredness (fatigue), or weight loss. This may be because cancer cells use up much of the body's energy supply, or they may release substances that change the way the body makes energy from food. Or the cancer may cause the immune system to react in ways that produce these signs and symptoms.

Sometimes, cancer cells release substances into the bloodstream that cause symptoms which are not usually linked to cancer. For example, some cancers of the pancreas can release substances that cause blood clots in veins of the legs. Some lung cancers make hormone-like substances that raise blood calcium levels. This affects nerves and muscles, making the person feel weak and dizzy.



How are signs and symptoms helpful in detecting cancer?

Treatment works best when cancer is found early—while it's still small and is less likely to have spread to other parts of the body. This often means a better chance for a cure, especially if the cancer can be removed with surgery.

A good example of the importance of finding cancer early is melanoma skin cancer. It can be easy to remove if it has not grown deep into the skin. The 5-year survival rate (percentage of people who live at least 5 years after diagnosis) at this stage is around 97%. Once melanoma has spread to other parts of the body, the 5-year survival rate drops below 20%.

Most likely, any symptoms you may have will not be caused by cancer, but it's important to have them checked out, just

in case. If cancer is not the cause, a doctor can help figure out what is and treat it, if needed.

Sometimes, it's possible to find cancer before you have symptoms. The American Cancer Society and other health groups recommend cancer-related check-ups and certain tests for people even though they have no symptoms. This helps find certain cancers early, before symptoms start.

What are some general signs and symptoms of cancer?

You should know some of the general signs and symptoms of cancer. But remember, having any of these does not mean that you have cancer—many other things cause these signs and symptoms, too. If you have any of the symptoms mentioned below and they last for a long time or get worse, please see a doctor to find out what's going on.

Unexplained weight loss, Fever, Fatigue, Pain, Skin changes, Change in bowel habits or bladder function, Sores that do not heal, White patches inside the mouth or white spots on the tongue, Unusual bleeding or discharge, Thickening or lump in the breast or other parts of the body, Indigestion or trouble swallowing, Recent change in a wart or mole or any new skin change, Nagging cough or hoarseness etc.

It is inevitable to control each and every disease that develops during old age. Yet with effective preventive measures one can try to reduce some of the harsh effects of these diseases.

How the society should respond to the problems older generation.

Everyone must realize one day they will all become old and weak and therefore the elderly should be treated with respect. Today there is not much of awareness among the youth regarding the problems faced by older people. As a result, many seniors feel isolated, neglected and discarded. Institutions of higher education must develop more courses relating to Geriatrics, hold panel discussions and seminars to discuss means and ways of addressing the issues faced by the older generation.

It is important to bear in mind that many who live in seniors homes choose to do since they have no other choice. They are in fact unfortunate human beings who have lost the pleasure of their life.



Special Feature

Militarisation as Panacea: Development and Reconciliation in Post-War Sri Lanka

By Ambika Satkunanathan

Is it possible to secure the dignity, rights and well-being of a conflict-affected population by incorporating them into a military juggernaut that has quickly grown to dominate all spheres of life?

The creeping militarization of Sri Lanka which followed the end of armed conflict in 2009 has now, four years later, become normalised and entrenched. During the years of the war the impact of militarization was felt mainly in the North and East. However, following the end of the war, systematic militarization has been taking place throughout the country. Its impact on the lives of those in conflict-affected areas is visible and severe. Driving through Kilinochchi, Mullaitivu and Vavuniya gives the lie to repeated denials by the government there is a heavy military presence in the North, particularly in comparison to other parts of the country. For instance, the camps of the 22nd Battalion, Gajaba Regiment, 574 Brigade, 682 Brigade, 681 Brigade, 591 Brigade, 59 Division, 14th Battalion, 68 Division, HQ 571 Brigade, 573 Brigade, 561 Brigade and 682 Brigade are just a few that are visible to any visitor to the area.

To borrow Cynthia Enloe's definition, "militarization is the step-by-step process by which something becomes controlled by, dependent on, or derives its value from the military as an institution or militaristic criteria". As she reminds us "what has been militarized can be demilitarized. What has been demilitarized can be remilitarised". Examining the process of militarization currently under way in Sri Lanka, Enloe's observation that, "militarization does not occur simply in the obvious places but can transform the meanings and uses of people, things and ideas located far from bombs or camouflaged fatigues", is particularly relevant, because in Sri Lanka one has to look beyond the visible and most obvious to understand the rapid militarization that has taken place since the end of the war.

Security-development nexus

Militarization in the North is taking place in complex ways at multiple levels. In addition to the noticeable physical presence of the camp or civil affairs office, it is the military's involvement in the civil administration, development activities and commercial activities that is the gravest cause for concern. As early as 2009, signalling the increased involvement of the military in post-war development, the Northern Security Forces Com-



An armed soldier observes a Hindu festival - pic by: Steve Chao-Courtesy: Al Jazeera

mander stated that with the elimination of terror in the north, "security forces in the North will be engaged in a new role of developing the region". The military began to play an active role in development activities, to the point where permission to implement projects or development work was subject to authorisation by the military, and official permission to travel into the Vanni to work was refused to certain individuals deemed to be a threat to national security.

While the government now claims that civil administration in the North is once again in charge of development activities, the website of the Ministry of Defence (MOD) continues to post stories about the role of the armed forces in development activities. For instance, according to an article posted in November 2012 on the MOD website, "under the government's expedited northern development programme, the Army is extensively involved in a number of infrastructure development projects including road reconstruction, infrastructure development and housing".

The government may argue that the military is merely 'assisting' the civil administration to rebuild the north, or is being utilised to implement activities launched by other ministries. But the

fact that a committee in the North that came together to prepare development plans for 2013 was convened at the Headquarters of 55 Division in Vettalaikerny and chaired by the commanding officer is illustrative of the unequal and uneven balance of power between the military and civil administration. The existence of a weak civil administration as a result of armed conflict is used to justify military involvement in, and even take over of activities and duties performed by civil authorities not only in the North but also in other parts of the country.

For instance, it was reported that due to the failure of the Colombo Municipal Council (CMC) to manage Viharamahadevi Park in the centre of the city, the Urban Development Authority (UDA), which is within the purview of the MOD, has placed the park under the supervision of the Navy. Instead of strengthening civil administration and dealing with allegations of corruption in the public service, the government uses allegations of corruption and a weak administrative service to justify the military's involvement.

Entrenchment of militarization

The militarization of civil administration has been internalised both by government officials and the public to

the extent that in January 2011, when a number of abductions and extra-judicial killings took place in the Jaffna peninsula causing panic amongst the population, the Government Agent of Jaffna promptly met with the army commander of the area to discuss the security situation rather than with the police. In response to the deteriorating security situation, the police and army launched joint patrols in Jaffna and reportedly stepped up surveillance. It was also the army, rather than the police, that held public meetings in Jaffna on enhancing security in the area, and requested the public to complain to the nearest army camp if they received extortion threats.

More recently, in November 2012, following the police and army breaking up a gathering of students who were protesting against the military entering the premises of Jaffna University and the men's and women's hostels and assaulting students – the Vice Chancellor (VC) of the University met with the Jaffna Commander to request the withdrawal of the army from the vicinity of the premises. Although it was claimed that the army was called in to assist the police, it was the army commander who made the decision regarding withdrawal rather than the police. **CONTD. NEXT PAGE**



Militarisation as Panacea:

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The MOD site further reported that 'SF-J Commander requested the VC not to allow any outsiders other than undergraduates and academic and non-academic staff onto the University premises without prior permission either from the VC or the Registrar, to which all agreed'.

Mirroring this, in the south of the country, following the riots at the Welikada prison in the outskirts of Colombo in November 2012, the Commissioner-General of Prisons urged the Ministry of Defence to take over the administration of the prisons. Since 2009, the public and diplomatic services too have seen an influx of former military officers appointed to key positions. The Governors of the Northern and Eastern Provinces are both former military personnel, as is the Government Agent of Trincomalee.

Charity and gratitude vs. rights and dignity

The army's encroachment into civilian space to exercise further control over the population, particularly children and youth, is illustrated by its involvement in the education sector in the North by engaging in philanthropic initiatives, with the MOD website replete with stories about the army's activities which range from providing scholarships and distributing books to students. More recently, visitors to Kilinochchi and Mullaitivu are told that the Civil Security Department (CSD) is managing pre-schools in the area. While this is supposed to constitute paying the salaries of teachers and monitoring the administration of the school, it will no doubt also involve decision-making regarding curriculum and activities held at the school.

Further, reportedly, 103 military personnel are teaching the Sinhala language in schools in Kilinochchi.

As Enloe states, "militarization does not just happen: it requires decisions, many decisions, decisions made by both civilians and people in uniform". Likewise, in Sri Lanka, the fact that private citizens and corporate entities provide donations to the aforementioned army's welfare programmes rather than working with local community and social service groups illustrates the entrenchment and normalisation of militarization.

A disturbing aspect of the army's philanthropic initiatives is the indication that they appear to view these as part of a charitable impulse dedicated to a population which in turn is expected to show servility and gratitude. This is demonstrated by phrases – such as, 'grateful beneficiaries', 'charitable deed' 'this act of benevolence by the security forces have (sic) brought great joy to the children' – used by both military officials and the MOD in speaking or writing about these activities.

In many instances the normalisation of militarization is aided by the dire economic circumstances of the conflict affected people, who due to lack of other livelihood opportunities take up employment with different sectors of the military ma-

chinery, such as the CSD which recently employed a large number of persons in Kilinochchi in agricultural farms which ironically were previously managed by the LTTE. It should be noted that instead of providing viable livelihood options to the conflict affected, the states appears to be offering opportunities mainly in the defence industry to those living in the former LTTE controlled areas.

The capturing of civilian space is supported by the ever-growing number of entities that are part of the defence complex, such as the Media Centre for National Security (MCNS), the Civil Security Department (CSD) and the Civil Defence Force (CDF). This structure is bolstered by the more public and even interventionist role played by military officials in a manner unseen in the past, such as military commanders making public statements on a number of issues ranging from the laws under which civilians will be prosecuted for certain offences to the behaviour expected of students of Jaffna University.

