

A *parfait media publication*

# Monsoon

*Journal*

VOL 9                      ISSUE 1                      JUNE 2014

## Ontario Elections 2014

# Results too Close to Call''''



Siva Sivapragasam

.....  
Polls surveys and opinions suggest that the Ontario election results will be a close run between the two major parties while NDP will trail behind them.

The indications are that Ontarians will see a hung Parliament unless there is a coalition or a mutual support arrangement between two parties.

Although the two leaders of the two main parties keep saying that they are not in favour of a coalition, they will have to change their stance if they want to run the government on a permanent basis.

The most recent polls surveys have indicated that the difference in support for both

major parties is razor thin.

The recent forum poll shows Liberals at 40% and Conservatives at 35%. NDP stands at 22%.

The main issues in the minds of the voters center around employment creation, corruption, gas plants, energy issues, transit and budget deficits. The total number of seats in the Legislative Assembly of Ontario is 107 and any party will need 54 seats to form a majority government. The party position at the last election was as follows:

- Liberals - 53
- PC - 37
- NDP - 17

More Election news on Page 31 to 35

## Organic Juice Bar "Pazhamuthirsolai": Jaffna, Sri Lanka North going Au Naturel – Finally



By Thulasi Muttulingam (Full Story: Page 46&47)

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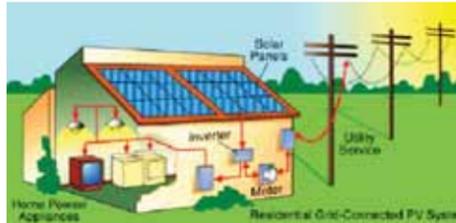
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# Elizabeth Long

## NDP Candidate for Scarborough-Agincourt

Elizabeth Long, NDP candidate in the forthcoming Federal by-election in Scarborough - Agincourt in a recent exclusive interview for Monsoon Journal at her campaign office emphasized that she understands the needs of new immigrants and will fight hard to safeguard their rights. Long herself an immigrant from Mainland China mentioned that she is married to a Sri Lankan and is well versed about the problems faced by Sri Lankan Tamils as well as the immigrants from various other countries including Pakistan, India etc.

When asked whether she feels that Canadian Government is doing enough to pressure Sri Lankan Government on Tamil issue, she said that Harper Government appears to have made some effort in this context. Continuing further, referring to the genocide of Tamils she said NDP has a strong stand on the Tamil issue and said her party fully endorses and support UN resolution.

Explaining why she decided to get into the Federal election race, Elizabeth pointed out that the new immigration laws have harmed immigrants from many countries including China. Elizabeth pointed out that many new laws are to be recently enacted by Harper Government and particularly pointed that health care for refugee claimants is to be removed soon. Pointing out that sooner or later most refugee claimants will become Canadian citizens, she said many of them especially seniors will have to be treated for diseases such as Diabetes, Heart diseases etc. and argued that if they are not given proper health care during the early stages then the expenses to provide health care will be very high in the long run. Explaining further Elizabeth stated that by enacting such laws, the Federal Government was downloading the burden of paying medical care on the provincial government and she added that since the majority of the immigrants chose to live in Ontario, this is the province that stands to feel the pinch most.

Touching on the topic of temporary suspension of foreign worker program, she explained that at present the whole process is completely chaotic since the prospective employers do not know the proper procedure of hiring skilled workers. Highlighting the plight of food workers she said that moratorium on the food workers without any warning has put the status of many in jeopardy.

Referring to the international experience Canada program, Elizabeth explained that it was initially meant for young people between the ages of 18 and 35 from various countries to come to Canada and work for an year to gain experience. She went on to accuse the Harper government pointing out that it has been favouring students from certain countries such as Australia, Ireland etc, while completely closing the door for applicants from countries such as Sri Lan-



ka, India, Pakistan, China and Jamaica.

Elizabeth reminded that the present Conservative party was the result merger of Reform party and progressive Conservative party in 2003 and the Harper government continues to adopt many of the policies of Reform Party. As a result, the present party in power is opposed to any idea that may result in the change in ethnic makeup of Canada.

Mentioning about the new citizenship laws she said one must pass English exam in order to become a citizen and soon the immigration officers are going to decide who will get citizenship. Elizabeth said that the new laws are meant to reduce the voting power of new immigrants.

During the hour long interview Long severely criticized the high handed policies of Harper Government and said that the present federal Government has constantly refused to understand the needs of the new immigrant and vowed that if elected she will fight for their rights.

### Profile of Elizabeth Long

Elizabeth immigrated to Canada from Wuhan, China when she was five years old. Her parents, as new immigrants, struggled to learn the language and make ends meet. But their family persevered and never gave up on the dream of being able to provide more for the next generation.

At church, Elizabeth was recruited to work for a non-profit immigration organization and this experience inspired her to go to law school. Working her way through law school at the University of Toronto, she eventually became a lawyer on Bay Street.

Despite the high salary it was not what she dreamed of doing. It was not her calling. She made a decision to start a small business, an immigration law firm, which helped people, just like her parents, with their immigration issues.

While advocating for new immigrants, Elizabeth witnessed Stephen Harper and the Conservatives roll back family reunification, keeping loved ones apart. She saw the Liberals just sit idly by, taking voters' support for granted, while the immigration system was being torn to shreds.

Elizabeth is running to be the next MP for Scarborough-Agincourt because she wants to be a voice for the people in this riding and send a strong message to both the Liberals and the Conservatives that it's time for change.

# 10,000 Trees for the Rouge



Members of Team Raj Subramaniam on April 27(via [www.raj2014.ca](http://www.raj2014.ca))

10,000 Trees initiative is a volunteer group dedicated to restoring natural habitat within the Rouge River watershed. According to their website [www.10000trees.com](http://www.10000trees.com), each planting attracts about 1,500 volunteers. It adds that since 1989 the volunteers have planted over 145,000 trees and shrubs and helped restore over 150 acres of fragile watershed land.

This year on Sunday April 27 volunteers gathered in large numbers to plant trees as part of the 10,000 Trees for Rouge Valley annual event.

Among them was the team led by Raj Subramaniam, candidate for councillor in Ward 5 in The City of Markham. His team consisted of more than 40 energetic

individuals and they successfully planted hundreds of trees within a few hours.

"As the environment is becoming more polluted, it is our responsibility to stand by wellness of Mother Nature. This could only be possible if our youth become fully aware of the importance of green living," says Raj. He added that prioritizing the empowerment of youth via such environmental events would absolutely be the next step in protecting the environment.

In a media release Team Raj Subramaniam thanked the City of Markham for participating in the initiative and congratulated the organizers for their dedicated mission.

## Deepak Obhrai praises Canada's ethnic media for service to their communities and for highlighting diversity

(Ottawa) The Honourable Deepak Obhrai, P.C., M.P., made the following statement today in the House of Commons:

"Mr. Speaker, today, I would like to acknowledge the rise of the ethnic media in Canada. It is filling the niche that mainstream media has ignored. It caters to the needs of the ethnic community by not only acting as a link to the home country, but also by highlighting the achievements of members of the ethnic community.

Some of those involved, like Shan and Jaya Chandrasekar, have been recognized by their entry into the hall of fame.

To all those from coast to coast who work in the ethnic media, I sincerely

thank them for their hard work and dedication, despite numerous barriers and hardship. This media highlights our Canadian diversity."



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# from the publisher's desk

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**Waterloo News:** [www.tamilculturewaterloo.org](http://www.tamilculturewaterloo.org)

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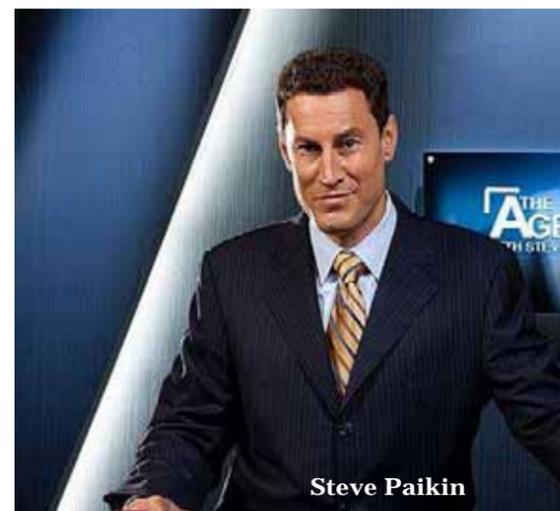
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# Make an informed decision in casting the ballot

After five weeks of intensive campaigning, Ontario's June 12th election signaled its crucial and final phase with the always-anticipated leader's debate. As for the contending political participants, the leaderships of Kathleen Wynne, Tim Hudak, and Andrea Horwath represented the cases for the Ontario Liberals, Progressive Conservatives, and New Democrats, respectively. In terms of structure, prominent TVO journalist, Steve Paikin, returned as the neutral moderator of this divisive debate. From an idealistic democratic perspective, this debate was, and should be viewed as a key opportunity to reinforce a meaningful provincial vote in Ontario. This sentiment has knowingly lacked adequate force, as previously exemplified by the 2011 voter turnout.

In that sense, Ontario's electorate should visualize this forum, not as a showcase for fierce partisanship and vagueness, but as a determined and efficient way for the party leaders to directly communicate with them as voters. Indeed, despite the physical absence of actual voters, the honest intentions of the party leaders are essentially to speak towards widely diverse Ontarians. The primary backdrop of this extensive conversation was the economy, with particular emphasis on the necessity of job creation for Ontario. Public infrastructure, energy, and the deficit were among the other relevant long-term issues that naturally flew into the principled atmosphere of this debate. With respect to getting out the vote, the leaders decisively framed themselves in a way meant to thoroughly educate the average voter's decision-making for the ballot box.

In the context of Ontario's multi-party system, voters, arguably, could bear witness to the considerable distinctions among Wynne, Hudak, and Horwath. While partisan attacks were necessarily an inevitable feature of their performance, these three parties have managed to distinguish themselves in terms of their policy substance in their platforms for Ontario. For example, on the question of the economy, Wynne aligned herself with corporate grants while Hudak opted for lower taxes and Horwath recommended tax credits. These and other policy alternatives have efficiently aimed towards



Steve Paikin

legitimizing these leaders as realistic substantive options for Ontarians' electorate. The leaders, in certain instances, recognizably moved beyond their utilization of anecdotes or narrative stories in their efforts to persuade the direction of the voter's ballot choice.

On another segment, viewers were able to catch a significant glimpse of the leaders' different plans to reinvigorate education for Ontario's betterment. Areas touched upon by the leaders' included the math curriculums in public schools and the stability of educational workers and their contributions to students. There were even particular approaches mentioned by all three leaders on their determination to promote firm governmental accountability to prevent events like the gas plants incident. It had been possible to read between the partisan lines of this debate and gain access to the particular policy initiatives put forward by all three parties. Although Mike Schreiner's absence is viewed as a shock to democracy to a certain degree, voters do hold the ability to conduct proactive research in order to honestly learn of the Green party platform.

In short, once registering to vote, Ontarians can make an informed decision in casting the ballot through the 2014 debate and can obtain greater insight on the policy directions of all unique parties through the internet or other effective means on the campaign trail as well.

**Contributed by: Harrish Thirukumaran (Entering Third Year in 2014-15 at Brock University, Ontario)**



Get voting info on: [www.elections.on.ca](http://www.elections.on.ca)

“It is good to have an end to journey toward, but it is the journey that matters in the end.” -Ernest Hemingway

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

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# 70th Anniversary of D-Day and Battle of Normandy



Inspecting the guard of honour

June 5, 2014 OTTAWA—Their Excellencies the Right Honourable David Johnston, Governor General and Commander-in-Chief of Canada, and Mrs. Sharon Johnston marked the 70th Anniversary of D-Day and the Battle of Normandy by taking part in a ceremony of remembrance on Friday, June 6, 2014, at 1 p.m. at the Canada Aviation and Space Museum, in Ottawa.

During the ceremony, the Governor General received military honours. He also inspected the guard of honour, and addressed veterans, dignitaries and

members of the public. His Excellency participated in a ribbon-cutting ceremony to mark the addition of a Hawker Typhoon aircraft to the Museum's Second World War exhibition. This artifact is the last remaining original and complete Typhoon in the world and is on loan from the Royal Air Force Museum in London, England.

On behalf of the people of Canada, Their Excellencies also laid a wreath in memory of the more than 5,000 Canadians who sacrificed their lives in the name of freedom.

## Message from the Governor General of Canada, Hon David Johnston Following the Death of Three RCMP Officers in Moncton

(June 5, 2014 ) OTTAWA— My wife, Sharon, and I were deeply saddened to learn of the deaths of three officers of the Royal Canadian Mounted Police in Moncton.

Those who wear the colours of the RCMP understand the risks that come with the uniform, but always defend our communities with bravery and courage. Today, we remember the sacrifice of these three officers, a tragic loss we all feel. On behalf of all Canadians, we offer our sincerest condolences to their family and friends, as well as wish a speedy recovery to those who were injured.

In cases of unthinkable violence, we



come together as a community and as a country to mourn. To the residents of Moncton, I hope that peace and security is restored quickly and that all of you remain safe. Please know our thoughts are with you during this difficult time.

# Canada Concerned by Worsening Human Rights Situation in Thailand



Foreign Affairs Minister John Baird ON May 29th coup in Thailand:

“Canada is profoundly concerned by recent serious and regrettable setbacks for democracy in Thailand.

We urge Thailand's coup leaders to abide by democratic principles, respect media and Internet freedom, and provide a credible road map for an early return to civilian representative government. “We also call for the release of those detained—including elected officials, academics, journalists and human rights

defenders—and for those accused to be tried in civilian courts in accordance with Thailand's international human rights obligations.

“Canada values its long-standing friendship with Thailand, a friendship that underpins the countries' important political and economic partnership. However, Canada is now reviewing the scope of its bilateral relations with Thailand during the period of military rule.” issued the following statement following the military



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The Liberals have taken Scarborough votes for granted...

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A round the World

# Narendra Modi becomes Prime Minister of India

By Siva Sivapragasam

“There is a tide in the affairs of men  
Which, taken at the flood, leads on to  
fortune” - William Shakespeare

In a country desperate for change and with a twist of luck on his side, Narendra Damodardas Modi, once a tea seller at railway rooms, has become the Prime Minister of India, world’s largest democracy.

Voters have given the BJP and it’s Prime Minister designate Narendra Modi a mammoth mandate for running the next government in India. The BJP swept the polls along with it’s allies capturing 335 seats out of a total of 543 seats in Parliament. The Indian Congress Party which ruled India for decades faced the worst defeat in history winning only 59 seats. Both Party President Sonia Gandhi and her son Rahul Gandhi shared the blame for the defeat by saying “we take full responsibility for the Congress defeat”.

In Tamil Nadu, onetime cinema star and now Chief Minister, Jayalalitha Jayaram’s ADMK, won 37 out of the 39 seats relegating Karunanithi’s DMK party to zero seats.

Fareed Zackaria, CNN’s Political Correspondent has described Modi as authoritative and a quick decision maker who turned the state of Gujarat into one of India’s most reputed powerhouse.

Modi’s mix of economic efficiency and hardline nationalism mesmerized the voters in India with a “Modi Magic” when they were looking for a change of leadership and Government. The people saw him as the saviour of India’s struggling economy and an eliminator of corruption scandals that have plagued the country during the recent past.

Once the results were announced, Modi flew into Indira Gandhi International Airport in Delhi with his cavalcade from his hometown Ahmedabad in Gujarat to celebrate the victory with other party leaders. He walked from the tarmac like a Roman General after a victory win to be showered by rose petals and jasmines, watched by thousands of supporters who had gathered to take a glimpse of India’s future leader. In the party office hundreds of Ladoos (sweets), India’s artery clogger made of mixed flour fried in fatty ghee and dipped in sugar syrup, was served to those who had come to greet Modi.

The Congress party’s rule over the last few years has been looked upon as a decade of decay. Corruption scandals, rise in prices, a wavering foreign policy and family politics have all combined and contributed to the downfall of the Congress Party. The people of India felt that India’s super power status was declining under the heels of the Congress Party. Prime Minister Manmohan Singh’s posi-



tion had dwindled and he was considered a “puppet” in the hands of the mother and son duo. In Tamil Nadu, they began referring to him jokingly as “Mouna Singh (The Silent Singh)”. Hinting perhaps at the Sri Lankan Tamil problem, Modi told the Media at the Chennai Meenam-baakam Airport that “if the BJP comes to power, Tamils all over the world can expect their dreams to be fulfilled”.

Modi’s capability is being judged by his experience in Gujarat where he turned the once poverty stricken state into a rich and powerful one. Modi was confident of a BJP victory at the election. Overseas Indian communities have also put their shoulders to support Modi and the BJP. Prominent doctors, engineers, business persons, retired professors from Chicago, Atlanta, Los Angeles, Boston and Houston landed in Gujarat and were moving around remote villages supporting BJP candidates. “We have not come on behalf of Overseas Friends of BJP, but have volunteered on our own. We see this election as an opportunity for India to develop,” said Chicago-based Dr Bharat Barai, Former chairman of the Medical Licensing Board in Indiana, President of Medical Staff of Methodist Hospital and trustee of Federation of Indian American Associations.

Although he is democratically elected, Modi is authoritarian in style and spirit. Many feel that the future of India’s development belongs to Narendra Modi. Internationally reputed Time Magazine once referred to Modi in it’s cover as “Modi Means Business”. The success of Narendra Modi will be judged only by a historic innings followed by a historic win.

Modi left his home and his wife as a young man to do “service” for the country. He has now achieved the highest position to serve the nation.

Modi had even sacrificed his family life. Modi has not seen his wife for the past forty-five years or so. But during the election campaign his wife Jasotha prayed with her friends in temples for what she called “His success”. In an interview with the Indian Express she remarked “Modi progresses in whatever he does. I know he will become PM one day!”

The happiest person celebrating Narendra Modi’s victory was his ninety year old mother Heraben Modi. She blessed Modi after the election victory and said “My son will lead India towards development”.