Militarization also appears to be an important component of the government's post-war reconciliation strategy. This process seeks to reconcile with the Tamil community and include them in the social fabric of Sri Lanka through the re-militarization of the northern population. Cadet corps are being established in schools, leadership training programmes for school students are held with the involvement of the army, school tours are organised by the army, youth are encouraged to join the CDF, and women are recruited into the army.

While there have been a number of allegations made in relation to these recruitment campaigns, including forced recruitment and sexual violence against women recruits, which have been denied by the state, the main question to ask is if it is possible to secure the dignity, rights and physical and socio-economic well-being of the conflict-affected population by incorporating them into a military juggernaut that is encroaching and dominating all spheres of life in Sri Lanka, while demanding the servility and unquestioning loyalty of all?

The main concern is that there is little understanding amongst the general population of the dangers of military encroachment into civilian affairs. Instead, a culture and narrative in which the army is being firmly placed as an integral actor in all aspects of governance in Sri Lanka is being created. For instance, in an article that appeared in the Sunday Leader on 3 March 2013, an army officer responded to allegations of military interference in civilian affairs by declaring that, "these are baseless accusations made by certain parties who want the people to be distant from the forces as they do not want harmony". Any challenges to this narrative would be considered anti-national and traitorous.

- Opendemocracy.net



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CTCC's WALKATHON...

CONTD. FROM PAGE 1

The two hospitals run by the Foundation-namely Scarborough General & Grace Hospital are much sought after by Scarborough's Tamil community for medical services.

The money raised will be utilized for the much needed cancer care program from screening to treatment by the Scarborough hospital. With the \$45,000 raised this year, the total funding through the Canadian Tamils' Chamber of Commerce Annual walkathons has topped \$ 225,000. The Chamber Walkathon has now become a traditional annual community event and the Canadian Tamils' Chamber of Commerce has been the first organization to start the walkathon fourteen years ago during the Presidency of Mr. Logan Velumailum to generate funds for The Scarborough Hospital Foundation.

The Tamil community has a long-standing history of supporting The Scarborough Hospital through volunteerism, donations, sponsorship and participation in fund-raising events.

Although there was a threat of an adverse weather condition, there was a large turn-out at the event. People from all walks of life including the young and old began gathering at the Kidstown Water Park from the early hours of Sunday morning. The walk began with a ribbon cutting ceremony by the dignitaries pres-

ent and a band accompanying the walkers.

When the walk concluded, Mr. Mohan Sundaramohan, Chairperson of the Canadian Tamils' Chamber of Commerce Walkathon Committee & Manager of RBC Royal Bank's Branch at Morning-side/Milner expressed his thanks on behalf of the Chamber to the Tamil community for their contribution and generosity in raising a record amount this year for a worthy cause. He made special mention of the committee members and the volunteers who spent several hours of their valuable time in raising this amount.

The President & CEO of the Hospital Foundation Mr. Michael Mazza paid a glowing tribute to the Chamber and the Tamil community for this year's generous gift which he said will be used for care and treatment of cancer, which is considered a dreadful disease.

The Chamber's Walkathon committee took an active interest and participation in raising this year's contribution of \$45,000 through their untiring efforts and long hours of work. The members of the Committee were Mohan Sundaramohan (Chairperson & Former President CTCC), Sri Thurairajah (President - CTCC) Ken Vivekananthavel, Gnane Gnanendran (CTCC Director) Gajan Mahan (Vice-President, Finance - CTCC) & Siva Shanmuganathan (CTCC Director). The Board of Directors of the Canadian Tamils' Chamber of Commerce wish to thank the Committee for the excellent work done.

Mr. Sivan Ilangko, (CTCC Vice-President-Internal Affairs) moderated the

proceedings assisted by the MC Krishna Narine, Dilani Gunarajah (CTCC Vice-President - Membership) proposed the vote of thanks and thanked the sponsors, participants, supporters, and volunteers for their genuine efforts. She made special mention of the following Media for giving ample and advance coverage for the Walkathon & support for the Chamber - Tamil One TV, Vanakkam FM Radio, TVI, CMR, Kallapam TV, , Tamil entertainment television (TET), E-Kuruvi , Geethavani Radio, Uthayan Newspaper, Thamilar Senthamarai, Thai Veedu, Monsoon Journal &, Tamils Guide

Among the dignitaries present at the Walkathon were Mr. Michael Mazza, President & CEO of the Scarborough Hospital Foundation, Mr. Guy Bonnell, Vice President, Community Development, The Scarborough Hospital Foundation, Ms. Pennie Santiago, Regional Vice-President-Scarborough, RBC Royal Bank, Mr. Imtiaz Seyid, Vice President, South Asian Markets, RBC Royal Bank, Dr. Rajes Logan, President, Canadian Tamil Medical Association, Mr. Stan Muthulingam, CEO from Cable Shoppe Inc. (Advisory Board Member CTCC & Board Director of The Scarborough Hospital Foundation) and several others.

The Chamber wishes to thank the Thiruvadi Nilayam - Sai Illam Band who played the music from the start to finish, Barbara Ratnam magician who did the magic show and Killi Chellai for providing the water for the walkers.

Ms. Nirupa Thangavetpillai was awarded a prize for the highest individual collection made, namely \$6,500.

Refreshments were served for the participants at the event through the courtesy of Yarl Cake House, Embassy Restaurant and Mr. Iqbal from Tim Hortons. Guests also enjoyed hot hoppers served through the courtesy of Mr. Raj Subram of Standard Mortgages Inc. & Mr. Sri Vallipuranathar from Credit Solutions Centre.

The Chamber wishes to thank the following Corporate Sponsors and the Event Sponsors for their support.

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The Canadian Tamils' Chamber of Commerce and the Tamil Canadian community have no doubt earned a distinct image and a reputed recognition as a result of the successful Walkathon 2013.

See pictures on Page 48 and 49

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MANAGING YOUR MONEY

The affordable home



by **David Joseph,**

M.A.(Economics), CFP®

Any way you look at it, buying a home is an investment. A lifestyle investment because you are deciding on the neighbourhood you will live in, the school your kids go to, and even the park where you will walk your dog. An emotional investment because this will be the home in which you will experience the everyday joys and challenges of family life. And of course, buying a home is a financial investment- usually the largest financial commitment any Canadian family will ever make- and you hope that it's an investment that will pay off sometimes down the road when you decide to sell your home.

So buying a home raises a lot of questions- and the key question is always: How much home can you really afford?

That's a tricky question with no easy

answer. Your lender determines your eligibility for a loan with two simple calculations:

*Gross Debt Service Ratio (GDSR) that considers your monthly income versus your proposed new housing costs (including mortgage payments, property taxes, and /or 50% of condominium fees if applicable).

* The Total Debt Service Ratio (TDSR) that measures your gross monthly income versus your total debt obligations (such as loans, car payments and credit card bills etc..)

These are useful 'loan eligibility' indicators- but they don't give you an accurate assessment of the mortgage amount you can realistically afford. Here are some tips to help make sure your dream home is a financially comfortable fit.

Look to the long term:

You are going to be in your home for

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many years and your financial obligations will change over time. Assess your current annual household income and then consider the financial impact of changes like having children or one day moving from a dual -income to single-income situation.

Look at all the costs:

When you are caught up in the home buying process, it's easy to overlook costs like closing costs, homeowner's insurance, home maintenance costs and even the new furniture you'll need to buy. At the time of purchase, the assessed value of the house is typically increased to match the purchase price. If the previous assessed value was low, the new assessment can materially increase the amount of property tax you will have to pay versus what was paid by the previous owner.

Look at your purchase realistically:

Once you have got an accurate fix on the real costs of your dream house, consider the financial trade-offs you are willing to make. Maybe a smaller house would give you more lifestyle and spending flexibility? Or are you willing to put your family on a tighter budget in order to afford a bigger home?

Be an active mortgage manager, at least annually. Your financial picture may change over time, and today's mort-

gage come with a number of options that allow you some flexibility to save a great deal of money. These include re-amortizing, increasing your payments, making lump sum payments, or even 'blending or extending' your mortgage to take advantage of low long term rates.

Look to your plan:

Work with a professional advisor to incorporate your housing costs into your overall, long-term financial plan. Determine which mortgage options and payments work best for you. Look at your current spending and lifestyle, how your earning power will change overtime, and how much you will need to save for retirement.

Your home should always be where your heart is- but too much home at too high a price can strain not only your heart but every other aspect of your family's life.

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Climate Change Threatens Loss of Common Plants, Animals

By Rosanne Skirble

Unchecked climate change will cause widespread global loss of plants and animals, according to a new study of 50,000 common species. It's the most comprehensive analysis ever done of global warming's potentially calamitous impact on biodiversity.

The study looks at plant and animal losses in a world that is four degrees Celsius warmer than in pre-industrial days. Under this scenario, the report predicts dramatic declines by the end of this century, according to lead author Rachel Warren, associate professor of climate research at the University of East Anglia in Britain.

"And we found that if there is no action to reduce the emissions of greenhouse gases, that more than half of the plants and one third of the animals would lose more than half of their climatic range," said Warren.

Warren said if nothing is done to stop or slow the warming, biodiversity would be impacted almost everywhere.

"And we found those losses were greater, although they are quite large everywhere, the biggest losses were in Sub-Saharan Africa, Central America, Amazonia, Australia, North Africa, Central Asia and southeast Europe," she said.

So picture a world where common species like cocoa beans, coffee or frogs have become rare or endangered. Warren said even small losses in global biodiversity can significantly harm ecosystems and the life-support services they provide.

"These are things like the purification of water and air, the cycling of nutrients, which is very important for our agriculture, pollination, the provision of

food and fuel for societies that depend on the land. Flood control and soil erosion, all of these are affected by ecosystems," she said.

The study results did not calculate the effect of other symptoms of climate change - such as frequency and intensity of extreme weather events, pests and diseases - which means, Warren said, that the estimates reported in the paper could be even greater.

But the report does calculate the benefit of action. Warren said if, for example, in a world where greenhouse gases peak in 2016, followed by annual global reductions between two to five percent a year

"In that scenario we found that we could avoid 60 percent of these range losses," added Warren. "We then compared that with a situation where emissions peaked in 2030 and then were reduced at 5 percent annually and found that we could still avoid 40 percent of the losses."