# The Bishop of Jaffna: “Our ministry is reconciliation”



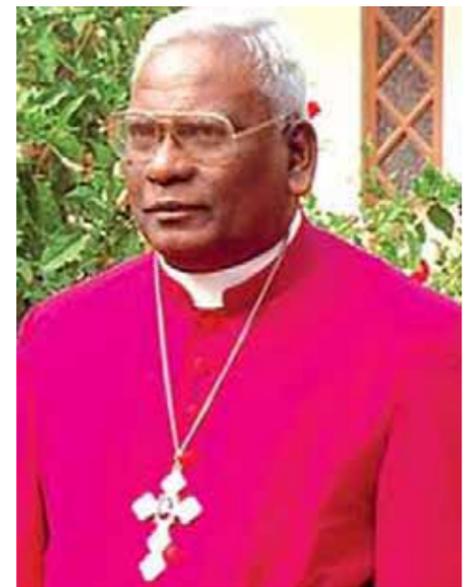
Most Rev. Dr. Thomas Emmanuel Savundranayagam, Bishop of Jaffna, in Vatican with the other Bishops of Sri Lanka, for an Ad limina apostolorum visit - the obligatory visit by bishops every five years to meet the pope - told Fides News Agency in Vatican “In Sri Lanka, our ministry as Bishops and Christians is essentially that of reconciliation, which is the main urgency that the country in needs”

The Island nation, torn apart for almost 30 years by a civil war, still lives the rift between the majority group, the Sinhalese (75% of the population) and the largest minority group, the Tamils (about 11% of the population), who live in the North and East of the island. Five years after the end of the conflict (1983-2009), the Bishop, who leads a diocese in the Tamil area, said: “As a Church, we argue that a political solution is urgently needed, after the end of the conflict: we expect and hope this to happen on behalf of the central government for the area and for the Tamil population”.

The solution could be that of a federal type of autonomy with the devolution of some administrative powers.

“In meetings with various dicasteries of the Holy See, each of us Bishops - Bishop Savundranayagam told Fides - presented his diocese and also spoke of the difficulties that we encounter today in pastoral work. In Jaffna we bear the marks of three decades of war: my diocese was the epicenter of the conflict. It was hard to be instruments of non-violence in the midst of a bloody armed conflict that claimed thousands of victims”.

The Bishop explained to Fides: “The biggest challenge today for my diocese is the care of the refugees who, at the end of the war were 300 thousand. They need a decent life. People are traumatized from having lived so much violence, seen killings, death. Today, we work hard for reconciliation, accompanying people to over-



come this phase and to have faith in God who is Providence”.

“The government has a triumphalist tone against terrorism, maintains a strong military presence in the North, does not show empathy and sorrow for civilian victims: this would be necessary, because we are citizens of the same country. Solidarity and mutual acceptance are fundamental: we have to live together in this little town, freeing it from division and hatred, growing in harmony. This is the only hope for Sri Lanka. The Church has a prophetic role in this process”.

Bishop Savundranayagam added: “We have asked the Holy Father to use his authority and his moral influence to ask the government to find a political solution that brings harmony and equality in society. Pope Francis has asked us to be faithful to our ministry and to take care of the priests and the faithful. He encouraged us to have hope”. The Bishop concludes: “Coming to Rome is always a profound experience of faith. We were all impressed by Pope Francis’ simplicity and his love for the mission. We look forward to having him in Sri Lanka”.

Vatican City (Agenzia Fides) News Agency

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# Narendra Modi sworn in as Prime Minister of India

"Thou art the ruler of the minds  
of all people,  
Dispenser of India's destiny.  
Thy name rouses the hearts  
of Punjab, Sindhu, Gujarat and Maratha  
Of the Dravida, Utkala and Bengal  
It echoes in the hills of the Vindhyas  
and Himalayas  
mingles in the music of Yamuna  
and Ganga, and is  
chanted by the waves of the Indian Ocean.  
They pray for thy blessings and  
sing thy praise.  
The saving of all people waits in thy hand,  
Thou dispenser of India's destiny.  
Victory, victory, victory to thee."

- Indian national Anthem composed by  
Poet Laureate Rabindranath Tagore

By Siva Sivapragasam

As Delhi's scorching sun took a break to cool itself in the evening, the boy who once sold tea at railway platforms, took leave of absence from his family and sometimes wandered in the mountainous region of the Himalayas, later a Chief Minister, has now become the Prime Minister of a country which is the largest democratic nation in the world.

Sixty three year old Narendra Damodardas Modi, in a pledge to rule the coun-



try without fear or favour and towards development, has also kept his promise to a request from his aged 90 year-old mother Heraben "To take India towards development".

Modi took his oaths as Prime Minister of India at an auspicious time at Rashtrapathi Bhavan, the President's House, amidst an international audience of dignitaries. Narendra Modi has been sworn in as India's 15th Prime Minister by President Pranab Mukherjee who administered the oath. Present among the almost 4000 guests at the grand ceremony were leaders from eight neighbouring countries, including Pakistan, Bhutan, Afghanistan and Sri Lanka. Against the backdrop of the melodious musical theme of India's national anthem penned by the great Bengali poet Rabindranath Tagore, President Pranab

Mukherji administered the oath of Premiership to Modi.

Important Ministries have been allotted to some of the leading BJP leaders.

The President of the party, Rajnath Singh takes over the Home Ministry while Sushma Swaraj has been appointed as the Foreign Minister. Finance will be handled by Arun Jaitley and Ministry of Parliamentary Affairs goes to Venkaiah Naidu. Nitin Gadkari takes over the important Transport portfolio. Maneka Gandhi (Indira Gandhi's eldest daughter-in-law) has been given the Ministry of Women & Children. Modi has promised that he would head a lean Cabinet with a focus on "minimum government and maximum governance". He is expected to merge and restructure several ministries.

Prime Minister Modi also posted the following message to the people of India on his official web-site:

"On 16th May 2014 the people of India gave their verdict. They delivered a mandate for development, good governance and stability. As we devote ourselves to take India's development journey to newer heights, we seek your support, blessings and active participation.

Together we will script a glorious future for India. Let us together dream of a strong, developed and inclusive In-

dia that actively engages with the global community to strengthen the cause of world peace and development.

I envision this website as a very important medium of direct communication between us. I am a firm believer in the power of technology and social media to communicate with people across the world. I hope this platform creates opportunities to listen, learn and share one's views.

Through this website you will also get all the latest information about my speeches, schedules, foreign visits and lot more. I will also keep informing you about innovative initiatives undertaken by the Government of India."

Millions in India watched on TV a man from humble beginnings becoming the Prime Minister of the world's largest democratic country. Modi's ninety-year old mother Heraben proudly watched her son taking oaths as the fifteenth Prime Minister of India, from her modest home in the city of Gandhinagar.

Her gift to the son for occupying the high position in the country was her saved one-hundred and one rupees which she gave him before Modi left Gujarat. She gave the money to Modi and said "Have it for your traveling expenses". A visibly emotionally moved Modi accepted the money and put it in his pocket.

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A round the World

# Tamil National Alliance “Unequivocally Condemns” the Designation by Sri Lanka Gazette of Tamil Diaspora Organizations and Individuals

*(Full Text of a Statement Issued on behalf of the Tamil National Alliance by its leader Rajavarotheyam Sampanthan M.P. It was released to the press by the TNA Media office on May 24, 2014)*

The Tamil National Alliance (TNA) wishes to unequivocally condemn the recent action taken by the Government of Sri Lanka to designate several Tamil diaspora organisations and individuals under Gazette Extraordinary No. 1854/41 of 21 March 2014. This Gazette notification was issued under the United Nations Regulations No. 1 of 2012 published in the Gazette Extraordinary No. 1758/19 of 15 May 2012.

These measures come in the wake of the passage of Resolution 25/1 on ‘Promoting reconciliation, accountability and human rights in Sri Lanka’, adopted at the 25th session of the United Nations Human Rights Council on the 23 March 2014.

We note that Regulation 7 of the United Nations Regulations No. 1 of 2012 stipulates that the Competent Authority shall take all reasonable steps to notify such organisations and individuals in writing of such designation. Moreover, the Regulation provides that the written notice shall contain information relating to the reasons for the designation.

Despite the lapse of two months since the publication of the said Gazette notification, the Government of Sri Lanka has failed to present any reasons for the designation of these organisations and individuals.

We note that the reasons for designating any organisation or individual must disclose ‘reasonable grounds’ for belief that such organisation or individual has committed or attempted to commit, or participated in or facilitated the commission of ‘terrorist acts’. According to the United Nations Regulations No. 1 of 2012, the definition of ‘terrorist act’ has the same specific meaning as in the Convention on the Suppression of Terrorist Financing Act, No.25 of 2005. In this

context, the written notices must explain the reasons for designating such organisations and individuals in light of the specific definition provided in the Act.

Among the several organisations and individuals listed, are many who have supported the TNA’s quest to find a political solution to the National Question based on a framework of devolution that is within in a united Sri Lanka and acceptable to all communities. Such a framework has been enunciated by us continuously at elections and endorsed by the Tamil People. We cite for example, the public statement issued by the Global Tamil Forum (GTF) on 14 January 2012, in which they said:

We note that the elected representatives of the Tamil people in Sri Lanka the Tamil National Alliance has engaged with the Government of Sri Lanka for the past one year, in dialogue to find a durable, and dignified political solution to the National Question. Such resolution must necessarily alter the governance structure of the country to recognise that the Tamil speaking peoples are entitled to the right to self-determination and granting to them irreversible autonomy in the areas of historic habitation. We for our part will support the full implementation of such an arrangement if agreed upon, and urge the international community to encourage the Sri Lankan Government to come up with such an acceptable political solution and ensure its genuine implementation.

There are many other diaspora organisations that are members of the GTF, which is an umbrella organisation. The Government of Sri Lanka has designated some of these organisations along with the GTF. There are others too who have no links whatsoever to any ‘terrorist acts’ as defined in the 2005 Act, but have been designated in the list without a shred of evidence to justify such designation. These organizations and individuals have consistently and publicly argued for a political solution within an undivided



Rajavarotheyam Sampanthan M.P

country. For instance, the Australian Tamil Congress (ATC) published a document in July 2010 titled, ‘A Blueprint for a peaceful Sri Lanka’, in which their goal for a political solution was articulated as follows:

Implementation of a political solution that provides equal rights and opportunities to all citizens of Sri Lanka, with the committed engagement of major and minor political parties and supported by the International Community.

Similarly, the Canadian Tamil Congress (CTC), as recent as September 2013, congratulated the TNA on its victory at the Northern Provincial Council election, and stated:

We at CTC call upon the Sri Lankan government to recognize the wishes of the Tamil people through the result of this election and immediately implement the 13th amendment in full. It is also very clear from the TNA election manifesto, the government of Sri Lanka must go far beyond the 13th amendment to satisfy the Tamil people. We therefore call upon the international community, particularly India, to put all their influence in helping to implement the legitimate demands of the Tamil people in Sri Lanka.

The Canadian Tamil Congress thanks and applauds the people of the Northern

province for exercising their democratic right by voting in this election, despite all the intimidation. CTC recognizes and respects the wishes of Tamil people and will stand by the TNA and its Chief Minister elect Justice Wigneswaran in the quest to achieve real equality, justice, peace and respect for our people.

While acknowledging the right of any government to take appropriate steps to counter violent threats to national security—provided those steps comply with domestic and international human rights and humanitarian law—we note with serious concern that this regressive step taken by the government is consistent with many other measures that it continues to take in the North and the East that are against the spirit of reconciliation. These measures include the military occupation of private lands, and the arbitrary arrest, detention and ‘rehabilitation’ of Tamil youth under the Prevention of Terrorism Act.

We therefore call on the Government of Sri Lanka to review the decision to designate all of the said organisations and individuals and remove from that list organisations and individuals against whom there is no evidence of engaging in or supporting any ‘terrorist acts’ as defined by the 2005 Act.



Elected Northern Provincial Council (NPC) in Sri Lanka observed “Mullivaaykkaal Remembrance” on May 22nd at NPC Secretariat in Kaithadi, Jaffna

Students and academics at University of Jaffna commemorated on May 21st. The tributary events took place despite Sri Lanka government ban on such observances taking place on May 18th and 19th



# Arundhati Roy on What Modi's Rise Means for India

By Tahir Mehdi

In Pakistan, apprehensions are rife about Narendra Modi's flamboyant success. But fervent Modi supporters in the Indian middle classes prefer to place him in the economic governance arena.

The Dawn, Pakistan's oldest and most widely read English Newspaper recently talked to renowned Indian writer, Arundhati Roy, in Delhi to explore what Modi's rise means for India:

"The massive, steeply climbing GDP of India dropped rather suddenly and millions of middle-class people sitting in the aircraft, waiting for it to take off, suddenly found it freezing in mid-air," says Ms Roy. "Their exhilaration turned to panic and then into anger. Modi and his party have mopped up this anger."

India was known for its quasi-socialist economy before it unfettered its private sector in 1991. India soon became global capital's favourite hangout, sending its economy on a high. The neo-liberal roller coaster ride, however, hit snags. The Indian economy, after touching a peak of over 10pc growth in 2010, tapered down to below 5pc in the last three years. The Indian corporate class blames this lapse solely on the ruling Congress party's 'policy paralysis'. Its 'meek' prime minister, Manmohan Singh, was now identified as a hurdle. The aggressive Modi thus provided the ultimate contrast.

mate contrast.

"What he [Modi] will be called upon to do is not to attack Muslims, it will be to sort out what is going on in the forests, to sweep out the resistance and hand over land to the mining and infrastructure corporations," explains Ms Roy. "The contracts are all signed and the companies have been waiting for years. He has been chosen as the man who does not blink in the face of bloodshed, not just Muslim bloodshed but any bloodshed." India's largest mining and energy projects are in areas that are inhabited by its poorest tribal population who are resisting the forcible takeover of their livelihood resources. Maoist militants champion the cause of these adivasis and have established virtual rule in many pockets.

"Bloodshed is inherent to this model of development. There are already thousands of people in jails," she says. "But that is not enough any longer. The resistance has to be crushed and eradicated. Big money now needs the man who can walk the last mile. That is why big industry poured millions into Modi's election campaign."

Ms Roy believes that India's chosen development model has a genocidal core to it. "How have the other 'developed' countries progressed? Through wars and by colonising and usurping the resources of other countries and societies," she says. "India has no option but to colonise itself."



Arundhati Roy – pic by: Jeanpaptisteparis'

India's demographic dynamics are such that even mundane projects, such as constructing a road, displace thousands of people, never mind large dams and massive mining projects. The country has a thriving civil society, labour unions and polity that channel this resistance. The resistance frustrates corporate ambitions. "They now want to militarise it and quell it through military means," she says. Ms Roy thinks that the quelling "does not necessarily mean one has to massacre people, it can also be achieved by putting them under siege, starving them out, killing and putting those who are seen to be 'leaders' or 'instigators' into prison." Also, the hyper Hindu-nationalist discourse which has been given popular affirmation will allow those resisting 'development' to be called anti-nationals. She narrates the example of destitute small farmers who had to abandon their old ways of subsistence and plug in to the market economy.

In 2012 alone, around 14,000 hapless farmers committed suicide in India. "These villages are completely resourceless, barren and dry as dust. The people are mostly Dalits. There is no politics there. They are pushed into the polling booths by power brokers who have promised their overlords some votes," she adds, citing her recent visit to villages in Maha-

rashtra that has the highest rate of farmer suicides in India.

So is there no democracy in India then? "It would be too sweeping to say that," she retorts. "There is some amount of democracy. But you also can't deny that India has the largest population of the poor in the world. Then, there hasn't been a single day since independence when the state has not deployed the armed forces to quash insurgencies within its boundaries. The number of people who had been killed and tortured is incredible. It is a state that is continuously at war with its people. If you look at what is happening in places like Chhattisgarh or Odisha, it will be an insult to call it a democracy."

Ms Roy believes that elections have become a massive corporate project and the media is owned and operated by the same corporations too. She opines that "some amount of democracy" in India is reserved for its middle classes alone and through that they are co-opted by the state and become loyal consumers of the state narrative of people's resistances.

"The 2014 elections have thrown up some strange conundrums," she muses. "For eg, the BSP, Mayawati's party, which got the third largest vote share in the country, has won no seats. The mathematics of elections are such that even if every Dalit in India voted for her, she could have still not won a single seat."

"Now, we have a democratically elected totalitarian government," she continues. "Technically and legally, there is no party with enough seats to constitute an opposition. But many of us have maintained for several years that there never was a real opposition. The two main parties agreed on most policies, and each had the skeleton of a mass pogrom against a minority community in its cupboard. So now, it's all out in the open. The system lies exposed."

India's voters have given their verdict. But the blunt question that Ms Roy raises remains unanswered: where will India's poor go?

- (via courtesy of The Dawn)



Cartoon credit: Vikatan.com

## The Legacy Of Tianamen Square

"Many who stood on the square that day, asking only for the freedom to speak their minds and to have a say, are still harassed and others are unaccounted for".

"As the Democracy Award is a replica of the Goddess of Democracy — the statue erected by students in Tiananmen Square [on May 29, 1989] — it's appropriate that we think of China, and remember those tragic events 25 years ago," said U.S. Assistant Secretary for Democracy, Human Rights, and Labor Tom Malinowski. He was speaking at the National Endowment for Democracy's 2014 Democracy Award event in Washington, DC.

"On June 4th, we were mesmerized, because there on the [TV] screen, live in Beijing, was a young man stopping tanks with a gesture of his hand. For the first time, the world watched history unfold in

real time. And we have ever since. That is one legacy of Tiananmen," he said.

Twenty five years after the violent suppression of demonstrations in Tiananmen Square by Chinese authorities, we should remember the tragic loss of innocent lives and reflect upon the meaning of the events that preceded the violent suppression.

Hundreds of thousands of protesters took to the streets for weeks, in Beijing and around the country, first to honor the late reformist leader Hu Yaobang and then to demand basic human rights denied to them.

"Since then, China has changed in so many ways," Assistant Secretary Malinowski said. "It has built a modern economy, lifted hundreds of millions out of poverty, become an influential power,



Cartoon Credit: Crazy Crab, Hexie Farm, China/China Digital Times

a partner on many issues we care about. Yet many who stood on the square that day, asking only for the freedom to speak their minds and to have a say, are still harassed and others are unaccounted for."

"If there is still any disagreement on

this point, it is only between the Chinese and American governments, not between the Chinese and American people," Mr. Malinowski said.

"As China grows more integrated with the world, its economic, environmental and security problems will be our problems, too. Those kinds of problems only get solved where governments allow civil society to flourish, and people to communicate, and journalists to write, and judges to judge, freely without interference of political leaders. While it is the Chinese people who have the most to gain by seeing this happen, we [also] have a stake."

(Reflecting the Views of the U.S. Government as Broadcast on The Voice of America)



I am not a mathematician, not did I ever want to be one. Mathematics, however, is used in every aspect of our day to day lives. Most of this use is readily accomplished by electronic calculators, either stand alone or built into computerized devices. This article is an attempt to show how easy and valuable mental math is not only to one's day to day activities but also for faculties of mental function. This is also yet another illustration of how and why conventional wisdom does not always make sense. Just like it is in Medicine, may routine and standard practices turn out to be exactly opposite to the truth. In math, I believe, at least some of the traditional teachings are unnecessarily too complicated for students who then shun, rather than embrace, the subject..

The initial problem at school with math was with the basic idea of start-

tally. At that point, it would be easier to start multiplying by 10 first and work your way down from there. As it turns out multiplying by 10 is the easiest but by 9 is the next in the terms of ease and fun. No one would have any problem multiplying a number by 10, but multiples of 9 are equally easy to get. For example, if 3 by 10 gives 30, then by 3 by 9 has to be less than 30, and therefor should start with 2 or 1. It so happens, when multiplying 9 by any number between 2 and 9, the answer always starts with one less than the multiplier and total of the two digits in the answer always adds up to 9. Once you master how to multiply by 9, then multiplying by 8 becomes a lot easier because the answer is less by the number being multiplied. Moving on up or down

sum of 3 plus 4 in between. This is usually an easy exercise when you multiply 11 by two digit numbers and becomes harder when the multiplier is a three or four digit number, but the logic is still the same. When you multiply 11 by 237, the answers always ends in 7, but as you add 3 & 7, the answer is 10, zero goes before 7, then add 2 and 3, get 5 which becomes 6 as you add the 1 from the 10 giving you correct answer 2607. As you work these examples out mentally, you can always check the answers with a calculator to enhance your confidence in doing them. There is, of course, another easier and perhaps slower method of multiplying by 10 first and then adding the number being multiplied once more to the answer.

For example, multiplying 12 by 11 is

not, when you multiply the answer by the denominator, answer will not equal the numerator. Multiplication, likewise, is the opposite of division. For example, you multiply any number by 11, you are simply dividing the answer you get by either 11 or the other number which will in turn give the alternate number as the answer. Once again, the reader is advised to practice examples to get a better understanding of these concepts.

I will end these fascinations with numbers with yet another interesting idea of "casting out" the 9s. When you add the digits in any number to make a single number, it so happens that the answer is what you get when you subtract the closest multiple of 9 from that number. To elaborate, turning 723 to a single number would turn out to be 7 plus 2 plus 3 which is 12, then adding 1 plus 2, you get 3. It is interesting to note that this is

By: Richard Jeyaranjan, MD, PhD, FRCPC

# The Value of Mental Math for Both Seniors and Juniors - Use It or Loose It!

ing a calculation from the right in that it contradicted the first principle of writing. While there are exceptions, most of our languages are written and read from left to right. Yet, in math, we were forced to write from right to left! This is essentially the beginning of the end for some students!! Meanwhile, when we do mental math, we always do it from left to right. For example, when we add 2000 and 50, we would say 2050, but if we were to do this on paper at school, we would write this in the reverse order starting from zero. There are many more interesting things to come. For example, when one multiplies 2,000 by 25, he or she would first multiply 25 by 2 and then say 50,000, but on paper the exact opposite is done. The problem is a bit more complicated if multiplying 2000 by 24, but I think it is still easier to first multiply 2000 by 25 from left to right and then subtract 25 arrive at the answer 49,975. Similar approach can be used for most multiplications without using the traditional paper method of starting from the right. The reader who is interested should try more examples like this both mentally and on paper in order to understand these concepts.

Second problem we encounter at school is with multiplication tables. We were forced to memorize and recall them by rote. It would have much more useful for brain development and function to understand the logic behind these numbers, make them interesting, and extend the concepts to other mathematical problems. In essence, multiplication is simply repetitive addition. For example, 2 times 2 is 2 plus 2. Two times three is 2 plus 2 plus 2 and so on. After a while, this may become too long a calculation to do men-

it becomes more or less by another multiple for every additional digit. I think these are lot easier methods than simply memorizing the tables.

There are many other mathematical fascinations which I will elaborate further. Multiplying by 11, squaring of numbers ending in 5, "casting out" the 9s, and similarities between dividing or multiplying, especially by 11 and 9. There are many more interesting topics in mathematics, but they are beyond the scope of an article such as this.

Multiplying any number by 11 usually yields an answer that not only ends in the same last digit of that number but also begins with the same first digit or one higher and contains the sum of the digits contained in that number. For example, when 34 times 11 yields 374, 3 and 4 are first and last digits with the

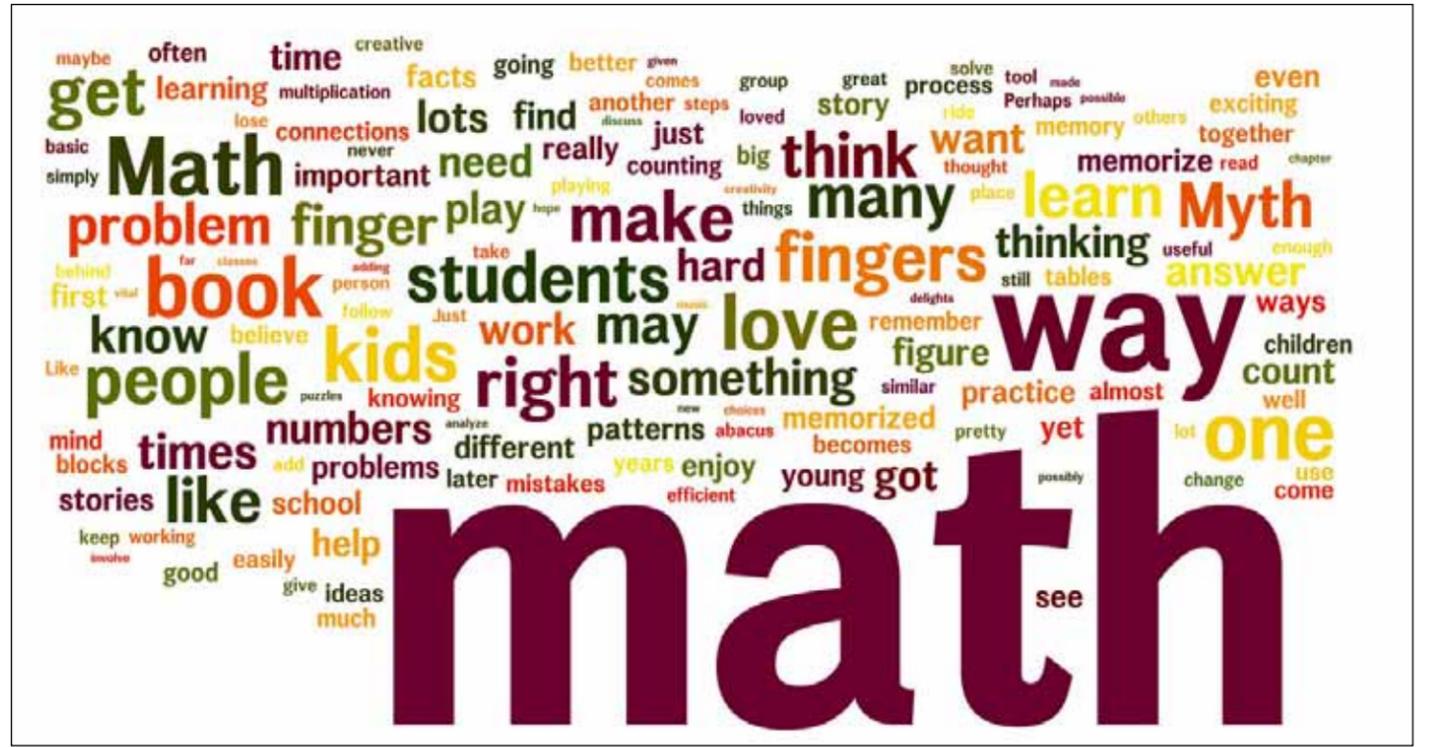
120 plus 12.

Squaring of numbers in ending in 5 is another example in mathematics that is fascinating to me. It so happens the answer always ends in 25 and the preceding digits contain the answer one gets multiplying the numbers contained in the digits preceding the 5 and the one next. To clarify, when you square 35, answer is 1225 because 3 times 4 is 12 and you simply follow this with 25 to get the answer.

Division and multiplication are essentially identical processes. During division, the answer once gets would, when multiplied by the denominator, equal the numerator. Simply put, if you divide 6 by 2, then the answer 3 multiplied by 2 would be equal to 6. Extending this concept, when you divide a number by 9, the answer would be about a tenth more than what you get when you divide by 10. If

the remainder you will get if you divide 723 by 9. After all, we already learnt 8 time 9 is 72 because 7 and 2 add up to 9 and the answer has to start with one less than 8. If so, 9 times 80 is 720, you take out 720 from 723, and you get 3. The only caveat here is that if remainder turns to be zero, then the answer is 9.

There are many more interesting concepts in mathematics just as there are in any subject. Both seniors who want keep their mental functions sharp as well as students who want to excel not only in studies but also in very many daily activities should practise the above and similar ideas in mental math. Many more detailed and interesting topics have been published by Dr. Arthur T. Benjamin whose lecture series titled "Secrets of Mental Math" led to the formation of most of the ideas discussed in this article.





# Making the Most of the Summer Season: *Healthy Living*



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

After dragging our feet through what felt like the longest winter in years, it is time to enjoy the summer months ahead! In the next few months your life will feel less chaotic making it a perfect time to improve your health and wellness.

## Hydration

As the days get warmer, our body will slowly begin to adjust to the warm weather causing our body to feel more dehydrated than usual. A great way to increase water and nutrient intake is to include a berry boost in your diet. Having a mix of berries like blueberries, strawberries, and blackberries each day can help to increase antioxidants and fiber intake while reducing the onset of illnesses.

## Stress

Stress is something we cannot eliminate but we can improve the way we handle stress. Keeping your body in constant movement and interacting with nature or

Make sure to always wear eyewear like sunglasses and this is important not only for adults but for all ages as well. Sunglasses can block as much as 99% of UV rays as these rays can affect your eyesight over time by causing cataracts. Protect your skin as well by wearing sunscreen with a sun protector factor (SPF) of at least 15 with broad-spectrum coverage. This will help to protect your skin from sunburns and from long term wrinkles and rapid aging. Even individuals with darker skin tones should be wearing minimal sunscreen to protect their skin if spending ample time outdoors.

Even if you spend time in the water then sunscreen is necessary and it will get washed off over time (even waterproof sunscreen!) so re-applying is important. The cooling effect of the water makes your body feel like it is not getting burned but in fact your skin will still get burned with prolonged exposure. Water reflects UV rays which actually increases exposure to your skin. If you get sunburns then apply cool water with a sponge over the burns and use calamine lotion afterwards. Make sure to avoid the sun after getting sunburns to allow them to heal and if they continue to blister or swell



other individuals helps to relieve stress. For example, gardening is a great way to help your body and mind relax or relieve stress. This goes hand in hand with exercising and committing to outdoor activities. Taking walks during break hours and after work are great ways to relieve stress and allow for your body and mind to relax.

Incorporating other activities like spending time outdoors with your kids, swimming, or trying new activities can also help to boost not only your health but family bonds as well.

With all the time you will spend outdoors, it is just as important to protect yourself from prolonged sun exposure.

severely then you should seek medical attention.

Sunscreen can aggravate eczema so checking the ingredients list when choosing sunscreen is very important. You can apply a small amount of sunscreen to a small area of the body to see if there is a reaction. This is especially important for children as young skin can be easily damaged by the sun and may be more sensitive with eczema. You can apply the required eczema steroid cream first then apply the sunscreen about 30 minutes later. Re-applying sunscreen throughout the day will help maintain protection.

## Vitamin D from Sunlight

Vitamin D is necessary for healthy



bones and our body is able to create it from sunlight but we also get vitamin D from foods like eggs, fish, and meat. To get vitamin D from sunlight you may want to spend short periods of time outdoors during peak hours when the sun is out. Evidence suggests that light skinned individuals only need about 10-15 minutes of sun exposure to create vitamin D and longer periods of sun exposure are needed for dark skinned individuals. Dark skin is less likely to get sunburned and less likely to develop skin cancer, but because the dark skin protects the body from UV rays it also prevents the production of vitamin D from sunlight.

There are many factors that affect the health of our skin when exposed to sunlight, such as the time of year, location, time of day, skin tone and type, and how much skin is exposed. Some individuals are more sensitive to sunlight or get burned or red more quickly than others requiring constant sunscreen application or coverage of the skin. Enjoying 10-15 minutes of sunlight without sunscreen may be just enough to get vitamin D, however sunscreen is important to wear if you spend long periods of time outdoors. The longer you stay in the sun without sunscreen, the higher your risk of getting skin cancer.

## Pay Attention to Heat Waves

As our summers tend to be quite hot, make sure to pay attention to heat waves issued by the meteorological office. Heat waves can increase dehydration, overheating, heatstroke, and heat exhaustion. Individuals aged 75 years or older, babies, and young children are more at risk along with those who have breathing conditions, other serious health conditions, or those who are very active outdoors.

During a heat wave there are different ways to protect your family indoors and outdoors. You can pull down the shades

and shut the windows, avoid going outside between 11am and 3pm as that would be the warmest time of day, use light colour shades in the sunniest areas of your home, take frequent cool baths or showers, and drink lots of water or cool drinks while avoiding tea, coffee, and alcohol.

## Hay Fever

Another common concern during the warm months is hay fever. Triggers like trees and grass pollen cause hay fever especially on bright, sunny days. Hay fever can feel like a persistent bad cold and can increase your chance of asthma. Avoid going out when pollen counts are highest (this can be found on any weather network/channel) and sleep with the windows closed when symptoms show. A clean environment can also help by eliminating dusty surroundings by vacuuming and using a wet cloth to clean dust. Pollen can also stick to your hair and be transferred to your pillow so washing your hair after spending time outdoors may help. Severe hay fever requires antihistamine treatments like nasal sprays and other medications but the important thing to remember is to begin protection before hay fever starts. Pay attention to when you normally get hay fever and what triggers it in order to take the antihistamines a couple of weeks beforehand to have your body protected when the pollen count is high.

If you would like more information on sunscreen and skin care please go to <http://www.dermatology.ca> and select the Programs & Resources tab.

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

# Learn more about men's health & cancer prevention

Rouge Valley surgeons to be featured on Daytime show, on Rogers TV Durham

A team of Rouge Valley Health System (RVHS) surgeons will share their expertise on men's health issues during a local live daily lifestyle program.

Daytime airs Monday to Friday at 11 a.m. on Rogers TV Durham (channels 10, 63 and 510 in Durham Region). The episodes, which air June 9 to 11 and June 16 to 17, will feature a different Rouge Valley surgeon each day to speak on a variety of topics, focusing largely on men's health and cancer prevention.

- Monday, June 9 - Dr. Arvind Nanda, general surgeon, will share his expertise on colon cancer screening and checks.
- Tuesday, June 10 - Dr. Jason Smith, orthopaedic surgeon, will speak about sports injuries.
- Wednesday, June 11 - Dr. Allan Eckhaus, plastic surgeon, will highlight how to protect against skin cancer.
- Monday, June 16 - Dr. Zak Klinghofer, urologist, will speak on prostate cancer,

and new procedures offered at Rouge Valley, including the new GreenLight laser, used to treat prostate cancer.

- Tuesday, June 17 - Dr. Henry Huang, ear nose and throat specialist, will offer tools to tackle snoring.

"Our surgeons do amazing work both inside and outside of the operating room. We know patients can be much more proactive in their own health care when they have good information, so sharing important messages with our community is something our surgeons really enjoy doing," explains Renate Ilse, program director of surgery, endoscopy and central processing at Rouge Valley.

In May, Rouge Valley Ajax and Pickering's women's and children's health team – of obstetrician-gynecologists, midwives and staff – were also featured on Daytime, highlighting the program's leading services.

# Bed Race 2014 - 4th Annual Event by Rouge Valley Centenary Hospital

Participants laced up their runners, and in some cases their high heels, to get ready for the excitement of the Bed Race for Rouge Valley Centenary hospital (RVC) on May 23 at Scarborough Town Centre.

Crazy costumes were just part of the attraction for participants and the crowds enjoying the annual bed race, with teams competing for a number of top prizes in the annual event. Race teams pushed the colourful hospital race beds down Borough Drive for a chance at glory and trophies, having raised funds for a new operating table for RVC's surgical unit.

Race teams came from hospital staff as well as local business sponsors and Foundation supporters, and every year the competition is fierce for Best Costumes, Top Fundraisers and Race Champion trophies, as well as the Rouge Valley Hospital Cup, which featured staff and physician teams going head-to-head for bragging rights.

CTV once again was on hand, broadcasting some of the race action during CTV News at Noon. Weather anchor Denise Andreacchi broadcast from the races, cheering on the CTV team and interviewing some of the organizers, doctors and participants while providing weekend weather forecasts to the viewers at home.

The races are divided into heats, with teams pushing the 400-lb beds down a 100-metre track as fast as they can.

"Every year we are amazed by the support the Bed Race receives from hospital

staff, physicians, and around the community," says Janet Ainslie, Co-Chair of the Bed Race, along with her husband, Toronto City Councillor Paul Ainslie. "Rain or shine, teams come out from all over. Every year we get police, fire, TTC, local schools, and businesses coming out to have a great time, while raising essential funds for their community hospital."

This is the fourth year for the event and along with entertainment by comedian/announcer Rick Kunst, there was food for participants provided by sponsor Scarboro Golf & Country Club. Other sponsors are CTV, Bell, Scarborough Town Centre, Scarborough Mirror, East Court Ford Lincoln, Gervais Rentals and Princess Auto.



# Walk with Heart hits ambitious \$100,000 target, yet again



In all, 727 participants walked in this year's Walk with Heart at the Rouge Valley Centenary hospital's Cardiac Rehab department

When it comes to the Rouge Valley Health System's Cardiac Rehab team, it is a marvel to behold what they can accomplish with the amazing energy level their staff and volunteers bring to everything they do. Such is the case with the 2014 Walk with Heart, which once again 'wowed' everyone who attended on April 26 at Rouge Valley Centenary's 11th Floor rehab centre.