The fact is, however, that greenhouse gas emissions keep climbing. The National Oceanic and Atmospheric Administration announced last week that the average daily concentration of carbon dioxide in the atmosphere had reached 400 parts per million, aggravating the impact of climate change.

"The emissions are currently increasing at a rate that slightly exceeds that in our 4 degrees [warmer] scenario, in fact," she said.

Rachel Warren said the study makes clear the need to reduce emissions. The alternative, the paper concludes, "is a world with an impoverished biosphere where ecosystems have been eroded to the detriment of agriculture and human well-being." - VOA News



An endangered poison frog (*Phyllobates terribilis*) is seen at the Santa Fe Zoo in Medellin, Colombia, Jan. 15, 2013.

Beating wild weather in Sri Lanka



By IRIN News

Planners in Sri Lanka should do more to mitigate the effects of extreme weather in order to help those most likely to be affected, experts say.

According to Sri Lanka's Disaster Management Centre (DMC), in 2012, 1.2 million people were affected by drought and over half a million by floods, while in early 2011, floods affected over a million and displaced more than 200,000 - a trend expected to increase in the future.

"There is nothing to indicate that this trend will slow down. All the signs are that it will increase," Bob McKerrow, head of delegation for the International Federation of Red Cross and Red Crescent Societies (IFRC) in Sri Lanka, told IRIN.

In 2012, the island nation experienced two dramatic back-to-back weather events. Between January and October, the island's Northern, Eastern, Southern and North Western regions suffered a severe drought. A mid-year forecast by the Socioeconomic and Planning Centre of the Department of Agriculture released in August 2012, when the drought was at its worst, warned of a loss of around 23 percent of the seasonal paddy harvest due by September.

The drought was only broken by the onset of heavy rains in the first week of November, made worse by Cyclone Nilam which struck Sri Lanka and southern India on 1 November, killing 45 people, temporarily displacing 80,000 and resulting in damage to over 10,000 houses, DMC reported.

According to an assessment by the ministries of economic development and disaster management, and the World Food Programme (WFP) in January, around 20 percent of the island's main paddy harvest of around 2.6 million tons was lost to the floods. Of the 550,000 people affected by the floods, some 172,000 - 31 percent of surveyed flood-affected households - were severely food insecure, while 44 percent were borderline food insecure, the report said.

Sixty-seven percent of the surveyed flood-affected people had also been affected by the drought, the report noted.

At the same time, Sri Lankan officials report that with extreme weather events increasing in frequency, people are increasingly migrating to cities in the hope

of securing a stable income.

"We have seen that when the harvests fail, the migration to nearby cities increases with people looking for temporary income," Sarath Lal Kumara, DMC deputy director explained.

Regional experts say the situation in Sri Lanka is not dissimilar to what is happening elsewhere in the region.

"If one asks, 'is displacement by weather-related events a serious issue in South Asia?', then the answer is 'yes,'" Bart W. Édes, director of the poverty reduction, gender and social development division at the Asian Development Bank (ADB), told IRIN, noting the risk of increased migration.

"Combined with large and growing populations living in vulnerable areas - and a forecasted increase in extreme weather events - South Asia is likely to confront continued environmentally driven displacement and migration," he said.

IFRC's McKerrow said humanitarian agencies should look at increasing community resilience against natural disasters as a core requirement when carrying out projects in vulnerable areas.

The SLRC is currently building around 20,000 new houses in Sri Lanka's former northern conflict zone, the same region hit by severe drought and multiple floods in 2012.

"Wherever we build houses, we now look at two main things - either to control flood water or to provide water where there is not enough," McKerrow said. He said the requests for such work had come from beneficiary surveys.

Kumara, the DMC deputy director, also noted that preventing victims of natural disasters from abandoning their homes was increasingly featuring in policy discussions among government and humanitarian agencies.

ADB's Édes said policy planners should look to increase income generation opportunities, as well as build safety and early warning capacities in vulnerable regions.

"The aim should not be to stop human mobility, but rather to reduce the number of situations where people move because environmental factors force them to." - Humanitarian news and analysis - IRIN - a service of the UN Office for the Coordination of Humanitarian Affairs.



Arid Areas Greening Because of Higher CO2 Levels



New research links gradual greening of arid areas like Australia's outback to increasing concentrations of atmospheric carbon dioxide. (Photo by Bruce Doran)

Higher levels of carbon-dioxide has caused some of the Earth's most arid regions to become more green, according to new research.

Scientists focused on the American southwest, Australia's outback, the Middle East and parts of Africa, and found that from 1982 to 2010 there was a "fertilization effect" caused by increased carbon-dioxide levels.

Researchers predicted foliage would increase by 5 to 10 percent given the 14 percent increase in atmospheric CO2 concentration during the study period. The satellite data agreed, showing an 11 percent increase in foliage after adjusting the data for precipitation variations, according to a study published by the American Geophysical Union.

The use of satellite imagery was key to the findings.

"Satellites are very good at detecting changes in total leaf cover, and it is in warm, dry environments that the CO2 effect is expected to most influence leaf cover," said Randall Donohue of the Commonwealth Scientific and Industrial Research Organization (CSIRO) in Canberra, Australia, who led the effort.

Donohue added that leaf cover is a clue because "a leaf can extract more carbon from the air during photosynthesis, or lose less water to the air during photosynthesis, or both, due to elevated CO2."

"If elevated CO2 causes the water use of individual leaves to drop, plants will respond by increasing their total numbers of leaves, and this should be measurable from satellite," he said.

The scientists say they were able to isolate the effects of CO2 from other factors like precipitation, air temperature, the amount of light and land-use changes.

This was done by first averaging out the greenness levels of each location over 3-year periods to account for changes in soil wetness, for example. They then predicted the maximum amount of foliage that could be attained with the given precipitation along with other climatic variations to see the long-term greening effect of CO2.

The research also said that the fertilization effect could lead to different types of vegetation dominating the dry regions.

"Trees are re-invading grass lands, and this could quite possibly be related to the CO2 effect," Donohue said. "Long lived woody plants are deep rooted and are likely to benefit more than grasses from an increase in CO2."

While the researchers say the effects of fertilization as a result of higher CO2 levels need more study, it will likely lead to "significant environmental changes," even if nothing else in the climate changes said Donohue. - VOA News

Australians Urged to Be Alert to Crocodile Threat



A large male crocodile watches a crowd gathered for feeding time at Darwin's Crocodile Farm located 100 kilometers south of Darwin, Australia. (2005 file photo)

By Phil Mercer

DARWIN — As the crocodile population reaches levels not seen since hunting was banned in Australia's Northern Territory in the early 1970s, wildlife authorities are reinforcing efforts to protect residents and tourists. School children are taking part in a new "Crocwise" campaign following several fatal attacks in recent years and other near-misses. It is estimated there are 130,000 saltwater crocodiles in northern Australia.

The message to schoolchildren in Darwin is simple: that one of nature's most efficient killers lives among them.

Rachel Pearce, from the Parks and Wildlife Commission of the Northern Territory, told schoolchildren in Darwin of the dangers posed by the world's largest reptile. She showed them a crocodile's skull, where rows of sharp teeth are embedded.

Pearce said that as crocodile numbers increase, so does the threat to residents and visitors.

"There are crocodiles in people's backyards. We get call-outs to them walking into people's lounge rooms," she said. "Lots of people here live on creeks. They have big, open houses. When the rivers rise, the crocs are able to go wherever they like and quite often they'll walk up into people's backyards looking for their dogs or different things, so they are in very close proximity with people here."

Crocodylus Park in Darwin is home to thousands of these armored-plated and supremely aggressive reptiles. It is one of Australia's leading crocodile research institutions.

"Large animals have been known to puncture an aluminum boat - put their teeth through the hull," explains Charlie Manolis, chief scientist at the park.

TV advertisements warn of the ever-present dangers, as northern Australia learns to live alongside one of nature's most fearsome predators.

The authorities have set up a 50 kilometer crocodile-free exclusion zone around heavily populated areas of Darwin and its busy harbor. Traps catch hundreds of reptiles each year. The animals are sold to crocodile farms, which produce meat and souvenirs, including belts and handbags made from reptile skins.

The number of attacks is increasing in northern Australia. Most victims are not tourists who ignore the warnings and stumble into trouble, but complacent locals. For many, the waterhole or creek they have swum in since they were children is now out of bounds as the crocodiles spread.

There is, on average, about one fatal crocodile attack each year.

Crocodiles are found in the tropics in Africa, Asia, the Americas and Australia.

- VOA News

Economic development has affected air quality in Indian cities

India's economic development has led to worsening of air quality in major Indian cities, according to a new study published in New Delhi on June 3.

The survey was carried out by The Energy and Resources Institute (TERI) in six major cities Bangalore, Chennai, Delhi, Hyderabad, Kolkata and Mumbai.

The transport sector was ranked the highest followed by factories in and around the city as the second highest contributor towards air pollution in Chennai, Delhi, Kolkata, and Mumbai.

While respondents from Bangalore rated factories as the highest contributor of air pollution followed by transport, those in Hyderabad rated construction activities in the city as the worst offender followed by the transport sector.

The "TERI Environmental Survey 2013" was conducted with a sample size of 4,039 respondents. Six themes were selected for the study -- overall environment, air quality, water quality, forest/green cover, climate change, and waste and waste management.

Ligia Noronha, Executive Director,



TERI said, "In order to bring about any improvements in environmental quality in metros, we need to align different in-

terest groups - civil society, government, business."

- PTI



Organization of Tamil Americans extend condolences on the passing away of Sri Lankan Human Rights Campaigner



Ruban Canistus
Jayalath
Jayawardena MP

(August 16, 1953
– May 29, 2013)

USA based organization of Tamils, United States Tamil Political Action Council (USTPAC) has extended condolences to the family and everyone mourning the passing away of Sri Lanka opposition parliamentarian and Human Rights Campaigner Dr. Jayalath Jaywardane.

A communique from the USTPAC said:

“USTPAC mourns the passing of Dr. Jayalath Jayawardana. Dr. JJ was a great humanist who served the most needy among the war affected Tamils at great perils to his safety.

USTPAC extends our condolences to his family and all the people of good will who mourn his loss across the ethnic divide in Sri Lanka. His memory will endure and inspire generations.”