With a morning full of activities and entertainment, the 727 participants walked their way to the event's goal of \$100,000. It was the second consecutive year the event has hit that ambitious target and organizers were raving about the support they received.

"A big thank you to everyone who participated and helped out with this year's Walk with Heart!," says Lynn Scholey, an Exercise Therapist for the Cardiac Prevention and Rehabilitation Service. "It's a total success story."

She points to a few of the many highlights from the event to show how they

were able to reach their goal. The biggest walk team this year was 30 walkers and the highest fundraising total was \$6,000!

Other notables: The donation from farthest away came from Gosnells, Australia, and the largest one-time donation was \$1,020.

Among the fun had during the morning, were Boy vs. Girl Exercise Therapist challenges, featuring a fun tricycle race and biathlon challenge. Exercise Therapist Mike won the MET test challenge with the highest peak oxygen consumption.

Miss Universe Canada finalists came out to offer support and many of the hospital's cardiologists attended and took part in cardiac test challenges to support fundraising for the event.

All in all, the Walk with Heart was a tremendous success again and everyone from the Cardiac Rehab team expresses their appreciation to all of the participants, donors and volunteers for their generous support.





# Rouge Valley starts innovative Bed Map initiative improving patient care and experience

## Echo magazine features hospital's growth in new programs, clinics, mental health integration and more

Patients hospitalized at Rouge Valley Health System who need different types of care during their stay are benefiting from a new Bed Map initiative that brings the care to them, rather than having patients move to a new bed or another unit. For example, stroke patients who require rehabilitation after their acute care treatment will not have to wait to be transferred to a different bed or floor. Instead, rehab will come to them, allowing patients to get the care they need faster and safer. Read about this and more on new programs and clinics being offered at Rouge Valley in the latest issue of Echo — the hospital's quarterly magazine.

This edition of Echo includes articles on:

- The opening of a newly consolidated maternal newborn and paediatrics unit at Rouge Valley Ajax and Pickering hospital campus;

- A new paediatric constipation clinic at Rouge Valley Centenary hospital campus for young patients — the only clinic of its kind in the Greater Toronto Area;

- A new prehabilitation program that is helping to improve outcomes for shoulder surgery patients;

- Durham residents now having greater access to cardiovascular rehabilitation thanks to the addition of three new program community sites in Ajax, Oshawa and Whitby;

- An innovative partnership between Rouge Valley and Durham Mental Health Services that offers more mental health nursing care in the community;

- A new Rouge Valley program called CATCH offering patients support after they have been discharged from hospital; and

- A midwife and urologist joining Rouge Valley's team.

The new Echo magazine is available electronically to download online, as well as in print at both Rouge Valley hospital campuses. The magazine is also sent to 1,200 doctors' offices, plus to community organizations.

### 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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# My Story...

By Shireen Ali

In September 2011, my grandfather, AlfarukBaksh, had a stroke. After he spent close to three weeks in an acute care hospital, the nurse practitioner called a family meeting to inform us that due to his medical history, age, and other factors, he wasn't going to live much longer. We needed to prepare ourselves for the journey ahead and start making arrangements for his final care. My grandmother, Ruby, insisted that place should be Providence Healthcare.

My grandfather was at Providence before in 2008 for rehabilitation after he broke his hip. The care he received resonated with us. It was quite exceptional. Speaking for my grandfather, he talked of the friendly atmosphere at Providence, the staff and the other patients. He enjoyed staying in a room with other people because he was such an outgoing person who loved to chat and learn more about his "roommates" as he called them. Having them there made him feel less lonely. My family really appreciated that. We made time to see him each day to make sure he was never feeling alone but we soon learned that he was more than just fine... he was really happy recovering at Providence.

So because of his past care experience at Providence, my grandmother felt happy and comfortable placing him in Palliative Care. "Staff were very attentive. It was the best quality care he could have received," my grandmother said. They were so gentle when they cared for him... in a way my grandmother would have.

It was difficult at first to deal with what it meant to have a loved one in pal-

liative care. We had lots of questions and were living day to day. I can tell you honestly that the staff, and the other patients and their families were like our anchors. My grandmother had been taking care of my grandfather for over 66 years, and of course, both of them were only comfortable with the other as caregiver. But after his stroke, my grandmother saw how difficult it became to provide the kind of care that he needed at this stage in his life. He had lost most of his vision, his speech was gone and he was confined to a wheelchair. We were so thankful that she trusted the nurses and the staff at Providence to take care of him. She confided in me that Providence was the best place for "Papa" (as I called him). Staff didn't just meet his needs... they went above and beyond what was expected to make him feel comfortable and respected.

I can remember the small gestures like the nurses also calling him "Papa". They saw his positive reaction to his pet name. We have a large family. Our grandparents had nine children, 22 grandchildren and two great-grandsons. When we came to visit, we had a routine of rubbing cream on his skin and oil in his hair and combing it. The staff started doing that too. We rubbed Vicks on his chest every night (because that's what he used to do), and they also started doing that. It's those little things that meant a great deal to us and any fears about leaving Papa in a strange place were gone. He was being taken care of properly, gently, and like family at Providence.

Staff let us know about everything related to his care. They would sit and talk to my grandmother whenever they had a chance to see how she was doing and also



Shireen Ali (left) with her Grandfather, AlfarukBaksh

to listen to whatever she had to say to put her mind at ease. For my family, and especially my grandmother, Providence became a home-away-from-home. It's a very family-oriented place that didn't feel like Papa was in a hospital, or even at a short-term care facility. We were able to do the same things that we used to do with him as a family, right there at Providence.

I was extremely close to my grandfather, and was his favourite (or so he said). I was completely deflated when he got so sick after his stroke. All the things we enjoyed together: our long chats, playing cards and watching TV and listening to music together, I thought they would be gone at the Hospital. But the Gathering Room on the Palliative Care Unit at Providence completely changed my mind. In this space, I got to do it all, with him. The chance to spend quality time whenever I wanted to with my Papa. I wasn't ready to stop making memories with him.

I took my grandfather all over Providence (the lobby, the other units, the Chapel, and outside around the grounds). I would bring his tray of food and feed him and also eat my lunch and dinner with him, too. Things didn't feel that different any more.

I was given the chance to fulfill a very special wish to my grandfather at Providence: an opportunity to dance for him in the Gathering Room. At times throughout the year, performances occur in the Gath-



Shireen Ali (left) with Tracy Martin, Therapeutic Recreationist

ering Room. It was the first time I officially performed live for him. I chose a specially-choreographed Bollywood Dance and invited other patients and families to 'my mini show'. It was my way of giving back to others and lifting their spirits. But I got back so much more that day. While I was performing, I noticed that my grandfather kept his eyes open throughout my entire performance. I was completely shocked and beyond happy. After the stroke took much of his vision and speech, it was truly something to see. And every time I think of that day, I realize how grateful I am to Providence for giving that special moment to my Papa to enjoy.

Having spent time at Providence Healthcare during those final days of my grandfather's life, the nurses became our friends, and the social worker became one of my biggest supporters, and a shoulder to cry on when I needed it most. My entire family is forever thankful to Providence Healthcare. We will always have a connection to this special place because of the relationships that we made and the wonderful and compassionate care that was given.

Thank you again Providence.

## Living Our Values

**Providence Healthcare's Values – Social Justice, Compassionate Service, Sanctity of Life, Human Dignity, Community, Social Responsibility.**

Earlier this year, Providence Healthcare held its 'Living Our Values' Awards, a recognition program for staff, volunteers and physicians who have made outstanding contributions by living out Providence's Values in their day-to-day work with patients, residents, clients, community partners, families, visitors and each other. Staff nominate each other and a staff panel selects the recipients based on the examples submitted with the nominations. In this edition, we highlight the second of three recipients of this year's awards.

### Seeing People As They Are

The Value of Compassionate Service recognizes an individual who attends to the needs of every person with thoughtfulness, understanding and sensitivity –something Physiotherapist Peggy Corkum exhibits in her role on Providence Hospital's Stroke and Neuro Rehabilitation floor. In Peggy's

nomination, colleagues shared a number of specific examples of her thoughtfulness.

It's 4:30 p.m. on a Friday and Peggy is sitting in a hallway with a patient looking at pictures of her family, hearing about a recent addition to her family – a great grandchild. Peggy takes the time to get to know her in a way that not only builds a connection between patient and therapist, but allows the patient time to be listened to and time to move away from traditional therapy, stepping back into her role as a proud great grandmother.

It's almost 6 p.m. and Peggy is in the gym working with a patient and family member on how to manage stairs safely. She's doing this because the patient would like to go home for a visit this weekend. So Peggy stays late to ensure they can work out a way for the patient to manage the stairs given her current level of functioning.

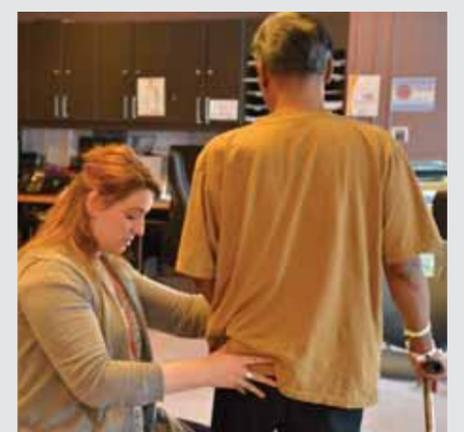
It's 11 a.m. when the phone rings. It's a former patient that's returned home several months ago and is managing well. The

patient is calling Peggy to let her know how much the care she provided means to him and his family. He's calling to say 'thank you' for her effort, knowledge and compassion. He tells her his happiness and ability to manage at home is because of what she has done for him.

It's 8:30 a.m. A patient requires equipment rental of several items and has no way of picking them up. Peggy offers to pick up the equipment, ensuring the patient's needs are met for a safe discharge. As with many Providence staff, Peggy is consistently required to work with patients with significant cognitive impairments and limited social supports in the community. Even after weeks of collaboration between a patient and the team to ensure a safe discharge, problems can still arise.

Peggy also regularly works with students in her role as physiotherapist. Two recent students describe their experiences with Peggy as overwhelmingly positive. Patient by patient, Peggy would answer any questions her students had, staying late to go over treatment plans and goals.

As a colleague, Peggy offers the same

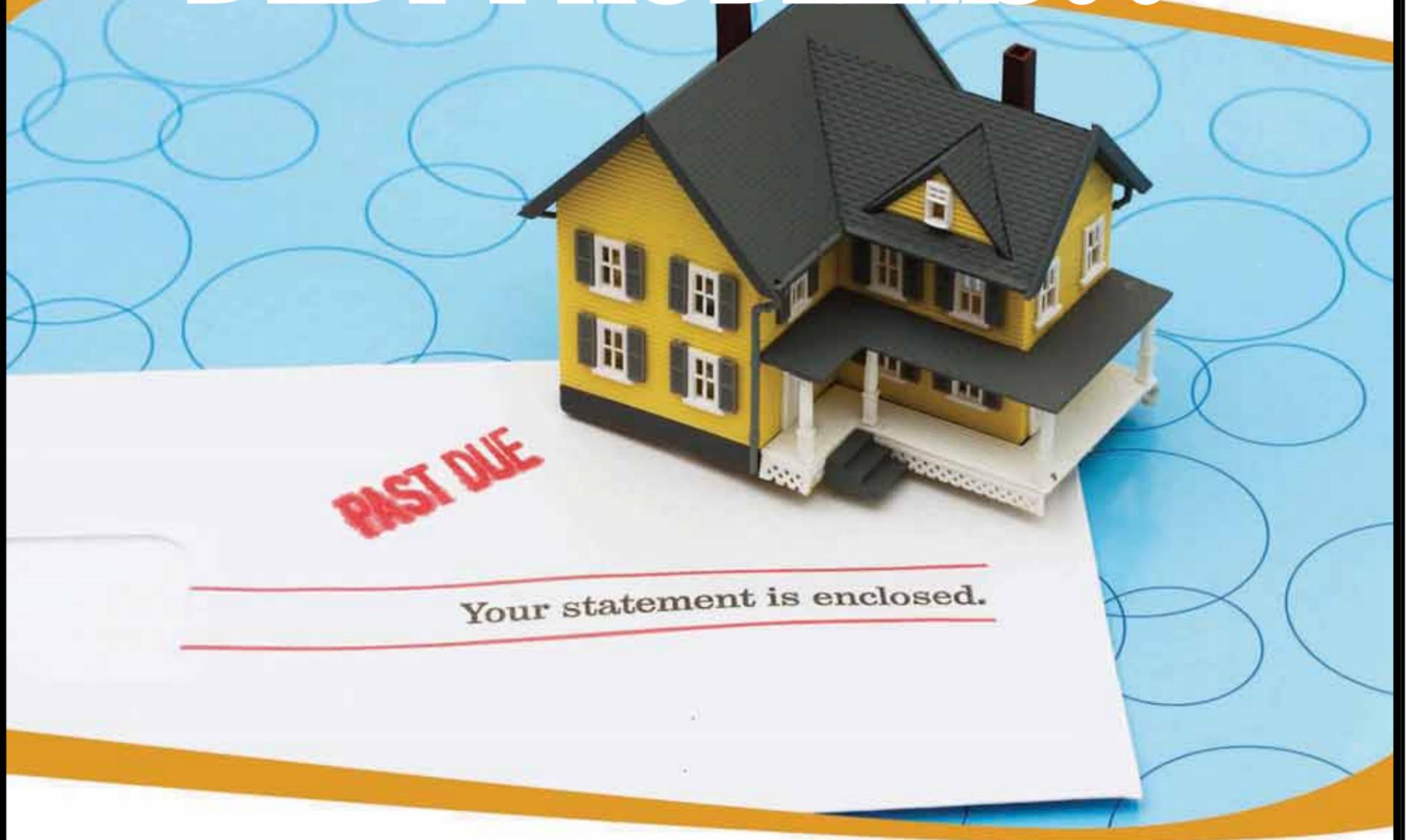


support and care that she does for students. She's seen as a person who consistently provides patients and their families with a high level of care, connecting with them and seeing them as the people they are.

She's someone who can be counted on, holds respect for others and is an integral part of this successful Providence team.

Compassionate care means being open, welcoming, giving comfort and reassuring the patient. It's an attitude, a manner, an approach... and to the team, that's what Peggy is all about.

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# Markham Stouffville Hospital Dedicates Patient Exam Suite in Honour of \$250,000 contribution from Alex Chiu Golf Tournament

Markham, ON (May 20, 2014) – The Alex Chiu Golf Tournament Committee recently celebrated its \$250,000 contribution to Markham Stouffville Hospital Foundation's Expansion Campaign by unveiling the signage for a Patient Exam Suite dedicated in its name. The recognition sign will hang in the hospital's new Emergency department.

"It's a proud day for me to contribute to the expansion of Markham Stouffville Hospital," said Alex Chiu, Councillor (Ward 8) City of Markham. "There is not a service more essential to our community than healthcare. And I'm proud to share this recognition with my fellow committee members and all the sponsors, volunteers and participants - without whose support and generosity the success of this tournament would not be possible."

Councillor Alex Chiu has been hosting his golf tournament for fourteen years. Proceeds raised benefit many charitable organizations, both local and international. Markham Stouffville Hospital is a long-standing beneficiary of this annual tournament.

"Thanks to community events like the Alex Chiu Golf Tournament, organized in support of Markham Stouffville Hospital, our Expansion Campaign has been an amazing journey so far," says Suzette Strong, CEO, Markham Stouffville Hospital Foundation. "The opening of our new building, the soon-to-be completed renewal of our original building and the achievement of incredible fundraising success – none of this would have been possible without this contribution from the Alex Chiu Golf Tournament."

Opened in March 2013, Markham Stouffville Hospital's new Emergency Department is three times its original size. With its bigger, better-designed waiting areas, dedicated triage area for ambulance-transported patients, satellite x-ray and ultrasound suites, and its many additional and more private exam rooms, the new space has been designed to handle the growing number of patients it serves. This donation will help ensure



Photo Caption: The Alex Chiu Golf Tournament Committee unveils the signage for a Patient Exam Suite dedicated in its name, in recognition of a \$250,000 gift to Markham Stouffville Hospital's expansion.

Left to Right: Tessie Ting, Sue Bautista, Cherrie-Marie Chiu, Christopher Chiu, Alicia Chiu, Alex Chiu, Ernie Ting, Phil Bautista

that Markham Stouffville Hospital continues to provide first-class emergency medical care to the thousands of patients who walk through its doors each year.

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

For more information on how to give, please visit [www.mshf.on.ca](http://www.mshf.on.ca)





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# WORLD TRAVELLER THANKS THE SCARBOROUGH HOSPITAL FOR SAVING HER LIFE



Colleen Reesor

When Colleen Reesor planned her river cruise through the Amazon last October, she never anticipated that a few months later she would receive care for a mysterious and deadly blood disorder.

A retired teacher who taught elementary school for more than 30 years, Colleen knew to plan and prepare ahead of time to ensure a safe and healthy vacation. She called her family doctor, who cautioned her to get immunized for Malaria and Yellow Fever. Colleen did everything that was suggested to prevent her from getting sick.

Months later, after her vacation through South America and the Caribbean in January this year, Colleen began to feel ill. She started to experience the occasional bloody nose, but thought nothing of it. Her irritation turned to worry when she noticed large bruises on her torso, legs and back, and when her tongue began to swell and turn black.

If it wasn't for her sister-in-law, a retired registered nurse for more than 35 years in Walkerton, who told her to go to The Scarborough Hospital (TSH) right away, Colleen would be dead. On January 25, Colleen arrived at TSH's Emergency Department (ED) and was quickly assessed.

"The nurses and doctors came in wearing yellow

suits," says Colleen. "They thought I caught something in the Amazon and that I might be contagious."

After several tests to determine what was wrong with her, the doctors discovered that Colleen's blood platelets were dangerously low and the cause was unknown.

"The doctors had many theories as to what might be causing the blood disorder," says Colleen. "They ruled out a lot of things, but weren't sure what was causing the issue."

Over the next couple of weeks, Colleen received 14 blood transfusions to flush her veins of the unknown element attacking her red blood cells.

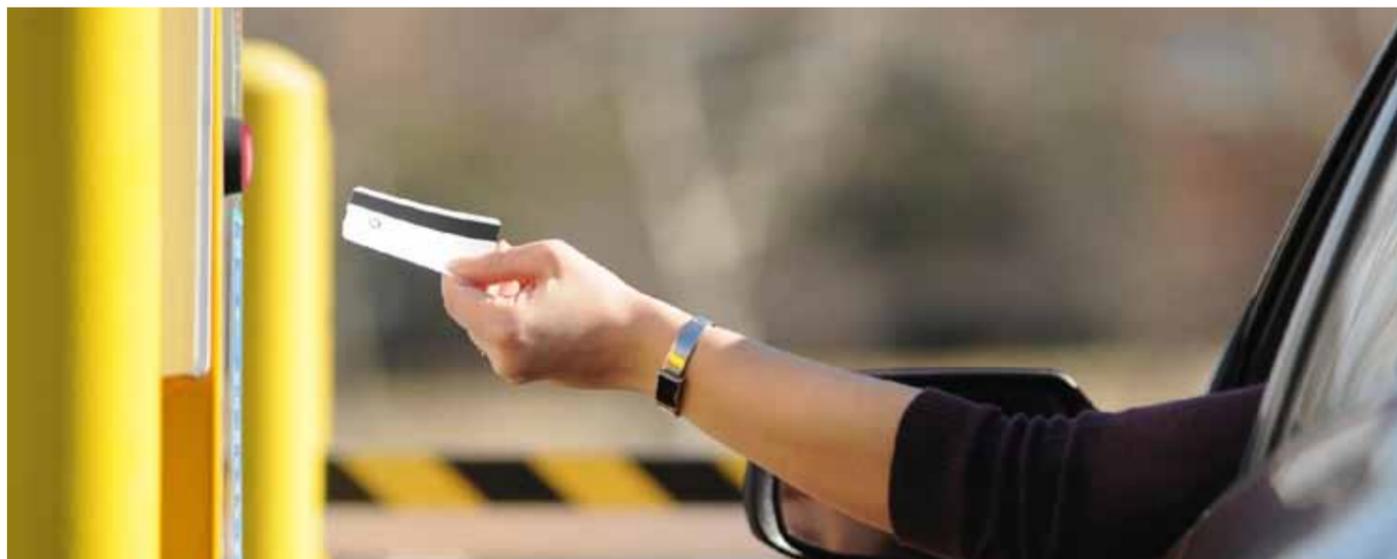
Fortunately, because of the exceptional care she received at TSH, Colleen's blood count returned to normal and her symptoms alleviated. The cause for

Colleen's low blood platelet count is still officially unknown; however, the doctors that treated her suspect it was a reaction to the anti-malaria drug she took before her trip. Because of this possible, but rare link between her illness and the anti-malaria drug, Colleen is now being monitored by the pharmaceutical company that produces the tablet.

Colleen knows she is lucky to be alive and credits the many dedicated TSH doctors and staff that helped save her life.

"Staff at The Scarborough Hospital were wonderful. I want to especially thank Dr. Krieger, Dr. Lovinsky and the many nurses that took care of me." She continues in an excited voice. "I'm feeling much better and my husband and I are already planning our next trip."

## NEW AUTOMATED PARKING SYSTEM WILL ENHANCE EFFICIENCY; ACCESS



On June 10, The Scarborough Hospital (TSH) will launch a new automated parking system to provide more efficient and convenient access to the hospital for our patients, visitors, staff, physicians and volunteers.

Daily, weekly and 14-day parking passes can now be purchased through convenient pay stations located at both campuses, and payment methods include credit and cash.

### Pay Station Locations:

- ▶▶ General campus:
  - ▶ West Wing, Main Entrance (across from Tim Hortons)
  - ▶ Medical Mall (across from Rexall Pharmacy)
- ▶▶ Birchmount campus:
  - ▶ Main Level (near the Information Desk)
  - ▶ Visitor Parking lot (covered kiosk)

Patients and visitors may also pay by credit card as they leave the hospital at exit stations located at the parking gates.

Please note that patients who require long-term parking will continue to purchase monthly passes through the parking office.

The pay stations will have an intercom system in the event that the gates do not open or the patient or visitor is having trouble with payment.

The intercom will be linked to the parking office and a person will be available 24/7 for assistance.

All proceeds from parking are reinvested into the hospital to enhance the quality of care for our patients. Thank you for your patience and understanding as we work to improve access for everyone visiting TSH.

For more information, contact the Parking Office, at **416-438-2911**, ext. **8206**.

# SCARBOROUGH WORLD GALA RAISES CLOSE TO \$2 MILLION

## IN SUPPORT OF THE SCARBOROUGH HOSPITAL'S CANCER CARE PROGRAM



From left to right: Robert Biron, President and CEO, The Scarborough Hospital (TSH); Dr. Dhun Noria, Chief of Laboratory Medicine and Medical Director of Laboratories, TSH and recipient of the Lifetime Achievement Award; Duchess of York Lady Sarah Ferguson; renowned musician Lawrence Gowan; and Janice Gowan who received chemotherapy treatment at TSH in 2012 following breast cancer surgery.

The Scarborough Hospital Foundation held its second Scarborough World Gala on Saturday, May 10, successfully raising \$1.75 million in support of the hospital's Cancer Care program, with final totals to be confirmed in the next few weeks.

"On behalf of everyone at The Scarborough Hospital, we extend our gratitude to all of those who supported this year's Gala," said Robert Biron, President and CEO, The Scarborough Hospital (TSH). "Meeting our fundraising goal is a crucial step forward in achieving our vision of a fully-integrated, state-of-the-art Cancer Care program, which will enhance the already excellent care provided by our highly skilled health care team."

TSH's Cancer Care program prides itself in providing holistic care, treating patients throughout the entire journey – from diagnosis, to surgery, through treatment, and onto supportive care and recovery. The program has expertise in the diagnosis and treatment of most common cancers, including breast, colorectal, lung, prostate and lymphoma.

The Gala included a Lifetime Achievement Award presentation to Dr. Dhun Noria, Chief of Laboratory Medicine and Medical Director of Laboratories at TSH, for her unwavering commitment and steadfast dedication to the hospital, the medical community and to Scarborough. Dr. Noria is no stranger to the battle against

cancer. She is a two-time breast cancer survivor and knows firsthand about the fear, uncertainty and anxiety that follows that diagnosis.

"I am humbled to be honoured as the 2014 Lifetime Achievement Award recipient," said Dr. Noria. "As both a physician and patient of The Scarborough Hospital, I know too well the horror of this disease called cancer, but I also know very well the excellent care provided by our hospital. I am committed to ensuring that members of our Scarborough community who are fighting this disease receive the same outstanding care close to home."

Hosted by CTV News personality Anwar Knight, the evening also included a special keynote address

from the Duchess of York Lady Sarah Ferguson, and performances by renowned musician Lawrence Gowan, whose wife Janice received chemotherapy treatment at TSH in 2012 following breast cancer surgery. Janice shared her remarkable story and guests were touched by the strength and vitality she demonstrated throughout her battle.

"Like Dr. Noria, I am also a two-time cancer survivor," said Janice. "For me, the chemotherapy was terrible and I was admitted to the hospital on numerous occasions. The compassionate and talented health care team at The Scarborough Hospital made all the difference to me and gave me a faith in myself that I could survive my second battle with cancer."



Special Feature

# Princess Margaret Cancer Centre, Tata Memorial Centre sign MOU to pool expertise, advance best practices in cancer care



(TORONTO, Canada – May 27, 2014) – Two world-renowned cancer centres today announced they will work together to further a shared vision of advancing innovation and delivery of best practices in all aspects of cancer care, research and education.

The two institutions – Canada’s Princess Margaret Cancer Centre, University Health Network, Toronto and India’s Tata Memorial Centre, Mumbai – signed a Memorandum of Understanding (MOU) here establishing the broad principles and framework to pool their internationally acclaimed cancer knowledge and expertise.

Signing on behalf of the Princess Margaret, Medical Director Dr. Mary Gospodarowicz said: “Cancer knows no borders and as pioneers in cancer care in our respective countries, we are a great match to collaborate on many fronts.

“Our shared vision is to create opportunities for joint ventures that will ultimately benefit cancer patients worldwide.”

Signing on behalf of Tata Memorial Centre, Director Dr. Rajendra Badwe said: ““The meeting point of our two cultures, India and Canada, will be a melting pot for novelty in oncology.”

Under terms of the MOU, the cancer centres will exchange information about patient care and clinical research, education and training. They will also encourage academic collaborations, promote faculty exchanges and facilitate visits among students and trainees.

Other areas of mutual interest include advancing delivery of personalized cancer medicine and e-health initiatives.



## Welcome Summer

All people in Canada do dwell  
Look forward to see you soon.  
It is well known, why young, old and all  
Await your dawn to make them boon.

The seniors who suffer from biting cold;  
Want to have the sun to warm them well.  
The younger ones look for games to mould  
Their lives of fun and frolic; heart full.

Lovers, men and women who long to have:  
Times of tranquil, very remarkable  
To enrich their lives with plans to pave  
A well knit family life, more adorable.

Schooling students look forward  
For the long vacation to make them blithe,  
Forget their books and happily look forward  
For trips, picnics and travel in clique.

These are the expectations of people here:  
To see you soon, so as to have  
Their desires contended and to prepare  
To face the winter wave.

- Kingsley

# CHANGE IS GOOD FOR ONTARIO 49

## - Now offering the chance to win a \$2 MILLION jackpot with just a loonie!

Toronto, ON – There are now more ways to win with ONTARIO 49, including new prizes both big and small, and better odds of winning! The first draw of the refreshed ONTARIO 49, offering a NEW \$2 million jackpot, will be held on Wednesday, May 7, 2014.

“Change is good! That loonie that’s tucked in your pocket or hiding under the couch cushions could win you a \$2 million jackpot!” said Wendy Montgomery, OLG Vice President, Lottery Marketing & Sales. “Now better than ever with improved prizes and more ways to win, ONTARIO 49 offers a life-enhancing jackpot for a modest price.”

In addition to the \$2 million jackpot that’s twice as big as before, ONTARIO 49 offers other great enhancements!

**Bigger Secondary Prize:** A \$10 prize instead of \$5 for matching 3 of 6 numbers.

**New \$3 Prize:** A new \$3 prize for matching 2 numbers plus the bonus number.

**Free Play:** A new Free Play prize for matching 2 of 6 numbers.

**Better Odds:** The overall odds of winning any prize improve from 1 in 54 to just 1 in 6.6.

To support these offerings ONTARIO 49 will be priced at \$1 per play. For one

loonie, players are going to see more ways to win and better value overall than the previous game structure offered.

**How to Play:**

Choose six numbers from 1 to 49 or ask your lottery retailer for a Quick Pick.

Match six of six numbers to win the \$2 million jackpot.

Draws take place every Wednesday and Saturday.

Tickets are sold until 9 p.m. (Eastern Time) on draw nights.

For more information about ONTARIO 49, please visit [olg.ca](http://olg.ca) and click on Lotteries.





What is memory? Without memory we lose our sense of identity, reasoning and even our ability to perform simple physical tasks. Yet it is elusive and difficult to define, and throughout the ages philosophers and psychologists have used metaphors as a way of understanding it.

Every aspect of our life is based on our memory. The mere thought of how we will be able to continue to live without the ability of memory itself is frightening. If we forgot our name, the names of our life partner, our children, our place of birth, names of our relatives and what we have learnt then our life will be just like a blank paper.

From an information processing perspective there are three main stages in the formation and retrieval of memory:

**Encoding or registration:** receiving, processing and combining of received information

**Storage:** creation of a permanent record of the encoded information

**Retrieval:** recall or recollection: calling back the stored information in response to some cue for use in a process or activity

In fact our memory is similar to the functioning of a computer.

Hermann Ebbinghaus (January 24, 1850-February 26, 1909) was a German psychologist who pioneered the experimental study of memory, and is known for his discovery of the forgetting curve and the spacing effect. He was also the first person to describe the learning curve. In 1885 He published a book "Memory- A contribution to Experimental Psychology"

The hippocampus is a major component of the brains of humans and other vertebrates. It belongs to the limbic system and plays important roles in the consolidation of information from short-term memory to long-term memory and spatial navigation. Humans and other mammals have two hippocampi, one in each side of the brain.

Information received by vision, hearing or touching are first temporarily saved in brain in parietal lobe, temporal lobe and occipital lobes. When new memories are received they replace older memories.

In "Prometheus Bound", a play by a Greek dramatist called Aeschylus there is a saying "Memory is the mother of all wisdom" and this quote lends itself to the importance of memory. This quote means that while we travel during our path of life these memories constantly accompany us.

It is surprising to note that our memories may remain in our mind in the form of sounds, visions, metaphors etc and it is amazing to note how these can interconnect. When we memorize poems at a very young age they remain permanently embedded in our memory. Generally it will be easy to retrieve anything that is learnt in a systematic manner than those that are simply memorized. This



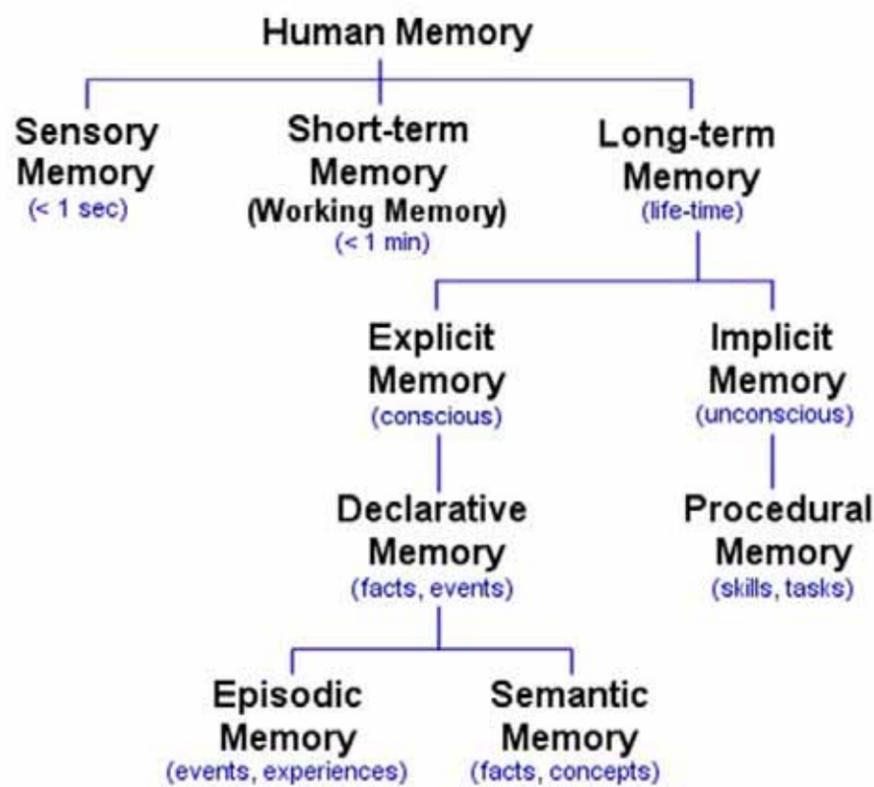
S. Pathmanathan, B.A. (Hons) Cey

Revised and translated by

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



# Memory



type of organized learning will be useful throughout one's life.

The power of memory varies from person to person. For example some have to refer to their personal telephone directory before dialing a particular phone number. On the contrary some have such a wonderful photographic memory that they are able to remember numerous telephone numbers and recall them whenever required. Basically this power is based on the thinking ability and needs of the person concerned. Generally we tend to remember the information we need to continue our day to day life.

**There are two major categories of memory:**

**Long term memory and Short term memory**

**Short term memory (working memory):** This is the very short time that we keep in the mind before either dismissing it or transferring it to long term memory. Eg: The books we read recently, the recent conversations, movies we watched recently etc will usually remain in our memory only for short time.

**Long-term memory** is our brain's system for storing, managing and retrieving information. It is a surprising fact that we are able to remember long term experiences such as our school day experiences, the names of the teachers who taught us, names of our class mates etc.

However, it is not always the case because some of us have a better short term memory than long-term memory

**Types of Long-term memory.**

As you would imagine, long-term memories are more complex than short-term ones. We store different types of information (procedures, life experiences, language etc) with separate memory systems

**(A) Explicit memory**

Explicit memory is a type of long-term memory requiring conscious thought. It is what most people have in mind when they think of a memory.

**(B) Implicit memory**

Implicit memory is a major form of long-term memory that does not require conscious thought.

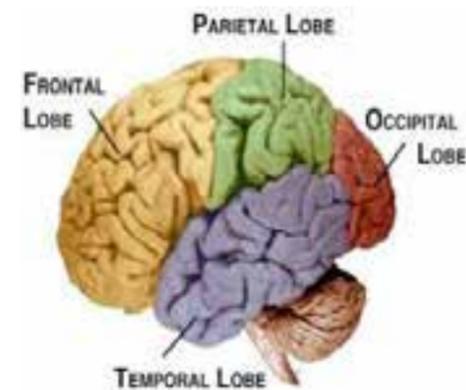
**(C) Auto biographical memory**

Most of us have one part of life that we remember better than others.

**Memory Loss**

This is one of the great problems facing the humanity. Many factors such as the use of drugs, alcohol, reduced flow of oxygen to the brain, breathing problems arising from use of anesthetics, tumors of the brain, Some Infectious diseases, Dementia, Stress, Schizophrenia, Hysteria, Epilepsy, Head Injury, Bypass surgery, Parkinson disease, Migraine, Alzheimer etc. are some of the factors believed to be responsible for loss of memory.

Though it cannot be generalized, gradual loss of memory begins after we turn 50 and this is due to gradual loss of chemical changes occurring in nerve cells and many but not all are unable to perform efficiently in their places of work. Various terms such as forgetfulness, Amnesia, Impaired memory, Amnesic



Syndrome etc are used to describe memory loss. For some people with increasing age, Dementia sets in and consequently they lose the ability to perform the basic day to day activities.

Decreased mental ability may even lead to Alzheimer disease for some. The consequences of this disease may be frightening. Those affected by this condition may forget the names of their loved ones and all their life experiences and as such great care should be taken to monitor their movements especially outside their residences in order to avoid catastrophic situations.