Obituary by Charles F Haviland, Colombo Correspondent of BBC on the passing away of Dr. Jayalath Jayawardane, as follows:

Prominent Sri Lankan human rights campaigner and parliamentarian Jayalath Jayawardena has died aged 59 in hospital in Singapore, medical officials say.

He had a recent history of heart disease.

Dr Jayawardena was a stalwart of the main opposition United National Party and widely admired for his rights work.

He featured in Guinness World Records for hosting a long-running television show answering medical

queries.

After serving as personal physician to President Ranasinghe Premadasa from 1989-93, Dr Jayawardena was elected to parliament in 1994.

Interviewed in 2011 in the Sri Lankan magazine Business Today he said that in the mid 1990s he decided to travel independently to areas controlled by Tamil Tiger rebels to extend medical help, as the region was suffering under an economic embargo.

“I thought I should draw attention to the people who were suffering in silence and who were helpless,” he said.

“I do not believe in discrimination according to caste, creed, religion or politics. So I opted to go to those areas, of course risking my life.”

He brought scarce drugs and sterile medical equipment which helped prevent tetanus and delivered babies in basic conditions, he recalled.

The Tamil Tigers labelled him as a spy, while his life and that of his family became - he said - “highly vulnerable at the hands of Sinhala extremists”.

From 2002 to 2004, during a ceasefire which later failed, he served as minister of rehabilitation and resettlement under the then United National Party government.

Later,

he raised Sri Lankan human rights problems at a variety of international forums - one of the few politicians from the two major parties to regularly do so.

In 2010, ministers and MPs of President Mahinda Rajapaksa’s government surrounded Dr Jayawardena in parliament, hurling abuse at him, grabbing him by the collar and calling him a “traitor”.

They accused him of inciting protests in Britain against the Sri Lankan

government, something he strongly denied.

In a BBC interview last year he voiced concern at a spate of abductions and disappearances.

“There is no rule of law in this country and jungle law is prevailing,” he said.

He said the people of the former war zone in the north and east were “living in fear” because of the heavy military presence there.





INDIAN CINEMA ON MISSION TO DISPEL BOLLYWOOD IMAGE

CANNES, FRANCE — Indian movie actors and a new wave of directors are on a mission at the Cannes film festival - to show that their industry, which turns 100 this year, is more than just Bollywood.

The largest Indian contingent to date is on the French Riviera at the world's leading cinema showcase to promote their country, which has the world's biggest film industry, making over 1,000 films a year compared to about 600 in Hollywood.

Movies from Mumbai-based Bollywood and other regional India films have struggled at the global box office with Indian cinema largely dismissed as lengthy, song-and-dance numbers.

But the industry sees the 66th Cannes festival, where India is "guest country" to mark its centenary, as a chance to showcase a new genre of Indian movies globally and to promote India as a place to both make films and win a massive audience.

"If you use the term Bollywood it really represents the song-and-dance, credibility-stretched story kind of film," director Amit Kumar, whose gangster-cop thriller "Monsoon Shootout" held its premiere at Cannes on Sunday, told Reuters. "We need to portray Indian cinema as more international and I hope our presence at Cannes will make the world realise that Indian cinema is most than just about Bollywood."

The Indian visitors to Cannes are also keen to lure investment to their film in-

dustry, which is forecast to grow to \$5 billion by 2014 from \$3.2 billion in 2010, according to a report by Ernst & Young.

India's presence has been high-profile since the start of the 12-day festival with acting legend Amitabh Bachchan on the red carpet on opening night to mark his Hollywood debut in Baz Luhrmann's "The Great Gatsby" alongside Leonardo DiCaprio.

Actress Vidya Balan also walked the red carpet in the pouring rain that night as one of nine members of a jury led by U.S. filmmaker Steven Spielberg that will decide the coveted Palme D'Or award for best picture on the final day, May 26.

A gala dinner to mark Indian cinema's centenary was due to be held on Sunday and attended by a list of stars including actresses Aishwarya Rai Bachchan, Sonam Kapoor and Freida Pinto.

There is no Indian film in either of the two main competitions at Cannes. The last Indian film selected to vie for the coveted Palme D'Or was "Swaham" in 1994 while "Udaan" competed in Un Certain Regard for emerging filmmakers in 2010.

But four Indian films will be screened - "Monsoon Shootout", another thriller "Ugly", a tribute to the industry centenary called "Bombay Talkies", and love story "Dabba" (Lunchbox).

Anupama Chopra, Bollywood author, columnist and critic, said Bollywood was a tag that independent film-makers had to fight. "Maybe one day (Indian film-



Indian actress Aishwarya Rai poses as she arrives at the evening's gala of the film "Bombay Talkies" celebrating a hundred years of Indian cinema, during the 66th Cannes Film Festival in Cannes May 19, 2013.

makers) will break free of the shackles of Bollywood and make a completely global film in terms of aesthetics," he said.

In 2011 India saw a 42 percent jump in the number of Hollywood movies shot there with several Hollywood studios such as Disney, News Corp's Fox, and Sony entering deals with or buying stakes in Indian companies.

There has also been a surge in the number of Hollywood movies released in India, where 3.6 billion film tickets were sold last year. Hollywood studios have been releasing their films in India simul-

taneously with their North American releases and also dubbing films in various regional Indian languages.

Uma Da Cunha, program advisor at the 2012 Mumbai Film Festival, said studios wanted a slice of the huge Indian market. "The big and significant change in Cannes is that the Indian film industry is being given space and attention on the international film scene and it is attracting business and ties from global film interests," she told Reuters.

- Reuters via VOA News



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TM Soundararajan: Leaving behind the devotion of his Tamil voice forever



by K. Thirukumar

Singer T.M. Soundararajan, last- ing voice of Murugan devotional songs and popular stars in Tamil silver screen passed away on Saturday, May 25, 2013.

Thuguluva Meenatchi Iyengar Soundararajan, born on March 24, 1923 has been rendering popular melodies for well over five decades.

The voice of T.M. Soundararajan, the voice of Murugan and Krishna devotional songs and solo, duet to philosophical songs of great Tamil lyricists is still unmatched.

T.M. Soundararajan is bestowed with many titles for his acclaimed sing-

ing and music, from "Geetha Varithi" to "Bhakthi Isai Paavalar".

His voice can be said that of the one in harmony with all senses and in natural state, where other singers pitched low or high above T.M. Soundararajan's neutral tone.

The great singer is a living voice of Tamil arts and culture. He lives in the hearts and minds of his fans around the globe.

The voice of T.M. Soundararajan is testimony to the telling quote of "The Roving Ambassador of Tamil," Rev. Father Xavier S. Thaninayagam, in the manifestation of "Tamil as the Language of Bakti".

The Score on Sports



MUMBAI INDIANS CAPTURE FIRST IPL TITLE AFTER DEFEATING CHENNAI SUPER KINGS IN 2013 FINAL



By Tashvir Narine

The top two Indian Premier League squads of the 2013 season squared off on May 26th to decide the sixth ever championship. Played at the Eden Gardens ground in Kolkata, the matchup paired the Mumbai Indians against the Super Kings of Chennai. In front of over 60 000 screaming fans, Mumbai hoped to capture their first ever title while Chennai was after its third. And with big names like Kieron Pollard, Lasith Malinga and Mahendra Singh Dhoni on deck, the match did not disappoint for most of the way through.

Winning the toss, Mumbai chose to take the bat first. The decision however did not pan out to skipper Rohit Sharma's liking. Openers Dwayne Smith and Aditya Tare were dismissed by Chennai bowlers in the first two overs, leaving in an uphill battle from the get-go. And with Sharma falling caught and bowled in the 3rd over, Mumbai were only at 16 for 3 key wickets. Like the Super Kings though, Mumbai's batting carried throughout the order and brought key batsmen to the crease in Pollard and Ambrati Rayudu. This proved to be the saviour

of the Mumbai innings, steadying the score to 100 for 5 before Rayudu was bowled in the 15th over by Dwayne Bravo. Playing great strokes and using his power when needed, Pollard muscled the score throughout the day to keep the game close. Mumbai's tail order batsmen gave Pollard enough company to continue his onslaught too, and with an unbeaten score of 60 runs, brought the Mumbai tally to a competitive 148.

Chennai captain MS Dhoni knew that his batting side's work was cut out for them in this final. But with Michael Hussey's strong streak of good form at the crease, Chennai expected a good start to the innings. Scoring 86 not out only 5 days prior against the same Mumbai team, Hussey however was dismissed beautifully by Lasith Malinga after only 4 balls into the innings. Any on the very next ball, the always-dangerous Suresh Raina flicked a weak shot into a fielder's hands to make it 2 for 2 and then Subramaniam Badrinath knicked a wide ball to the keeper to make it 3 for 3, leaving the Super Kings in disbelief. It appeared that however bad the Mumbai Indians had started with the bat, they were equally as good with the ball to begin with.

The continuation of good bowling and fielding stifled the Chennai batsmen into forced shots which eradicated the top order batsmen. Going in at number seven however, Captain MS Dhoni looked to rescue his side once again, as he did many times in the past. And for a while, it appeared that the story book was made for another Dhoni highlight reel. The Mumbai skipper however had no support on this day to fight back against the Indians. Unleashing against the Mumbai bowling attack, Dhoni played many aggressive shots typical of his flamboyant style but by this time the game was still slipping out of reach. With a mark of 63 not out, Dhoni's Super Kings came up short by 23 runs handing the title to Mumbai.