Oscar Wilde, the famous Irish Poet once said "Memory is the diary we all carry about with us". This stresses the importance of Memory.

All efforts should be taken to preserve the power of memory. This should begin in schools at their early stages. It is also equally important to care about the memory power of elderly, as much as possible. American Journal of Geriatric Psychiatry has made many recommendations regarding this. These include testing blood samples to measure the level of B12, testing to find out whether a person has thyroid problems, performing tests such as CT scan, MRI scan, ECG etc.

Ann Betz, the famous American neuroscientist has recommended that repeating a thing many times leads to improved memory. She is a trainer and an expert on the neuroscience of coaching. She has specified a number of factors such as having regular sleep, good nutrition, getting involved in suitable exercise program, learning novel experiences etc are necessary to improve memory. In this context it is good to remember that Irish play right George Bernard Shaw once said "Those who cannot change their minds cannot change anything".

Henry Ellis, a professor of psychology at the University of New Mexico, is a specialist in memory. In a recent issue of the Monitor, a publication for professional psychologists, Ellis advocates the use of acronyms to help students remember test material. He even uses an acronym to describe an approach to learning and retaining material. ARESIDORI stands for attention, rehearsal, elaboration, semantic processing, imagery, distinctiveness, organization, retrieval and interest.

Generally if anyone is facing decreased memory power, undergoing effective medical treatment, can certainly help to improve this situation and will certainly lead to a better quality of life.



# WHAT IS KARMA YOGA AND WHY IS IT NEEDED?

**Sadhguru:** It is not needed really. Yoga does not need karma. Yoga is to go beyond karma. Why karma yoga has been brought in is to bring about balance in a person. Whatever we call as our awareness, our love, our experience or our glimpses of our reality, if it has to be sustained, the path of non-doing is a very wonderful path, but it is very slippery. Extremely slippery. It is the easiest and the most difficult. It is not difficult but it is not at all easy, because it is simple – right now, here and now. But that here and now – how to get it? Whatever you do, it is not in your hands. It is never going to be in your hands. But your hands need something right now, you need to hold something. That is why the crutch of karma yoga.

Without the crutch, most people will not be able to walk. There are a few beings who can walk without the crutch from the first moment. They are very rare beings. Everyone else needs the crutch to manage your awareness. Without this, most people are incapable of remaining aware. So karma yoga is brought into your life to properly temper sadhana with the right kind of action.

Activity – liberating or entangling

Karma yoga has unfortunately been described as service, but it is not so. It is a way of undoing the impressions that you have gathered. If you can joyfully involve yourself in any activity, that is karma yoga. If you do it with great effort, only karma will come, no yoga will happen!

Generally it is through various activities that you perform that you get entangled and enmeshed with life. But if the activity becomes a process of liberation instead of entanglement, it is karma yoga. Whether it is work or walking on the street or talking to someone, the nature of the activity is not important. When you do something only because it is needed, where it does not mean anything to you but you are capable of involving yourself as if that is your life, it transforms you and action becomes liberating.

When we were building the Dhyanalina, people thought, "This is it! He wants this to happen. Let us do it! Once this is done, we can relax." They worked like their life depended on it. They went



Sadhguru Vasudev is a realized master, yogi and mystic, who has founded Isha Foundation, an international public service organization that strives for ultimate human well-being. For world-wide program information, visit [www.ishafoundation.org](http://www.ishafoundation.org)

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**K**arma yoga has unfortunately been described as service, but it is not so.  
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**T**o do something which does not mean anything to you but with total involvement is what breaks the karmic structure  
 .....

from house to house, raising funds and bringing the necessary support and made it happen. When it was done, before they said "Ooff..." I announced ten different projects. I will always keep it on because people need that kind of action. They need to do what is needed without worrying about their fulfillment and their likes and dislikes. Anyway we are doing something for our growth, so let us do something that is useful to everyone. Let us do sensible action.

**Total involvement**

There have been many masters who created action like this. When Gurdjieff started his centers in Europe, the European elite went to him. In the morning he

would give them a shovel and a pickaxe and tell them, "Dig trenches." In the hot sun, they stood and dug and dug. These were not people who are used to labor of any kind. By the time they had worked a few hours, they had blisters all over. He stood there and drove them on. By late evening, they were hungry but they worked and worked, digging trenches. Then he would look at the watch, "Okay, it is seven o'clock. Looks like dinner time. All of you can close the trenches again before we go for dinner." A whole day's work!

To do something which does not mean anything to you but with total involvement is what breaks the karmic struc-

ture. Karma means action. If action has to become yoga, action should be liberating. If your activity has become a process of binding yourself, it is karma. So the question is not about how much activity you do. How you are performing the activity is what makes the difference. If you are crawling through your work, that is karma. If you are dancing through your work, that is karma yoga.

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

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

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

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 Local contact: 416 300 3010*



## "ARJUNA RANATUNGA CRICKET ACADEMY" SORKKAM INDOOR CRICKET NETS, 2050 ELLESMERE ROAD, SCARBOROUGH

First of its kind with a combination of a "Super Star" and a "State of the Art" indoor cricket facility in Canada.

Arjuna Ranatunga has accepted an invitation by "Sorkkam Indoor Cricket Nets" to set up "Arjuna Ranatung Cricket Academy" right here in Scarborough. The academy will commence in September of 2014 with a team of dedicated resident coaches on full time basis.

The facility at 2050, Ellesmere Road, has a complete combination of "one stop shop", A restaurant, Pro shop, Satellite TV with live cricket channels, locker rooms and ample washrooms and parking to accommodate hundreds of students.

Ranatunga will be in Toronto to finalize the blue print at the end of June 2014. Sorkkam has scheduled a "Fund Raiser Golf Tournament" on Friday, June 27th at Richmond Hill Golf & Country Club, Richmond Hill, Ontario. All participants will get to enjoy a day with Arjuna at the golf course and thereafter dinner at the club house with presentation of prizes.

He will also be conducting "Cricket Clinics" on Saturday June 28th and Sunday June 29th for juniors, seniors and adults at Sorkkam Indoor-nets. All Clinics are by appointment only and are on "first come first serve basis" Please call 416 289 1915 or 647 897 5706 to make your booking.

### Academy Age Groups

Just like any other sport it's imperative to "start early" to create muscle growth and strength in the human body. However, this must be carefully introduced at ages starting from 9 years or may be even early in some cases depending on the physical structure of a child.

### Age Groups Vs Seasoned Players

All students must be carefully examined before you group them, this means getting the right level of coaching to individual student. A new student may have played some cricket or a lot of cricket, all that will be taken in to consideration and the goal is to take his game to the next level. For beginners on the other hand age grouping is the best start, following are the age groups 9yrs-11yrs, 12yrs-14yrs, 15yrs-17yrs and 18 and over.

### Academy and Competition

The academy after a successful first year of training will create teams in every age group in separate divisions and compete in respective leagues in 2015. This is a special program to create men-



tal toughness in junior players from early ages. All teams will wear academy uniforms and carry academy flag with their respective coaches and managers. It's imperative to create structure in any team sport, so that players will learn to abide by rules and discipline from early young ages.

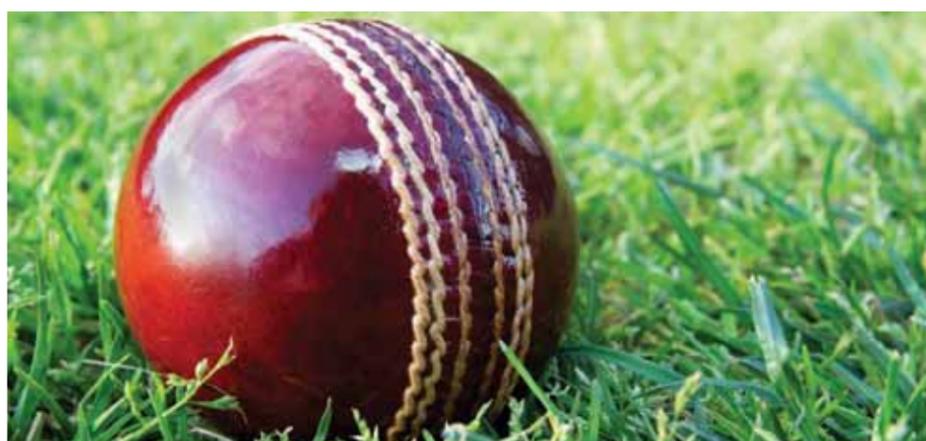
### Private lessons and coaching for teams

There is always room to improve your game, let it be batting, bowling or keeping; how much time do you put in; is the key to taking a quality game to the field. The academy will be at hand to those who seek "One on One" lessons and teams who seek "Private Clinics". For teams that need to improve on a specific area, let it be batting, bowling, keeping or fielding there will be a coach who can identify strengths and weaknesses and guide accordingly. Once this is in place, they can only get better.

### Long Term Goals

Ranatunga is already on the drawing board, sketching up his road map to success with his academy. He will apply all the techniques that he has used to be the "Best amongst the Best". One of the unique benefits that any student can take away is the scholarships designed for top performers at the academy, there will be many of these if need be. These scholarships will also create the cream of future Canadian Cricket training alongside international players of top order.

For all your inquiries please contact Anil Perera at 416 289 1915, 647 897 5706 (mobile), email: anilperera4@gmail.com.



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courses varies by campus

# CHANDRALEKHA

## THE FIRST COLOSSAL TAMIL MOVIE

S.S.VASAN'S MEGA HIT PRODUCTION

By: C. Kamalaharan

Never was a movie of such magnitude produced in India, prior to Chandralekha. The grandiose settings, spectacular dance sequences, breathtaking acrobatics from swinging trapeze, perfectly timed sword fights, soldiers on horseback and horse-drawn carriages rolling through the streets, made the movie entertaining for the moviegoers of all ages. It was the first Tamil movie, I saw during my childhood with my parents, at the Coliseum theatre in K.L, Malaysia in 1948. Recently too I saw the movie in the D.V.D format. Though the movie lacked the present day technological expertise; graphics, special effects, digital format and etc, it continues to entertain the people. But for the younger generation, the movie tends to be rather slow due to its unusual length, a trend that prevails in the old movies and the unavailability of advanced technology.

It took five years from 1943 to 1948 to produce the movie, due to the changes made to the scripts, casts and the mammoth settings, while the production was in progress. To begin with, the luminary of the Tamil film industry, director



and producer S.S. Vasam requested Gemini studio's story department to write a screenplay for his next production. Kottamangalam Subbu and Veppathur Kittu, having seen Vasam's earlier

superhit productions, 'Mangamma Sapatham' (Tamil) and Bala Nagamma (Telugu), both being female oriented stories, proposed a story in a similar vein. They told Vasam about a female character Chandralekha, a tough woman whose actions are violent and gruesome. Vasam totally rejected that type of character but preferred to have the name Chandralekha for the female character in the story. And so Veppathur Kittu developed a story based on the novel 'Robert Macacre, the French Male Bandit' by G.W.N.Reynolds.

The story, a historical fiction centred around three characters; the virtuous Veerasimhan (M.K. Radha), his villainous younger brother Sasankan (Ranjan) and a dancer Chandralekha (T.R. Rajakumari). To cut short a lengthy story, the king decided to hand over the kingdom to his eldest son Veerasimhan, the rightful heir to the throne. The enraged younger son Sasankan who had an eye on the throne, left the palace and formed a band of bandits, who embarked on a crime spree.

Once while returning to the palace on horseback, Veerasimhan met Chandralekha, the cheer beauty with attractive features and fell in love, without revealing, his royal lineage. Captivated by his beauty she responded favourably, unaware of his lineage. Sasankan too mesmerized by Chandralekha's elegance, wanted to marry her against her wish. And so Chandralekha became the bone of contention between the two brothers. After several twists and turns in the

story, both the brothers confronted head-on in a severe fight, resulting in Sasankan's defeat and his imprisonment. Later Veerasimhan was enthroned as king and Chandralekha became his queen.

As regards the selection of actors for the various roles, Vasam chose K.J. Mahadevan from the story department of Gemini studios, to don the lead role, Veerasimhan. But his performance as the prince was found to be 'too soft' and so he was replaced by M.K. Radha. Vasam also chose Vasantha, an actress in Gemini studios to play the female role, Chandralekha. Later as she too was found to be unsuitable, she was replaced by T.R. Rajakumari. It was more than halfway through the production Vasam decided to include circus scenes and inducted N.S.Krishnan, T.A.Mathuram as circus comedians and M.S. Sundari Bai as a dancer. It is really heartening to note that all the main actors from M.K. Radha, Ranjan, T.R. Rajakumari, N.S. Krishnan, T.A. Mathuram to M.S. Sundari Bai were all Tamils, unlike the present day trend; most actors and technicians are

'imported' from other states.

There remained a minor role, the hero's body guard to be filled. A struggling young stage actor, who was keen to get a toe-hold in the film industry contacted Veppathur Kittu several times, pleading to get him that role. Kittu took him to Vasam who had already seen the boy on stage. However Vasam rejected him and said that he was totally unfit for the role and advised him to seek some other profession. This incident created a rift between Vasam and the boy who later became the doyen of the Tamil cinema, 'Nadigar Thilagam' Shivaji Ganesan. Later on, Shivaji's meteoric rise to fame, as an accomplished actor, opened the doors of Gemini studios for him. Shivaji's brilliant performances in Vasam's Motar Sundarampillai and Irumbuthirai took him to greater heights.

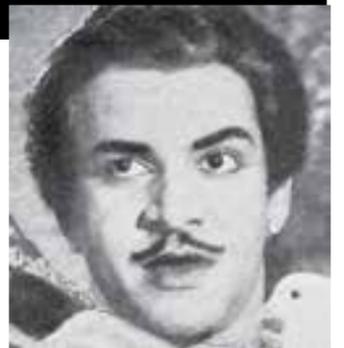
Famed director Ragavachari after directing more than half the movie opted to leave owing to disagreement with Vasam, who took over the task in his directorial debut. Vasam was always keen to produce colossal movies and Chandralekha was one of them. He included the Kamala circus which was popular at that time, for a twenty minute sequence in the movie. Besides the display of wild animals and the daredevil stunts by girls cycling on the wall of an improvised well, the trapeze presentation was fantastic as the girls performed spine-chilling acrobatics from the swinging trapeze, to precise timing. Vasam meticulously superimposed T.R.Rajakumari for the usual circus artist. It gave the impression as though T.R. Rajakumari was the real performer. Sundari Bai performed delightfully in the horse dance, to the accompaniment of the famous song 'Nattiya Kuthirai...'



M.K. Radha  
The Protagonist



T.R. Rajakumari  
The bone of contention



Rajan  
The antagonist

and the N.S.Krishnam, T.A Mathuram duo besides their comical episodes, sang the popular song 'Aayilo Pakiriyamo...'

The drum dance sequence was the highlight in the climax scene. Huge drums were set up in front of the palace and 400 dancers, one on each of the drums began dancing to the haunting percussion rhythm of the background score. The dance was brilliantly choreographed and it took six months to do the rehearsal. The dance went on to a predetermined signal when soldiers swarmed out of the side exits of the drums and began their onslaught against Sasankan's men. At the same time Veerasimhan and his men stormed into the palace through the magnificently built draw-bridge and began attacking from another end. Inside the palace Veerasimhan and Sasankan locked horns in the most gripping, lengthy sword fight which ended in Sasankan's defeat and imprisonment. Later Veerasimhan after releasing his parents from prison was enthroned as king and Chandralekha became his queen.

Though the movie received positive reviews, it was unprofitable, owing to the extravagant expenditure incurred during its production. To offset this, Vasam released the movie in Hindi and Chandralekha became India's national hit, grossing ten million.

The movie could be enjoyed even today, provided the viewers change their mindset, go back to the nascent stage of Indian cinema and appreciate the tremendous effort taken to produce this blockbuster movie, with minimum facilities.



N.S. Krishnan and T.A. Madhuram



M.S Sundari Bai





## WORDS OF PEACE



# Finding Peace

Every child has heard classic adventure tales about swashbuckling pirates who bury chests filled with gold coins, rubies, diamonds and pearls, and there is always a map where X marks the spot. Of course, for those who want to discover the treasure, the difficulty centers around knowing the exact location of that X. No one could ever hope to find the treasure if they were looking in the wrong place.

"If you've lost a pearl, where will you find it?" asks Prem Rawat, who travels the world speaking to audiences large and small about the possibility of finding peace and joy in their lives. "The answer is simple. You will find it when you look where it is. It could be in your sink. There is a trap under the sink—it could be stuck in there. That's not a good place for a pearl, is it? But you will find it where it is. That's the law of finding: You have to look where it is, not where it should be."

When it comes to being at peace within ourselves, the same principle applies, he says.

"Where will you find peace? Where did it come from?" he asks in public events where those who are interested in finding peace come to hear him speak. "It comes from you. You are the carrier of this incredible, beautiful thing called peace."

Unfortunately, Mr. Rawat says, in the complex world we live in, finding peace is not considered a priority. Instead, people

are constantly engaged in solving problems. But by always trying to solve little problems, a really big problem has been created: People have forgotten to enjoy being alive.

"We're so busy solving problems that we are even trying to solve the problem of not having peace," he says. "Looking for peace? That has become a problem."

"I talk about peace, about the possibility in this life of being fulfilled, because that's what's important."

"How many days do you have to be alive? If you live for 70 years, that would be 25,550 days. How do they come to you? Do they come to you as yesterday? Do they come to you as tomorrow? They come to you as today. Every one of them comes to you as today—today and only today."

Yet, he says, people tend to waste today in hoping for a better tomorrow. "What good is a bright future to you," he asks, "when all the days that have come in your life have come as today? You don't need a bright future. You need a bright today."

"Have you ever had one of those days where you get up and you feel really good—I mean, just one of those days, a

### "Prem Rawat in Toronto on Sunday July 13th 2014 at Sony Centre"

day in your life, when, for no reason at all, you feel good? Life is good; things are good. Have you ever had one of those days?"

When someone is really at peace, Mr. Rawat says, every day can be filled with joy and wonder. These are words he stands behind, offering a simple way to experience the peace he talks about.

"It's the art of finding. You will find it where it is," he says. "Where I'm coming from is this: to make that good day that I was talking about happen every day of our lives, because life deserves nothing

less."

That discovery of peace within, he says, must be a personal experience. "You have to feel it for yourself," he says, "not because somebody is telling you, 'You are now feeling peace.'"

"There is no mistaking when you feel peace. There are no questions. Find it, and find your life. Where? Find it, not where you think it is, but where it is. Then, how can you not be content? You have understood what it means to be alive. You have embraced your existence."

To learn more about Prem Rawat

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# Facebook and the Modern Generation



By: JJ Atputharajah

Facebook is a social media that has become very popular in the modern world. It has now been operating for ten years and the number of users have escalated to 1.23 million yearly. Facebook mainly caters to the whims and fancies of the younger generations but there are many elderly people who also join in the fun. It boosts personal interests and hence the push it gives to self glorifications. However it cannot be considered a negative media and it helps to develop one's talents and interests with a global dimension.

**A. The Merits of Social Net-working:**

Facebook is social medium that helps to enhance your communication skills. You get introduced to new faces you have never met in flesh and blood. You can exchange different ideas and thoughts and your ability to judge people increases. It helps to improve your mental faculties as well and help you to avoid boring periods in your lives. Some feel that over indulgence with social media may have disastrous effects especially for school going children. They should exercise caution and use their discretion. Children should be taught not to rely entirely on the internet and keep social networking to the minimum. Socialising and chatting to people in a nurturing environment is very healthy and children should be provided with more such opportunities in the school and the home. Moreover students find web-sites and social networking very useful to them in their studies. They are able to communicate with their peer groups and get all the information and help they need. Besides they get familiar with the electronic devices which

make them up-to-date in their pursuit of knowledge, technology and the world around them. Facebook can also be used as an instrument to promote and discuss social issues. Furthermore it is also useful to find old friends. It allows you to be in touch with all your friends regardless of where you are. Besides it has made photo sharing an uncomplicated process. You can upload and download photos in no time.

**B. Facebook and Modern Life-Style:**

Facebook has enhanced social connections mainly among the young generation. Most of the interests of young persons can be easily attained through the facebook and that is why it is reckoned as the architect of the 'me and me only generation'. Long distance relationships are well maintained through the social media. There are cases of many who have found their life partners through the facebook. Though close acquaintances are not possible via the facebook, it could lay the foundations for long lasting friendships.

Social networking can provide opportunities for new relationships as well as strengthening existing ones. It is good to encourage positive relationships through various avenues including the internet. It will help young ones to gain social confidence from interacting with other people online. It will make them feel secure in new situations, such as going to college, join a sports team and meeting new friends. Children can also become more familiar with the new and emerging technologies. Kids who find it difficult to asso-

ciate with people could easily get rid of their shyness through social networking. Children can be exposed to new viewpoints, ideas and

opinions which they are not very familiar with. Social networking augments real world relationships-it does not replace them. Nowadays people are able to keep in touch with family members who live far away through online connections. Lot of things like photos, videos, messages and updates can be shared through the facebook. The social networking elements bring the whole world together and enriches human experience.

In modern times, schools are making the best use of social networking. Facebook, Moodle, Second Life, Digg and other sites are often used by teachers with students or for out of class discussions. Students can expand and enrich their knowledge through the social networking media. Kids with similar interests could contact each other and share their knowledge and experience. Stronger school communities could be built through social networking. Smart teachers often take advantage of student's social networking abilities to create class blogs, discussion forums and project studies. Students who go to new schools or colleges get lot of valuable information through social networking. There are subject web-pages for classes. Students are able to contact previous students about buying old books. Many teachers want all assignments or essays to be submitted online.

**C. Its Value As One Stop Shop Entertainment:**

Facebook is a 'one stop shop' for en-

tertainment, communication, and sharing information with others. It caters to a variety of modern needs especially to the young ones who can keep abreast of modern developments through this facility. There are people who hold the view that the facebook adversely affect the social skills of the youths-that they are kept away from real people and real circumstances. It could become an addiction and it could hamper their educational pursuits. It is interesting to note that facebook has been cited as the cause of increasing attempts at suicide by the youths in a recent opinion survey by Uthayan- the popular Tamil daily news paper in the north of Sri Lanka. Facebook also exposes your personal details and they become accessible to the wrong hands. Facebook communications also lack the emotional and physical involvement of an unadulterated relationship. Some times facebook keeps on adding to your friendship list which keeps on growing up and becomes very unwieldy. Just an ephemeral contact does not mean friendship.

However these negative factors cannot undervalue the current use of social networking or facebook. It definitely helps with sharing information, chatting with friends, mobile phone facility, cultivating school friendships, business promotions, entertainment and finally it is an essential tool for eradicating boredom. In these times of global living and rapid changes, facebook becomes an effective tool to draw help and support from friends from near and far. Facebook makes the modern civilization blossom with its innovations and vistas of communication, learning and experience.



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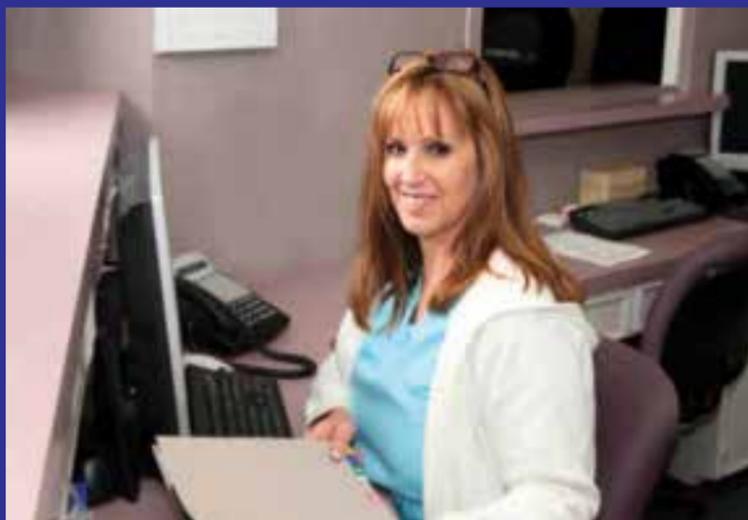
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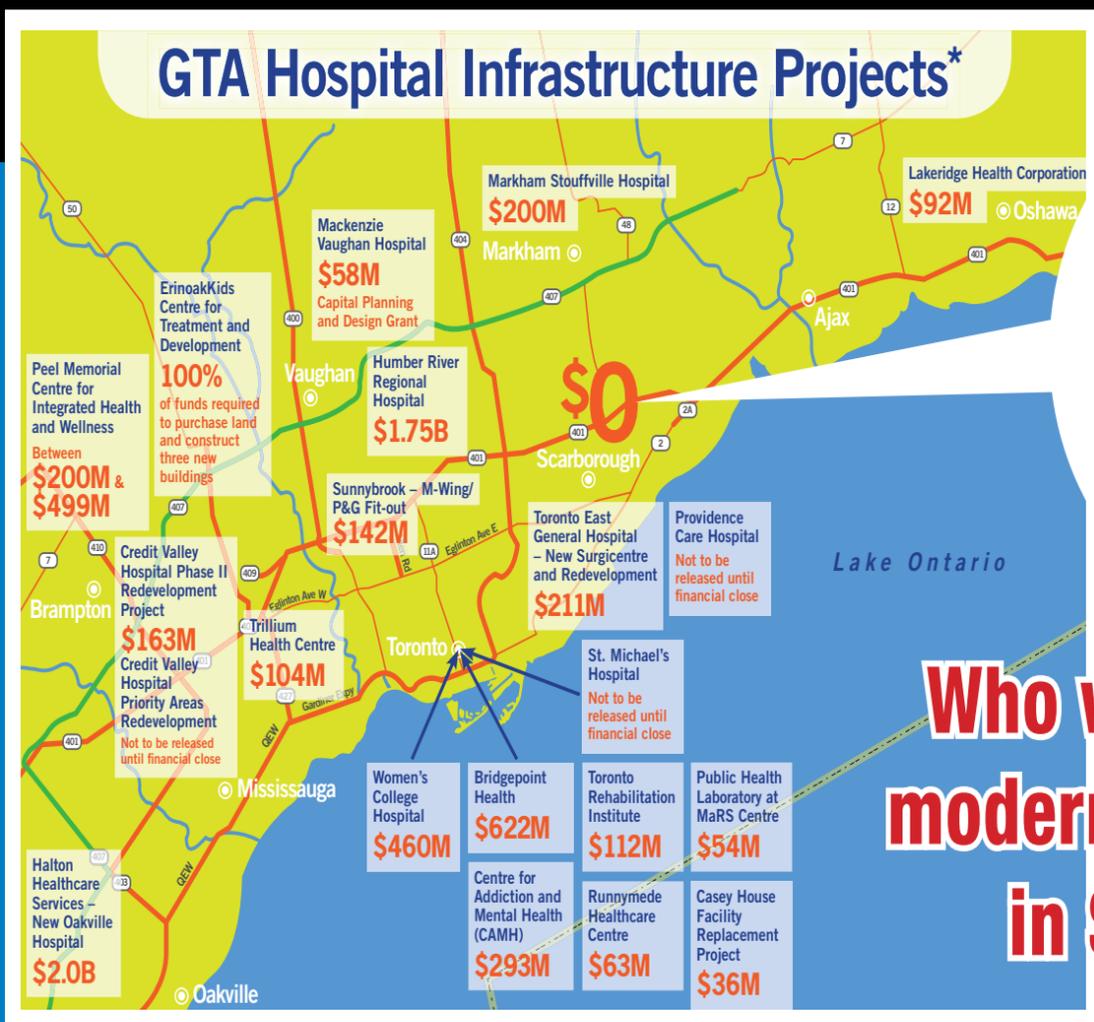
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# The Tight Race for Ontario Leadership

By Raymond Rajabalan

As a minority government formed by Tories or Liberals appears a possibility, Liberal leader Kathleen Wynne has stated that she's shown how she can work in a minority parliament

A recent Abacus Data poll has put Liberal Leader Kathleen Wynne ahead of the competition. The poll asked Ontarians who would make the best premier and Wynne came across as more honest and better than her predecessor Dalton McGuinty. Wynne was the best premier choice of 26% of those polled, Progressive Conservative Leader Tim Hudak got the nod from 20% and NDP Leader Andrea Horwath was third with 18%.

Of Ontarians polled, 40% believed Wynne to be a better premier than McGuinty, 12% thought she was worse and 34% saw no difference. Wynne was more likely to be seen as a capable leader who understands problems, but also one who is not particularly great in a crisis. Hudak was seen as the leader who was most out of touch with ordinary folks, most likely to talk down to them.

Conservative leaders tend to get a "bad rap" in terms of popularity, and the PC party may be hoping that voters will cast their ballot for Hudak even if they don't particularly like him because they believe he's got the right agenda for the province, David Coletto, CEO of ABACUS DATA said. But with only a few days to go until the June 12 vote, it could make more sense for the PCs to run negative ads on Wynne, he said. NDP leader Andrea Horwath's popularity hasn't been enough to make her the top contender to be premier, as many Ontarians are concerned she's too inexperienced for the job and saw her as the least likely of the three leaders to exercise sound judgment, Coletto said. Horwath has been a benefit to her party's general electoral fortunes, he said.

Yet with voter support fluctuating on a daily basis whichever party forms the next government there appears to be a strong possibility of a minority government formed either by Tories or Grits.

The Liberals have been governing in a minority situation since the 2011 election and polls suggest a minority legislature could happen again.

Meanwhile Liberal Leader Kathleen Wynne, who visited a full-day kindergar-

## Kathleen Wynne leaves door open to coalition government in Ontario election



ten class at Markham's St Julia Billiart Catholic Elementary School a few days back, said that she was "not ruling out working within a minority parliament."

Some Conservatives are worried that even if Hudak wins the most seats in the 107-member legislature — but falls short of a 54-MPP majority — Wynne and Horwath would combine forces to keep him out of the premier's office.

That happened in 1985 when then Liberal leader David Peterson and then NDP leader Bob Rae toppled Tory premier Frank Miller, who won more seats in that election than his rivals though the Grits took a higher percentage of the popular vote.

The Tories meanwhile have issued a statement that very same day saying voters have a right to know what Wynne would do.

"What is clear is that Kathleen Wynne is so desperate to cling to power that she will do absolutely anything to keep her job . . . the voters of Ontario deserve to

know if Kathleen Wynne intends to form a coalition government if she loses the election on June 12th."

There are various scenarios that could occur: the Hudak Tories could form a minority government but the Liberals and New Democrats could team up to form the most number of seats; or if the Liberals form a very slim minority they may still want to let the NDP into the tent just to keep the Tories at bay.

Of course, all three parties say they are in the race to win a majority and are loathe to discuss what they may or may not do in the event of a minority parliament.

"I am not going to pre-empt the decision of the people of Ontario. They will make their decision on June 12 and we will work within those parameters," Wynne said. "I am not ruling out working within a minority parliament. I have worked to make a minority parliament function for the last year and a bit. And I will continue to work with the numbers

that the people of Ontario present us with," she said. "When we get there we will make that determination."

NDP Leader Andrea Horwath is being coy about her plans. Horwath, whose third-place party propped up the minority Liberals in the 2012 and 2013 budgets, won't say if she would back Wynne or Hudak. She dodged the question when asked Wednesday if the party leader who wins the most seats in the election should automatically be premier. "Well, you know, I'm going to wait until June 12 — until the people of this province make a decision about what kind of government they want and regardless of what decision they make it'll be the right decision," the NDP leader said.

"We'll deal with that outcome when it's upon us. We can't presuppose or pre-judge what the electorate is going to do. I'm going to hold my powder," she said recently at the International Bakery in the Liberal-held riding of York West.

# Joe Dickson Casts His Vote at Advance Polls



Liberal incumbent for Ajax-Pickering Joe Dickson and his wife Donna were the first in line to vote in Ajax at the McLean Community Centre on the first day of Advance Polling.

"It's an absolutely beautiful morning here in Ajax and I am honoured to be casting my vote with my wife Donna. It is my hope that the great people of Ajax and Pickering will return me to office for a third term. There is still work to be done and I hope to be able to get a lot accomplished this next term, including getting our Ajax waterfront cleaned up by pushing through a "bump up" with the Ministry of the Environment on a Class Environmental Assessment," said Dickson.

Joe is the oldest of 10 children born to his parents, Lou and Mary. Joe's mother was born in Pickering Village, and has lived in Ajax his entire life.

Joe has been married to his wife Donna for over 48 1/2 years, and they have two great married children, Jim and Joanna, and five beautiful grandchildren

Joe has worked hard and has Chaired

or been President of 43 charitable and volunteer organizations. He has sponsored over 22 sports teams annually since he was a teenager. Joe learned the value of giving back to his community from his parents, at a young age. That totals over 1,000 youth, women and men's teams sponsored for over 53 years.

Dickson is the owner of a printing business, Dickson Printing Ltd., (currently being run by his brother Paul), and was a member of the Ajax Town Council, seven times and Regional Council once.. He had previously served as an Ajax Catholic School Board trustee twice and as the deputy mayor of Ajax. In 2002, Dickson was awarded the Queen Elizabeth II Golden Jubilee Medal and in 2012, received the Queen Elizabeth II Diamond Jubilee Medal, to name only a few of the many awards he has received.

The Advance Polls opened on Saturday May 31st and continue through to June 6th. Now more than ever there are more opportunities, dates and times to vote. Let's get out and vote!

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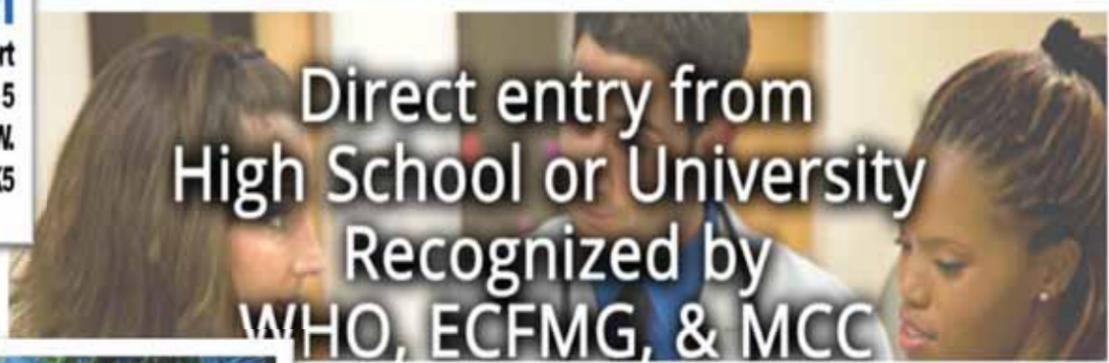
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# Absolute Majority in Parliament has Given Modi an Opportunity to Structure a Holistic and Vibrant Sri Lanka Policy

By Col R Hariharan

[This is a summary of author's comments made on May 27 to English and Tamil newspapers and magazines as well as on TV news channels.]

Prime Minister Narendra Modi, who had faced more flak and investigations than any other aspirant stepping into the shoes of a prime minister, has shown on Day-1 that he is a man of his own mind. His spectacular election victory owed it to his planning, execution and management of his election strategy.

His relentless campaign against odds has shown as a one who leads from the front, not losing sight of overall goals, and an uncanny knack to get his way through overcoming his detractors both within and outside the BJP. Last but not least is his ability to pick a team and motivate them to give their best.

Many of these qualities came to the fore on his Day-1 in office. The BJP accustomed to its geriatric leadership functioning was infused with energy; of course the elderly leaders despite all the bowing and touching of feet were put to the pasture as younger leaders took over key functions. They had put their faith in him and it was pay off time. But under Modi they will have to emerge as achievers.

This was in marked contrast to cabinet making process of Dr Manmohan Singh. It was directed from the top with little opportunity for the Prime Minister to demur. Naturally it had disastrous impact upon the PM's hydra-headed team's performance and accountability.

Another promise Modi has kept is to balance the need for merit and talent in the cabinet against the political compulsions of maintaining caste, religious and regional and coalition partners in its composition. He had promised a lean cabinet and put together a team of 44 ministers. However, unoccupied berths in some of the key ministries like Defence promise to swell the numbers before the Budget session in July.

## Invitation to SAARC leaders

Much has been read in Modi's invitation to SAARC leaders to attend his inaugural ceremony. Some of the news anchors always keen to read tea leaves have called it a foreign policy coup. To do so would be overkill. But Modi the opportunist used the happy occasion to garner some good will in the neighbourhood where a lot of suspicion lingers about how he would lead the government.