For the Mumbai Indians however, you have to feel happy to see them lift the title after all these seasons. With players like the 26 year old captain Sharma, hard hitting Pollard and pacer Malinga, an IPL title was

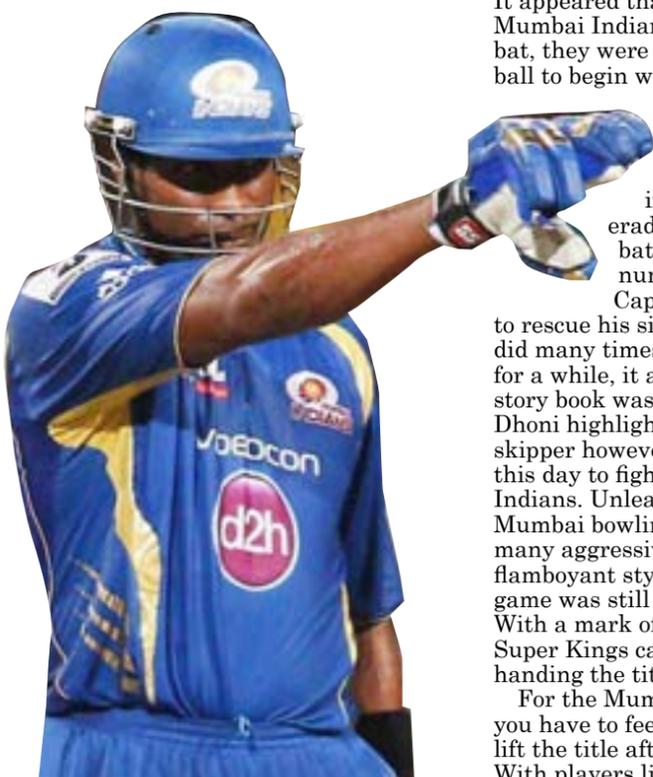


Captains meet before the match

deserved for their exciting efforts. And for his hard work with the bat and ball on this day, Kieron Pollard from Trinidad & Tobago was named Man of the Match.

Master batsman Sachin Tendulkar

was not included in the finals, however he was able to lift the IPL trophy for the first time. Tendulkar has also mentioned that this was his final IPL season, a fitting end to a remarkable career.



Kieron Pollard points to his teammates during his knock of 60 not out



Sachin Tendulkar enjoys IPL victory



Grand Opening of Canada Tool Supplies Ltd



On Friday, May 3rd a new store was opened by Koneswaran family for the benefit of particularly - Scarborough and Markham residents. The store stocks building materials and tools for the construction industry. This will be an ideal store for purchases by renovation contractors and Customers carrying out home improvement, repair or renovation work at their properties. Customers can buy in wholesale as well at this store. Additionally, shoppers can make orders from Canada Tool Supplies Ltd for delivery of heavy or bulky materials such as drywall.

Friends, family and well wishers attended the grand opening and wished the owners a successful operation. Rathika Sitsabaiesan, MP, Scarborough-Rouge River congratulated the family and wished them the best in their endeavor. Neethan Shan, Ontario NDP President and Logan Kanapathi, Markham Ward 7 Councillor also wished them success.

Koneswaran family possesses a wealth of business experience and running other lucrative business operations as well. They were proud recipients of Best Entrepreneur award during 2010 at the Annual Gala ceremony held by Canadian Tamils' Chamber of Commerce at Royal York Hotel.

Some of the photos taken at the event can be seen here.



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Photo coverage from

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கனடாவில் முதன்முறையாக



Federation of Tamil Sangams of North America
வட அமெரிக்கத் தமிழ்ச் சங்கப் பேரவை

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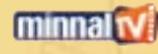
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The Hindu Women's Society in Sri Lanka with Saiva Mangayar Kalagam celebrates Swami Vivekananda's 150th Birth Anniversary with a programme of Song, Word and Dance

The Hindu Women's Society in Sri Lanka along with Saiva Mangayar Kalagam, the leading Hindu Ladies School in Colombo, commemorated Swami Vivekananda's 150th birth anniversary with a Presentation in song, word and dance on "THE SPIRIT OF SWAMI VIVEKANANDA recently at the Ramakrishna Hall in Colombo.

The Aarathi was taken by two danseuse for Swami Vivekananda while a third was ringing the temple bell softly as the audience stood up in silence paying homage to the great Swami whose 150th birth anniversary, the Saiva Mangayar Kalagam was celebrating.

As the curtain gently opened depicting the emerging dawn at Kanya Kumari – the tip of South India where a young man in sannyasin's garb was sitting in deep meditation and a group of ashram students were performing the Surya Namaskaram to the singing of the sloka "Om Suryaya Namaha."

Swami Vivekananda introduced Hinduism to the west and reawakened the Hindus of India from their slumber and servitude. He was born at a time when his country was under British rule and his people were politically suppressed, economically impoverished and socially divided. He carried the message of the Oneness of humanity and Hinduism's acceptance of all religions as true. Soon after ordination, he had a calling to live for a time as a wandering monk. The urge to travel the length and breadth of India and see for himself the plight of his country and his country-men started him off on this wandering mission. He left Kolkata and travelled far and wide and finally swam across deeply agitated in mind and sat on the rock in the southern tip of India that today bears his name. It was here that he received a vision of the future of one India and realized, that even though as a nation, India may have lost its individuality yet there was hope for

his country and his fellow Hindus to arise and awake in keeping with Hindu spiritual traditions. He realized that religion was still very important in the peoples' life and that this could be harnessed for spiritual and cultural renovations of the people.

Swamiji resolved, "to dedicate himself to the service of India and to spread the message of the Vedanta. This could be made possible through the training of the young minds and the upliftment of the women and the masses." He is seen invoking Mother India saying; "Arise O Mother and change this sad scenario!" and a bevy of young dancers come dancing in invoking Mother India asking, "Is this the great land where we were born into? – the land that is now in this miserable state forgetting the beautiful and great past? Where is that land? Arise! O Mother! and bring back this land to its ancient glory!"

The Parliament of Religions

Swamiji was invited to participate at the World's Parliament of Religions in Chicago in 1893 and the words of the Compere comes saying, "Sri Ramakrishna appears walking across the water directing him to accept the invitation to go abroad. And with the blessings of Shri Saradha Devi, he sets sail to America as the Hindu representative.

The day he stood before the audience in Chicago at the Parliament of Religions unfurling the Hindu Dharma flag saying, "Sisters and Brothers of America," he emanated a magnifying power that mesmerized the audience into pin-drop silence, only to rise to give him a standing ovation. The significance of the opening words was certainly not lost on his audience. The words reverberated with the exquisite beauty of the spiritual message of the Atman resounding with the all embracing call to kinship, unity and love for all as we listened mesmerized so many years later seeing the young Swami

addressing the American audience..

And he added, "I bring greetings to the youngest of the nations on behalf of the most ancient order of monks in the world, the Vedic order of sannyasins, a religion which has taught the world both tolerance and universal acceptance. "We accept all religions as true," he says quoting the Vedic sloka.

He infused this spirit of tolerance and acceptance and its sense of universality into the Parliament as he received the resounding applause. Several girls came dancing, beating the drum singing, "Kottu murase! Arise! Awake..." One danseuse depicted the Hindu prayer followed by the inspiring words, "Buddham saranam gachchaami! Dharmam saranam gachchaami! Sangam saranam gachchaami." And the remaining dancers brought out the prayers of Islam and Christianity, as the Compere's words,

This is followed by the touching scene of Sri Saradha Devi in discussion with Swamiji and his colleagues. "Mother Saradhai! We are here to humbly do your bidding; and give us your blessings," said the young monk. Remember that service to mankind is indeed service to God, she said blessing their endeavours. And in came a bevy of young dancers dancing and asking questions about the work that Swamiji and his colleagues are doing.

"No peace and harmony could be brought about and no improvements could be effected in any society until and unless the women and the masses who form a greater part of the population are educated. If women, who according to Swamiji are the embodiments of the Divine Mother, are elevated then culture, freedom, peace and harmony will spread not only in the homes but also amongst humanity."

The finale to the presentation was the singing of the "Mangalam," a benediction itself where the senior dancers came dancing-in singing, "Mangalam! to

the worthy son of Bharata Mata! The son who realized the importance of uplifting the woman and the masses through education – Mangalam! mangalam!

The participants of the presentation carrying the lamp lit from Swami Vivekananda's lamp came dancing to answer the curtain call and the grand programme came to an end as the curtain came down.

(Edited version of a Review by Siva Sivaprasam)



President Sivananthini Duraiswamy Speaking



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No need to file for Bankruptcy

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8th South Asian Heritage Day

Every year Human Endeavour celebrates South Asian Heritage Day and Awards Ceremony to promote the history and culture of South Asia and to promote diversity and multiculturalism. This year event was celebrated on May 25th and was attended by the members of Council, community leaders and hundreds of diverse community members. It was our most prestigious event on which we recognized individuals and organizations who have made outstanding contributions to the community well being

and integration. Participants enjoyed the display of multicultural booths and performances.

This year Human Endeavour's awards committee selected six outstanding individuals, Prof. Nancy Mandell, Adrian Biasini, Isabel Araya, Daniele Zanotti, Filza Ijaz and S.K. Theesan for the awards to recognize their passion, personal commitment and work that has made a significant impact on the community.



Left to right (Prof. Nancy Mandell, Adrian Biasini, Isabel Araya, Daniele Zanotti, Filza Ijaz, S.K. Theesan)



Award recipients with dignitaries



Bharatha Natya Dance Performance



Bharatha Natya Dance Performance

ROCOBA (Royal College Old Boys Association) EVENTS FOR 2013

ROCOBA wishes to inform that the following events will take place during the year 2013 and looks forward to seeing you with your families and friends at all the events.

- Royal-Thomian 25th Celebration Dinner Dance.
When: 29th June 2013 at 6.30 p.m. Where: Pipers Heath Golf Club. Milton.

This celebration is to celebrate the 25th anniversary cricket match between the old boys of Royal College and St. Thomas College living in Canada.

- Royal-Thomian 25th Celebration Cricket Match
When: 1st of July 2013 from 9.00 a.m. Where: King City Cricket Grounds. King City.
- ROCOBA Family Picnic.
When: 18th August 2013. - Pot Luck. Where: Magna, Simeon Park. Aurora.
- Royal-Trinity Rugby.
When: 27th July 2013 Where: Ajax Wanderers Rugby Grounds. Ajax.

This rugby game is the start to bring back the Old boys of Royal College and Trinity College living in Canada to play the game. The last game was played in 1996.

- ROCOBA participating in Inter School Rugby tournament.
When: Once the date is confirmed we will keep you posted.
- ROCOBA New Year's Eve Dance.

This is to bring back the ROCOBA's traditional New Year's Eve day to have the glorious dance with families & friends. The last ROCOBA's New Year's Eve dance was held in 2006.

In order to obtain more information regarding the above six events please contact:

Kuken	416 802 8220	Rajan	647 669 7824
Yoga	905 609 1028	Kanishka	416 570 0603
Charitha	647 532 4680	Asantha	647 968 6927
Jerom	416 219 5526	Dilkaran	416 721 4240

For ROCOBA Membership Contact:

Dilkaran	416 721 4240	Rama	416 356 7859
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ROYAL-THOMIAN 25TH CRICKET ENCOUNTER IN CANADA (1989 - 2013)



Canada Day
Sri Lanka Schools
Cricket Festival

SCHOOLS
AT THE FESTIVAL

Royal vs S.Thomas'
St. Joseph's vs St. Peter's
Trinity vs St. Anthony's

On Monday July 1, 2013 from 9:00 am onwards
At The Maple Leaf Cricket Grounds
13811 Dufferin Street, King City, L7B 1K5

- Food Stalls with Hoppers, Buriyani, Kottu Roti, Short Eats
- Enjoy Chilled Beer
- Kids' Activities & More



Events jointly organized by Royal College O.B.A of Ontario and S.Thomas' College O.B.A. of Canada



Mother's day

On Saturday, May 11, 2013, the youth members of the Tamil Cultural and Academic Society of Durham (TCASD) were honouring their hardworking mothers for Mother's Day. The evening started with a musical performance. Children worked hard, and staged many beautiful performances for their parents. Children also presented roses to their respective mothers. Kids of all ages and parents had fun, and enjoyed the wonderful evening. The Grandmothers were also respected by their children and grandchildren. Mothers

are extremely important and significant for the society. This was an extremely eye-opening event for those who didn't know the values of their mothers. Many people were enlightened, and learned the true value of their mothers through this event. Undoubtedly, the youth developed a closer relationship with their mothers through this event. Hopefully, next year Mothers' day celebration will be just as successful as it was this year. Happy Mothers' Day!

By: Swethan Dushi





TCASD partnership with Ajax Library so called "Travel the Silk Road"



May 04th 2013 - The Tamil Cultural and Academic Society of Durham (TCASD) participated in the Travel the Silk Road event at the Ajax library main branch. A few talented youth from TCASD were given the opportunity to showcase their talents. Performances included cultural Bharatha Natyam dancing and cultural singing. TCASD was able to portray Tamil culture to the community by these performances. - by Abira Vaithilingam



WHITBY SENIORS SERVICES Celebrates the development of: Newcomers Welcome Program for Seniors The Sharing of Cultures from Around the World

On April 30th, 2013 TCASD and a variety of other multicultural youth groups participated in a concert for seniors at Whitby Senior Home. This concert featured Tamil traditional dancing Bharathanatyam and a Carnatic vocal

concert by TCASD as well as Greek traditional dancing, sing alongs and many more amazing performances. This event was created to encourage diversity and multiculturalism in the community and at the Whitby senior home.

The Bharathanatyam performance featured Taneeka Thirukkumar and Megavii Ratnarajah performing the song Sharuja Prathapan, Madumitha Rajaruban, Sruthi Janakan. TCASD's vocal performance was conducted by Smt. Tharmini Thisyan and featured accompaniment by Kalaban Thurai on the Violin and Laxen Dushianthan on the Mirudthangam.

The contribution that TCASD made was greatly appreciated by the seniors and all of those who attended the concert. The event was a success with all those

present leaving with a greater appreciation for others' cultures. At the intermission, the organizers of the concert treated all of the performers and guests to many short eats. We are very thankful to the Whitby Senior Services for inviting us to the concert and the seniors for being such hospitable hosts. The youth members of TCASD were overwhelmingly excited to give back to their community by putting on a show for the seniors and we can't wait to do this again next year!

Written by: Kalaban Thurai





Durham Tamil Association Partakes in “Travel the Silk Road” Hosted at Ajax Library



Performers & Parents of DTA along with Charlene Johnston of Ajax Library

Durham Tamil Association partakes the program named “Travel the Silk Road” hosted by Charlene Johnston at Ajax Public Library Main Branch on May 4th 2013. The program was called “Travel the Silk Road” as the Silk Road is a historically important international trade route between China, India, Persia, Arabia, Greek and Rome. As a journey to all these places there were many programs held on that day by several communities in the Durham region. DTA proudly presented the Tamil culture by bestowing the traditional dances like Karagattam, Therukkothu and Kolaattam. We had 13 kids and above 40 parents including the executive committee took part in this outstanding show. Durham Tamil Association had their table displayed with Kuthu Vilakku, Kolam, Thoranam, Plantain Tree ,and also some Agricultural stuff like clay pots, Cow statue, Plough etc.,which enable us to reinforce our cultural base and serve our diverse community. The music system was patronized by Durham Tamil Association for all the communities who contributed for the event. The Virunthombal Kalacharam is the prominent characteristic of Tamil culture and so, all the guest were served refreshments like Samosas, vegetable rolls, juices, cookies and water with great honor and kindness. All of us had a great joy in participating in this great occasion. Thanks to Town of Ajax and the Ajax Main Library for giving our children the opportunity to Travel the Silk Road.

Durham Tamil Association celebrated South Asian and Asian Heritage Month

It was a colorful day for many Multicultural community groups who took part in the South Asian and Asian Heritage Month hosted by the Town of Ajax on Sunday May 26th, at the HMS Hall in Ajax Community Center. This event was organised by Indo-Canadian Cultural Association of Durham along with other diversified community groups including Durham Tamil Association, Bangladeshi Canadian Community Services, Friends Indeed, Canadian Afghan Council, Nepalese Canadian Community Services, Durham Asian Cultural Association, Durham Chinese Canadian Cultural Center and Tamil Academic and Cultural Society of Durham. Many dignitaries took part in this event. All the groups had their booth decorated with cultural items and had their cultural programs staged in an organized manner. The sound system was sponsored by Durham Tamil Association and was coordinated by DTA's Secretary Mr. Mano Pancharatnam and youth-trainee Shawne Nimalan. Students of Mrs. Kalaimathy Vakeesan presented a classical Bharathanatyam drew the attention of the audience. This was followed by DTA's iconic singer Ms. Sarika Navanathan indulged the audience with her extra ordinary performance by singing the popular number Minsaara Poove from Padayappa. She was accompanied by DTA's iconic dancer Ms. Maenusha Raguvarnan who made an extra ordinary performance. DTA's younger performer of the day was Ms. Maanusha Vijayakumar who stole the audience with her energetic Folk performance. About 40 members of DTA took part and enjoyed this cultural event.



South Asian & Asian Heritage Month Proclamation By Ajax Mayor Steve Parish



Ms. Maenusha Raguvarnan dancing for Ms. Sarika Navanathan's



Suwetha, Pranavie, Ugesh, Mathumai & Nessayeny of Kalai Natiyalaya with Mayor of Pickering Dave Ryan



Ms. Maanusha Vijayakumar

Durham Tamil Association Donating Blood for Canadian Blood Services

Durham Tamil Association proudly took part in the Blood Donation Campaign organized by the Canadian Blood Services exclusively for the Organization. This camp ran in Pickering Recreation Complex on Friday April 26th from 3 pm to 7.30 pm. Many members of Durham Tamil Association volunteered to donate blood to save many lives. It was quiet a happy moment to see many first time donors expressing their willingness to donate blood in the future and registering to become regular donors.

Blood.... It's in you to give!



Top : Members of DTA @ the Blood Donation Campaign
Bottom left: Ratneswary Raguvarnan donating blood
Bottom Right: Shanthika Sivakumaran donating blood



Durham Tamil Association Celebrates Harmony 2013

"HAVE PATIENCE TO WALK WITH SHORT STEPS UNTIL YOU HAVE THE WINGS TO FLY" by St. Frances de Sales. Help our Durham Tamil Association kids earn their wings was the speech given by Josh Suresh - President of DTA. Durham Tamil Association held a spectacular fundraising dinner and dance event to raise funds for the benefit of the Tamil kids and youth in the Durham region.

The event was held at La Roya Banquet Hall in Ajax on the 20th April 2013. Each year more than 150 people enjoy a night of elegant food and dancing the night away. Participants come together, which can create a sense of community working towards a goal. The glamorous Dinner Dance is the biggest fundraising event we sponsor all year. Proceeds go to the Annual Fund, which helps our students, through scholarships and financial aid, technology and equipment, and athletic and art facilities for all the kids registered at DTA. Sincere thanks to all Guests including Mr. Chris Alexander, MP for Ajax. MPP Joe Dickson, Councillors Doug Dickerson and Peter Rodrigues, Mrs. Esther Enyolu - Executive Director of WMRCC, Mr. Brian Clarke - Branch Manager of RBC, Mr. Michael Crowley and Mrs. Yan Fu of DACA, Mr. Keith Falconer - Executive, PESCA, Mr. Bill and Mrs. Shireen Whitmore, Mrs. Sharon Alipanopoulos, Mr. Vaqar Raees - President of Friends Indeed, Mr. Saeed Siddiqui - VP of Friends Indeed, Mrs. Sashi Bhatia - Chair of ICCAD, Mr & Mrs. Abhid Choudhury of BCS, Ms. Shivana Choos Singh, Mr. Tariq Fahimi of Afghan Council, Mr. Fanuel Ephraim and Mr & Mrs. Gopal Bhandari of Nepalese Canadian Community Services for their strong support. The event would not have been possible without the heavy contribution of key business partners & community leaders. The night was capped off with live music presented by DTA's iconic youth singer, Vijay TV fame Ms. Sarika Navanathan, our Secretary Mr. Mano Pancharatnam, Mrs. Uma Suresh and Mr. Senthilkumaran. We also had an icebreaker party game designed by Mrs. Kavitha Mano to help members and our dignitaries get to know and feel comfortable around one another and to have loads of fun. Along with a night packed with dancing and games, we had several amazing raffle prizes sponsored by for the members who supported the association. The prizes were so enticing and everyone had a great time of joy as they were receiving gifts one after the other games. The audiences were delighted by the rhythmic dance music organized by

Mr. Mano to open the dance floor and from that moment, it was an evening full of musical delight designed to entertain the guest joined the duo to make their mark and presence felt on the dance floor. Mr. Chris Alexander, MP of Ajax region attended the extravagant evening and spoke about the achievements of Durham Tamil Association and presented certificates to the youth for raising \$2141.25 to the Canadian Cancer Society in 14 hours, through Daffodil Campaign. Special thanks to Mr & Mrs. Kugaraj Soma for their contribution and support to make this a successful event and to Kalyani Nathan of La Roya for the help in providing delicious food and the beautiful decors. For those who needed sustenance for dancing into the night there were traditional foods being served along with a variety of deserts. Mr. Josh Suresh expressed his gratitude and thanked the invited guests for digging deep to make the fundraising event a success.



Dignitaries and TEAM DTA



Sponsors Brian Clarke of RBC & Ram Krish with President Josh Suresh, Uma Suresh, VP Kanga Sivanathan, Jeya Sell Sponsors Brian Clarke of RBC & Ram Krish with President Josh Suresh, Uma



Men enjoying Couples Game during DTA's Harmony Dinner



Ladies enjoying Couples Game during DTA's Harmony Dinner



Youth Boys Game @ DTA's Harmony Dinner



Mano Pancharatnam & Uma Suresh entertaining the guests with their songs during DTA's Harmony Dinner



Shireen & Bill dancing during DTA's Harmony Dinner



Sarika Navanathan singing during DTA's Harmony Dinner



DTA HARMONY DINNER 2013



Farmers learn from failures

By Kelly Haggart, International Development Research Centre (IDRC)

"I consider myself a farmer first before anything else. The lenses I look through now are influenced by my farming experience."

Sridharan Sethuratnam, M.Sc. '07

Guelph: Sridharan Sethuratnam studied agricultural engineering at a good university. But when his degree was put to the test in the paddy fields of Tamil Nadu, the southern Indian state where he grew up, he was in for a surprise.

After earning an undergraduate degree in 1983 from Tamil Nadu Agricultural University in Coimbatore, he worked for six years as a manager on a large tea plantation. He was soon well versed in tea types, from the premium "leaf grades" that were sent to the London Tea Auction, to the "dust grades" destined for tea bags and the domestic market.

But his steepest learning curve began in 1993, when he started running a rice farm in Tamil Nadu's fertile Tanjore delta.

"That's where I put my education to use – and found that it was not much use," he says. "If in any part of my life I have learned from my failures, it was in those five years as a farmer."

The agriculture taught in Indian agricultural universities was based on the industrial farming model of the American Midwest, he says. "We learned nothing about traditional Indian agriculture, which was supposed to be inefficient. Yields were low, and we needed to push those up."

"I know more than you"

"When you go into farming, you realize how difficult it is," Sethuratnam says. "It is not an easy profession. I took a beating for

two years."

He describes his initial attitude to the villagers he employed on the rice farm as: "I've had this education, and I know more than you." So he didn't listen when they advised him to plant the rice seedlings at least 30 cm apart. The agricultural department had told him to boost yields by placing the seedlings at 15 cm intervals.

"But a local guy said: 'Don't do that, because if you're hit by a pest, it will spread fast.' And that's exactly what happened. We had huge pest damage."

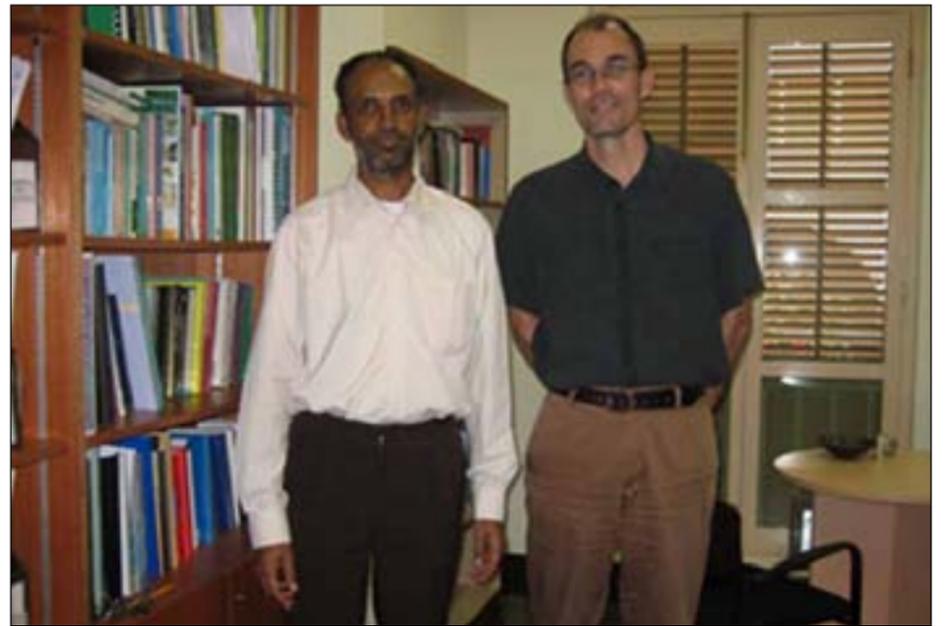
The villagers also told him when not to plant at all. "This month is not right," they warned. "There may be too much rain." But he went ahead, and lost more than seven hectares of paddy to flooding. "I learned from the villagers that there's only so much that you can control," he says.

"My education had told me that traditional practices were full of myths and superstitions, but I learned that they contained a lot of common sense. The farmers taught me to see, to observe, to be curious, and to value their opinions."

Two migrations

In 1999, Sethuratnam moved with his wife and two daughters to Brunei, where he worked as a soil conservationist. They embarked on another new chapter in 2004, when they immigrated to Canada. "I knew there was a lot of farming in Canada, and I hoped that maybe I could get into a farm there," he says.

He landed in a Toronto suburb, living with his family in a basement apartment and working in warehouses. Within 18 months, however, he was able to quit a job assembling vacuum cleaners to enter a Master of Science program at the University of Guelph that combined his interests in agriculture and the environment.



To supplement student loans, he worked as a research assistant for a professor who was investigating what would motivate farmers in southern Ontario watersheds to accept environmentally beneficial management practices. "The problems farmers face in India and Canada are quite similar," says Sethuratnam, who feels great empathy for Canadian farmers.

As his degree neared completion, he applied for an internship with the International Development Research Centre (IDRC). "There aren't many internships without an age limit, but IDRC doesn't have one," he says. He was 46 when he began a one-year position with IDRC's Rural Poverty and Environment program in January 2007.

Back to India

Sethuratnam's research on how migration from rural areas is affecting traditional environmental knowledge in India took him back to Tamil Nadu. He focused on three agricultural villages and one fishing community, interviewing the families of villagers who had left to find work in towns and cities, or even abroad. What happens when a generation leaves a village? Will oral traditions that have long helped to guide the management of natural resources be lost forever?

He arrived in his study area on a hot April afternoon, at the height of the south Indian summer. Over the next four months, he interviewed more than 400 migrants' relatives, and also spoke at length with 17 village elders. These "key informants" – who were at least 65 years old and included a couple of centenarians – were particularly rich sources of information on traditional agricultural practices and other aspects of village life. "Once they started talking, it was difficult to stop them," he says.

Pull factors

Migration is not a new phenomenon in this part of India. In the 1830s, villagers had begun leaving to work in British-owned tea plantations in Sri Lanka. Sethuratnam collected a wealth of data on the wide range of factors inducing migration today, including higher incomes and more regular work in cities.

He also identified improved access to higher education as an important contem-

porary "pull factor." Colleges have mushroomed in India in the past decade, in towns as well as cities. "This has made it possible even for youth from villages to acquire a degree, after which they're reluctant to go back to the village," he says.

He was struck by the fact that 6% of migrants from his study area were women. "This small percentage, in a rural Indian context, is huge," he explains. "These are very traditional areas, where women going out of the village is a no-no. But it is starting to happen."

Push factors

Sethuratnam had set out to study the impact of rural-urban migration on traditional natural resource management practices. But a month into his fieldwork, he discerned a cause-effect relationship that was the other way around.

"The breakdown of collective, community natural resource management systems was serving as a 'push factor' for migration," he says.

He cites the example of villagers' loss of control over an intricate network of small reservoirs called yeris, with which they had once efficiently harvested monsoon rainwater for use throughout the year. Maintenance of this ancient irrigation system was now the responsibility of the state government, and some of the reservoirs had become clogged with silt and invasive species.

The deterioration of traditional water-harvesting systems, and loss of knowledge within the community about how to maintain them, had led to reduced yields and incomes. This, in turn, contributed to villagers' decisions to leave and try their luck elsewhere.

"Migration was, is, and will be a risk-spreading option for the population in these areas," he says.

Sethuratnam plans to present his findings in a journal article, and hopes to go on to do a doctorate. Deep down he is a farmer, he says, but the IDRC internship has given him a taste for research that draws on his own background in agriculture. "The intellectual space and time I had over the past year was a once-in-a-lifetime experience for me," he says.

Waterloo Region Cultural Associations present
One BIG family event to bring communities together

Multicultural Family Fun Day

Join us to celebrate our diversity that makes our region great.
Featuring live cultural shows, activities and delicious food.

Saturday, June 15th
YMCA-Waterloo Public Library
500 Fischer Hallman Road, Waterloo
12 noon - 6pm

FREE Entry

Chinese Folk Dance
Indian Cultural Show
Pakistan Cultural Show
Sri Lanka Cultural Show
Latino Dance

Beijing Opera
Tamil Cultural Dance
Gujarati Dance
West-Drum Dance
& More!!!!

Cricket Demo
Kids Zone
Lego Zone
Ethnic Food

2:00 - 4:30 pm
Live Cultural Performances at the GYM

FREE Swim
2 - 6pm

Community Partners



University of Waterloo PhD heads to NASA

KITCHENER — Janine Bajnath's summer internship is out of this world.

The University of Waterloo geography PhD student will be working for NASA this summer after winning a prestigious Ames Academy scholarship.

Bajnath, 25, is the only Canadian student chosen for the program. She had to go through a rigorous application process that included writing four essays and being shortlisted by the Canadian Space Agency before being selected by NASA.

When Bajnath got the news over the phone, she broke out into a dance.

"I was really excited," she said. "Initially, I had kept it quiet, because I didn't know if it would actually come true. It was a pretty big surprise for my parents when I called to tell them."

Bajnath said she's honoured to represent UW and Canada.

"I'm very proud to be the only Canadian chosen, and to be associated with such an exceptional university like Waterloo," said Bajnath, who will be heading to NASA Ames Research Center in Moffett Field, Calif. at the beginning of June.

Once there, she'll split her time between working one-on-one with a NASA researcher and with the other interns on a group project they hope to test on the International Space Station.

"We're all coming from different backgrounds, like engineering, physics, robotics, biology, so we're going to be working

together and drawing from those backgrounds," Bajnath said.

Bajnath's independent work at NASA will be focused on improving earthquake predictions.

It's similar to her research at Waterloo, where she's in her first year of a PhD in climate modelling and remote sensing, Bajnath said.

"In California, it's about predicting earthquakes. Here in Waterloo, it's predicting snowfall accumulation," said Bajnath, who works for the CBC as a meteorologist.

The internship will also build on the students' leadership skills.

"It's one thing to be a really good scientist, but it's important to learn about effective communication and working in a team and being a leader," Bajnath said, adding that she's looking forward to field excursions to Yosemite National Park.

The Waterloo student is also hoping she'll meet Canadian astronaut Chris Hadfield while she's at NASA, saying there's a chance the interns will have dinner with the former commander of the International Space Station.

"He's very inspiring," Bajnath said. "I remember telling my parents when I was six years old that I wanted to be an astronaut."

Indeed, Bajnath's childhood bedroom was covered in posters of clouds and geog-



Janine Bajnath stands outside the Research Advancement Centre at the University of Waterloo. Bajnath is the only Canadian to earn a scholarship to NASA's Ames Academy in California this summer

raphy pictures, she said.

"My sister and I used to share a room, and when we were young, my parents put up all these posters that had to do with science," said Bajnath.

"It's funny because I became very interested in atmospheric sciences and my sister became a doctor. So I don't know if they did that intentionally, but it worked!" she said with a laugh.

"I think those posters combined with watching Bill Nye the Science Guy really gave me a thirst and curiosity for the

physical sciences," Bajnath said.

Bajnath hopes to work for NASA in the future, but her short-term goals are focused on finishing her PhD at Waterloo under her supervisor Claude Duguay.

One day though, she'd like to step into Hadfield's space boots.

"I would love to actually conduct the simulations we'll be testing out on the ground this summer up on the International Space Station, too," she said. "That would just be amazing."

Courtesy: Metroland news

Indian & Sri Lankan food stall

Mutton Rolls

Snacks from Sri Lanka.

The mouth watering spicy food.



Rice & Curry



Chicken Curry



Tandoori Chicken



Samosa

We bring our traditional food into the heart of Waterloo region. Visit our food stall at the KW Multicultural festival.

It's truly an experience unlike any other.

Tandoori Chicken with Basmati Rice, Veg. Meal special, Spicy chicken curry, Samosa, Mutton Rolls, Mango Lassi and much more.

Saturday, June 22

(11.00am - 8.00pm) - **Multicultural festival, Victoria Park, Kitchener.**

Tamil Cultural Association of Waterloo Region

www.tamilculturewaterloo.org



WHITBY
ONTARIO • CANADA



Regional News



Celebrate Summer with the Town of Whitby

SPLASH PADS

The Town of Whitby operates 14 splash pads to help families stay cool and beat the summer heat. Splash Pads are open seven days a week from 9:00 a.m. to 9:00 p.m. and operate from June 15 to September, weather permitting.

Splash pads are available at the following parks:

- Baycliffe Park, 20 Baycliffe Drive, Whitby
- Cachet Park, 140 Cachet Boulevard, Whitby
- Carnwith Park, 180 Carnwith Drive West, Brooklin
- Country Lane Park, 3145 Country Lane, Whitby
- Darren Park, 75 Darren Avenue, Whitby
- Folkstone Park, 444 McKinney Drive, Whitby
- Kiwanis Heydenshore Park, 589 Water Street, Whitby
- Norista Park, 40 Norista Street, Whitby
- Peel Park, 601 Peel Street, Whitby
- Portage Park, 20 Portage Trail, Whitby
- Rotary Centennial Park, 800 Brock Street South, Whitby
- Watson Park, 101 Watson Street East, Brooklin
- Willow Park, 50 Willow Park Drive, Whitby

Free Events

www.whitby.ca/events

The Town of Whitby is pleased to offer the following free Town events and community oriented programs.

Music in the Park Whitby

Wednesdays from June 5 through August 28
7:00–8:30 p.m.

Rotary Centennial Park, 800 Brock Street South, Whitby

Don't forget your lawn chair!

Music in the Park Brooklin

Thursdays from June 6 through August 29
7:00–8:30 p.m.

Grass Park, 41 Baldwin Street, Brooklin

Don't forget your lawn chair!

County Town Carnival Celebrates Canada Day

Monday, July 1, 2013
Noon–7:00 p.m.

Victoria Fields, 500 Victoria Street West, Whitby
Free children's activities, live entertainment, vendors, community displays and more! Don't miss the Station Gallery and the Whitby Public Library in the children's area!

Community Connection Fireworks

Monday, July 1, 2013
8:00 p.m.

Victoria Fields, 500 Victoria Street West, Whitby
Celebrate Canada Day at the Community Connection Fireworks at Dusk! Fun for the whole family! For volunteer opportunities, please email volunteer@whitby.ca. Parking available at the Whitby GO Station and Iroquois Park Sports Centre.

Celebration Square

Tuesdays from July 2 through August 27
7:00 p.m.

Whitby Public Library, 405 Dundas Street West, Whitby

In the heart of downtown Whitby Celebration Square is the place to be for theatre, music and art this summer.

Movies in the Park

Enjoy free movies under the stars this summer. Visit www.whitby.ca/events for movie titles, ratings, start times and further details.

July 12–Willow Park, 50 Willow Park Drive, Whitby

July 26–Whitby Civic Recreation Complex, 555 Rossland Road East, Whitby

August 2–Brooklin Memorial Park, 67 Winchester Road East, Brooklin

August 23–Heydenshore Pavilion, 589 Water Street, Whitby

Beyond the Garden Gate

Saturday, July 27, 2013
10:00 a.m.–4:00 p.m.

Free Whitby In Bloom Garden Tour
RSVP at www.whitby.ca/whitbyinbloom

Harbour Day

Saturday, July 27, 2013
Opening Ceremonies at Noon

Port Whitby Marina, 301 Watson Street, Whitby
For volunteer opportunities, please email volunteer@whitby.ca. Parking available at the Whitby GO Station and Iroquois Park Sports Centre.

Planning Your Own Parades, Street Dances, Walks and Runs

If you wish to plan, organize, film or host an event on Town of Whitby streets, you need a municipal permit. Street dances are permitted on cul-de-sacs, small crescents and dead-end streets. For information, please contact the Clerk's Office at clerk@whitby.ca or call **905.430.4315**.

June Meetings

www.whitby.ca/calendar

Newcomers Welcome Program for Seniors

June 6, 2013,
1:00–3:30 p.m.

Planning and Development Committee Meeting

June 10, 2013,
7:00 p.m.

Newcomers Welcome Program for Seniors

June 13, 2013,
1:00–3:30 p.m.

Audit Committee Meeting

June 17, 2013,
2:00–4:00 p.m.

Operations Committee

June 17, 2013,
7:00 pm

Management Committee

June 18, 2013,
2:00–4:00 p.m.

Newcomers Welcome Program for Seniors

June 20, 2013,
1:00–3:30 p.m.

Regular Meeting of Council

June 24, 2013,
7:00 p.m.

Newcomers Welcome Program for Seniors

June 27, 2013,
1:00–3:30 p.m.

MARKHAM



Regional News

Gala for Giving

On April 25 the City of Markham held the first annual Gala for Giving to benefit local organizations. The Gala was created as a way to showcase Markham's diversity and generosity. Chaired by Regional Councillor Gordon Landon, the event featured live and silent auctions and performances from several of the participating organizations.



Vanni St Unveiling

From Left to Right: Councillor Alex Chiu, Rathika Sitsabaiesan MP, Scarborough Rouge River, Councillor Logan Kanapathi, Mayor Frank Scarpitti, Regional Councillor Gord Landon, Regional Councillor Joe Li, Neethan Shan, Former York Region School Board Trustee and present Ontario NDP –President. To celebrate and honor the Tamil community, the City unveiled Vanni Street, the newest street to be added in Markham. Vanni street helps represent the Tamil community and show appreciation for all they have done for Markham.



Access Markham App

Put Markham in the palm of your hand! Download the All Access Markham app on your tablet or smartphone for City news and information on-the-go.

Southeast Community Centre PC



The official unveiling of the Markham Southeast Community Centre and Library took place on May 9. The new community centre will feature a library, fitness area, running track, triple gym, seniors citizens centre, and more.

Macedonian President

The city of Markham was honored to host a visit to His Excellency Gorje Ivanov, President of the Republic of Macedonia.



MARKHAM
Canada Day Celebrations
Featuring a special evening performance by **JULY BLACK**

July 1, 2013
Canadian Heritage / Patrimoine canadien

Milne Park Celebration & Fireworks
Milne Park - East side of McCowan Rd., south of Hwy. 7 | 3:00 - 10:00 p.m.
FREE activities at the Jeanne Bowman Children's Tent, entertainment, food, displays, fireworks at dusk.

People's Parade
McCowan Rd. and Hwy. 7 to Milne Park
4:00 p.m.
Floats, dancers, entertainers and much more.
Join the parade and meet at 3 p.m. in southeast corner of Markville Shopping Centre.

Seniors' Luncheon (65+)
Le Parc • 8432 Leslie St. (at Hwy 7)
12 noon
(To register, call 905-477-5530 by June 22)
Mayor and Council invite seniors from the City of Markham to a FREE luncheon.

For more information, please contact Gillian Shaw (Executive Assistant to Councillor Carolina Moretti) at 905-475-4886 or gshaw@markham.ca. This Celebrate Markham event is funded by the City of Markham.

Image (detail): Jean-Paul Jérôme, Untitled, 1955, Oil on burlap, 91.5 x 76 cm.
Private Collection. Photo: Richard A. Stoner

THE PLASTICIENS AND BEYOND: MONTREAL, 1955-1970

May 25 – September 2, 2013
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varleygallery.ca | 905-477-7000 ext. 3261

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Capture Markham from your perspective. Submit your best outdoor images to MyPhoto@markham.ca for possible use in *Markham Life Magazine*, on our website, in our facilities and in other City publications.

Capture your summer fun! We are looking for photos of:

- Markham's unique natural outdoor beauties
- fun family activities
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