On the other hand, Modi the showman knows that to be respected as the Prime Minister of the largest democracy, he has to give a thorough makeover of his image tarred by the Western press and English media that described him as a

Fascist and anti-Muslim hawk. And he just used the opportunity offered by the inaugural ceremony. This would enable him to set the right tone for enlarging his international acceptability.

By inviting the SAARC leaders he has probably made a good start in this exercise. But for the skeptics to believe it was much more than a cosmetic exercise, the yardstick would be on the government's performance in the coming months.

He has also sent a strong message of his preference for India's immediate neighbourhood as his foreign policy priority. The message would have been more inclusive if Myanmar Prime Minister had also been invited for the inaugural.

Nawaz Sharif and Sri Lanka President Mahinda Rajapaksa in spite of opposition from sections within his own coalition, Modi has demonstrated his firm control over the government. Modi has also shown that while he is aware of concerns of coalition partners and states his decision, he would not hesitate to get through his decision if need be in the national interest.

Both the foreign leaders have reciprocated the good will behind the invitation from Modi by releasing Indian fishermen in their custody. Despite all the bonhomie shown in photo opportunities with them, Modi has reminded the two leaders that India was determined to pursue its core

pared by the respective governments.

## Invitation to Mahinda Rajapaksa

The meeting between Modi and President Rajapaksa has both an international and national context. Modi has shown his readiness to build upon the strong relationship existing between the two countries. At the same time, he has requested Sri Lanka "to expedite the process of national reconciliation in a manner that meets the aspirations of the Tamil community for a life of equality, justice, peace and dignity in a united Sri Lanka" in the words of the Secretary Ministry of External Affairs Ms Sujata Singh. This would remind Rajapaksa that he had still not delivered upon his promises and caution



Indian President, Vice President and New Prime Minister Narendra Modi with Leaders of all eight countries invited for the May 26th Swearing-in Ceremony posed for a photograph at the forecourt of Rashtrapati Bhawan. The Heads of State are: Sri Lankan President Mahinda Rajapaksa, Pakistan Prime Minister Nawaz Sharif, Afghanistan President Hamid Karzai, Bhutan Prime Minister Tshering Tobgay, Nepal Prime Minister Sushil Koirala, Maldivian President Abdulla Yameen Abdul Gayoom, Mauritian Prime Minister Navin Ramgoolam. Bangladesh was represented by Speaker Shirin Chaudhury.

Inclusion of Mauritius among the invitees is a strong indicator of the importance Modi attaches to the Indian Ocean Region (IOR) which has implications for the strategic security of the IOR. In tandem with Maldives and Sri Lanka, India's two other Indian Ocean neighbours, it gives inkling to the likely enlargement of the nascent maritime security cooperation between India and its island neighbours.

Both China and the U.S. who see themselves as strategic stakeholders would have taken note of Modi's style. It portends a confident, strong, and assertive leadership in India's dealings with other countries.

Nationally, the Congress opposition despite some nit-picking had no other choice but to support his decision to invite SAARC leaders. The other battered regional satraps had little to comment as they were busy putting their houses in order. We can see this happening more often if Modi delivers some of his promises in real time.

## Invitation to Nawaz Sharif

By inviting Pak Prime Minister

interests in building a win-win relationship with its neighbours and they need to help remove the impediments in its way.

In the case of Pakistan, he seem to have highlighted the key issues of trans-border terrorism, the need to speed up follow up action in Pakistan on 26/11 terror attacks, and opening up of Pakistan for Indian trade. Nawaz Sharif despite his more guarded reaction seem to have agreed to cooperate with India to ensure that the democratic government in Afghanistan is not destabilized after the withdrawal of U.S. forces by Taliban terrorists. If this goes through it would be a remarkable breakthrough to address India's key security concerns relating of Afghanistan affecting the stability of the entire region.

It would not be true to narrative to read much more than it in the meetings. They are ice-breakers to provide the two sides to understand the nature of change in Indian leadership, while providing the Indian Prime Minister an opportunity to put through his foreign policy exercise. Further progress in relationship can only through after ground is carefully pre-

pared by the respective governments. him of possible impact on the relationship if he continues to delay. He has also reassured Rajapaksa that though some of his political partners are supporters of Tamil Eelam, there was no change in his government's stand on a united Sri Lanka.

Despite all the drama with Vaiko's loud protests in the Capital, the din of black flag demonstrations in Tamil Nadu, and the State Chief Minister Ms J Jayalalithaa going into a sulk, Modi's absolute majority in parliament has given him an opportunity to structure his Sri Lanka policy to make it vibrant. It has also given him a chance to build upon the BJP alliance in Tamil Nadu as the state politics is in a state of flux after Ms Jayalalithaa scored a stunning victory reducing the opposition to single digit.

BJP's present partners in the state are political light weights; despite their reservations on Modi's Sri Lanka policy they are likely to be more benefitted by continuing the alliance with the BJP. This would enable them to have some clout at the Centre essential for their survival. After seeing Modi in action, some of these parties might rethink on the vi-

BOOK REVIEW



Special Feature

ability of pursuing a hawkish stance on Sri Lanka.

The DMK, though reduced to a zero in the parliament, still retains the loyalty of nearly one fourth of voters. However, the party has still not recovered from the leadership paralysis that struck it after the drubbing at polls. The fratricidal struggle for the party leadership between the DMK leader Karunanidhi's scions Alagiri and Stalin continues.

As though these are not enough, Kallaignar Karunanidhi is in for hard days in his old age as both his party and the family network that build a huge fortune are in shambles. The Damocles' Sword of corruption trials are hanging over his octegenrian wife Mrs Dayalu, daughter Kanimozhi, nephew Dayanidhi Maran and party loyalist A Raja.

As corruption trials are likely to be speeded up as promised in the BJP manifesto, DMK will have to rework its political strategies to survive. This might induce the DMK to forget its much-hyped preference for secular partnership to take a re-look at the BJP alliance in the state.

At the state level, Ms Jayalalitha went into hyperbole on Modi's invitation to Rajapaksa describing it as betrayal and insensitivity to Tamil feelings on the Sri Lanka issue. Lack of reaction from Modi probably made her boycott the inaugural ceremony. Not only that, she went on to ban her party's 37 newly-elected parliamentarians from attending it.

While this was in keeping with her "black or white" style of seeing more enemies than friends, her not so friendly response to Modi has to be understood at two levels –personal and political. With political pundits predicting the possibility of a hung parliament, her prime ministerial ambitions soared. Despite securing 37 of the 39 seats, Modi's landslide victory nationwide has put paid to her



Modi kneels down and kisses the step of India's Parliament as a sign of respect as he arrives for a meeting of the party's newly elected lawmakers in New Delhi, May 20, 2014-pic via: facebook.com/narendramodi



Tamil Nadu Chief Minister J Jayalalitha – and Prime Minister Narendra Modi (file pic-PTI)

ambitions.

Her boycott of Modi's inaugural shows that she was far from reconciled with the outcome of the elections at the national level. With this negative attitude, Ms Jayalalitha has lost a good opportunity to recoup the good personal equation she used to enjoy with Modi.

Politically, she needs to improve her relationship with the Modi government to mend her fractured Centre-state relationship of the past. She needs to do as she needs Centre's cooperation and good will to see through some of the ambitious projects in the state. With the state assembly elections due in another year and a half, she needs to show results as the DMK and all other opposition parties will be working hard to put up a better performance. So she can be expected to evolve a face saving method of building better relations with Modi and the Centre in that order in the coming months. And the politically savvy prime minister may reciprocate such an overture if there is a future in it.

Thus the emerging political environment in the state improves the chances for Modi to work out a holistic Sri Lanka policy. Such a policy should address India's national imperatives as well as the state's specific concerns on Sri Lanka Tamils. It can give meaningful expression to India's and Tamil Nadu's concerns not only to serve national interests, but also remove some of the bottlenecks in India-Sri Lanka relations. But for all this to happen Modi has the difficult task of delivering his promises; and India and the world will be watching.

*(Col R Hariharan, a retired Military Intelligence specialist on South Asia, is associated with the Chennai Centre for China Studies and the South Asia Analysis Group)*

Arthy Saravanan from Toronto wins Mrs India International 2014 Crown

Arthy Saravanan, from Toronto won the Mrs India International 2014 crown in Georgia, US, after competing against 13 finalists on May 2, 2014. Born in Kanyakumari, Tamil Nadu, Arthy, now 29, did her schooling from Indian School, Muscat and her Bachelor of Science at the University of Toronto. She will be representing India for Mrs. World International in Florida in this summer at Florida.

Her father Perumal Pillai Saravanan, who is tax consultant in Toronto.

She is currently completing her residency specialty training in radiology in Cleveland and is anticipated to graduate in 2016. She hopes to pursue her fellowship sub-specialty training in Women's Imaging. Her brother is also a practicing doctor in USA.



Happy Father's Day - June 15, 2014 - Monsoon Journal -



Special Feature

# First Non-Profit Community Hall and meal donation facilities open in Karaichickudiyppu - Mullaitivu, Sri Lanka North

In memory of Dr. Subramaniam and Parvathy (Ruckmani), their daughter Maheswary Parameswaran and family, have built a community hall extension to the Mullaitivu Karaichickudiyppu Veerakathi Vinayagar temple. This facility named "Ammah Amuthasurabi Hall" can house functions in Mullaitivu and was ceremoniously opened on Feb 06, 2014 by retired Commissioner of Cooperative President Mr. S. Santhirascgaram.

"We saw a need when we visited Mullaitivu last year, a place to house community functions and Ammah Amuthasurabi is the first non-profit organization in Mullaitivu to provide a space of this kind. Any and all proceeds directly go back to the temple and the community it looks to serve", says Tharsica Parameswaran, daughter of Maheswary Parameswaran.

Residents of the area attended the auspicious ceremony to declare open the "Ammah Amuthasurabi Hall".

For the opening ceremony, attendees included Northern Province Council members: Mr. Anthony Jeyanathan, Mr. A. Ravikaran., ex member of parliament Mr. Kanagaratnam, Attorney at Law Mr. S. Paramsoothy, Mr. J.P Tharmak-

ulam. Uttankarai temple chief priest Mr. Pathamaraja Kurukkal, Provincial Secretary Mr Karathuraipatu and Mr. T. Thrishkumar.

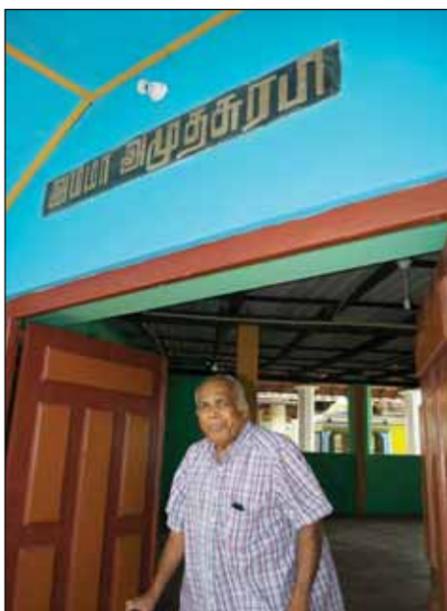
The memorial stone was declared opened by Vattrapalai Amman temple president Mr. S.Kugathasan. Stone carved Geetha verse declaration at the venue was opened by temple treasurer Mr. S. Paramsoothy.

Concluding and vote of thanks speeches were given by Mr. SriElangianthan and Mr. Vanniyarasa.

**If you like to dedicate an annathanam in the memory of your late parents, families living in Sri Lanka and other countries can send \$200 to the following contacts;**

**Contact information:**  
Canada - Sivasundaram 1- 416-519-7871; U.S.A. - Parameswaran - 952-378-4225; U.K - Sutharsan 044-2088611447; Sri Lanka- Balasritharan 7766385

**-Pictorial from the opening day event of "Ammah Amuthasurabi Hall" can be seen here-**



# “THIRUKETHEESWARAM IS THE GREAT ANCIENT SAIVA TEMPLE OF MATOTTAM IN SRILANKA”

CHANCELLOR, PROFESSOR S. PATHMANATHAN

The well written book on “Thiruketheeswaram Temple History and the Great Restoration work sivathodu by late Mr. R. Namasivayam”, authored by Chancellor, Professor S. Pathmanathan, was introduced in Toronto on the 3rd May, 2014, at the Scarborough Civic Centre, Auditorium, with well attended by senior Professors in Toronto, namely Professor S. Pasupathy, Professor C. Kanaganayagam, Professor SubramaniyaIyer, Professor E. Balasundaram and well distinguished Audience of two hundred and twenty (220) persons. The great Event was chaired and co-ordinated by Mr. Thillyampalam Sivayogapathy of World Saiva Council of Canada.

The first book release event took place on the 12th April, 2013 at the Thiruketheeswaram Temple itself; The second Book release event took place at Saraswathy Hall in Colombo, Sri Lanka on the 25th April, 2013; Mr. Kumaran, the Deputy High Commissioner of India chaired the well attended great event. The third Book release Event took place at the Sivan Temple, London, on the 12th August, 2013 with a great participation of saiva devotees. It is very great and a special mention to be made that, Chancellor, Professor S. Pathmanathan too, participated in all the above mentioned events, in person and delivered the key note address too, with his great wealth by knowledge in the fields of Archaeology, Saiva Religion, south Asian History and Tamil Literature.

The great event was started with the Saiva Devotional Songs sung by Miss Abarna Pathmanathan and Mr. Pon Suntheralingam; Followed by two minutes silence by all in the auditorium, for the Peace and Harmony Worldwide.

Mr. T. Sivayogapathy, in his welcome speech, mentioned very clearly the details in full, of the biography of Chancellor, Professor S. Pathmanathan, His Brilliant Academic carrier, as well as his wealth of knowledge very widely in various fields related to world history itself. The “Proof of the Pudding” is being well illustrated and reflected in the great book on “Thiruketheeswaram”.

Mr. Kulahan Yogendram, nephew of Mr. R. Namasivayam mentioned very briefly, the greatness of Pollihandy Kanthavana Kadavai Murugan Temple, for which the Thikkam Chelliapillai Family members are the trustees to-date; Saint Arunagirinathar had sung Hymns for that famous Temple long years ago.

Professor E. Balasundaram of Toronto introduced the Book and mentioned his long standing good friendship, with chancellor, Professor S. Pathmanathan too, from the period both were met at the University of Ceylon, Peradiniya Campus; Professor Balasunderam highlighted the great Academic Carrier as well as the gentlemanly qualities of Professor Pathmanathan; also he clearly mentioned that the high calibre of Professor S. Pathmanathan is reflecting very well in the book itself, as an author cum editor of the book.

Also, Professor Balasundaram highlighted the dedicated Sivathodu, performed by the late Mr. R. Namasivayam, for the Temple’s immense growth.

Chancellor, Professor S. Pathmanathan in his very candid speech, specifically and briefly mentioned the history of the Great Temple of Matottam; The Restoration Society of the Temple was initially Chaired by the Great Saiva Scholar

Sivathasunderam in the year 1948. The basic temple structure, with the required shines and sanctum were installed during his time.

Later, Sir Kanthiah Vaithianathan chaired the Restoration Society and commenced the first stage of Restoration work, with the priority for the “RAJAKOPURAM” of the Temple. He convened the first meeting at the Vaitheeswara Vidyalayam, during mid-year, 1960, with the great blessings of Thavathiru Sivayogaswamihal in Jaffna.

The first financial Donation of Rupees Ten thousand (Rs.10,000/-) was gifted by Saiva Philanthropist Mr. Ambalavanar Thillyampalam of Sangarathai Vaddukodai; Sir Kanthiah Vaithianathan was deeply moved with tears of joy, on receipt of the said magnificent gift, for the temple.

Professor S. Pathmanathan’s long delivered speech, with one hour duration, was very eloquent with facts and figures and it was well applauded and well appreciated, by all in the Auditorium; It was a real treat, on an Academic Level!

Finally, Dr. Rajan Kanagaratnam, the eldest son of Late Mr. R. Namasivayam delivered the vote of Thanks; It was followed by purchase of Books initially, by all the esteemed Professors, who attended the great event and subsequently, 160 Books were purchased by the distinguished guests, from the well attended Audience.





# Stress out over debts



Are your debts making you sick? There's a growing mountain of research that says it sure can. The journal Social Science and Medicine, for example, released a study that found individuals with higher debt had higher blood pressure, higher stress levels, and poorer general health — and this was in young people, aged 24 to 32. In a 2008 AP-AOL study at the height of the US mortgage crisis, those reporting high levels of debt stress suffered from stress-related illnesses including ulcers, migraines, back pain, anxiety, depression and even heart attacks.

Stress triggers the same fight-or-flight response that's plagued humanoids since the beginning of time — the effects of reacting to a shrinking bank account can be the very same as being surprised by a saber-tooth tiger. Your heart races, stress chemicals like adrenaline and cortisol are released into your system, and you're poised to take on the tiger or run like hell. But when it's the bank account getting to you, tiger-slaying isn't an option, and the stress can just build and build. Hearburn, headaches, and stomach knots are all common symptoms of a build-up of stress.

It's a vicious cycle in the bedroom, too, where anxiety about debts keeps you up, and you can't heal from the anxiety because you're sleep-deprived. Your reaction times and creativity are affected, so you're not performing as well through the day, which makes you worry and stay up at night.

But it's not the amount of debt that can make your heart race, it's weather you let it get to you.

According to Stanford University researcher Kelly McGonigal, PhD, "Basically, it invades your home, your work, what you're able to provide for your family, and

your fantasies for the future. There are studies that show it's not how much money you owe that predicts depression and health problems. It's how much you worry about it. "If your worries about money and the stress they create are starting to affect your health, here are some ways to cope better:

- Think about the worst-case scenario. This may sound counter-intuitive, but sticking your head in the sand or coping with drugs, alcohol, food, or other crutches are short-term "solutions" at best. Look down the road at the bigger picture and realize that there is no tiger at the door. Your life is not in jeopardy. Your kids are healthy. You are blessed to live in a great country. Even if you lose your house, you won't end up on the street. You'll still have your family. If you love your work or your hobby, even better. Concentrate on the positive.

- Write it out. Journaling can be a powerful coping mechanism for stress. Keep a little notebook handy and every time you find yourself stressing about money, jot down the worry, as well as any ideas for something you could do to help alleviate the worry, such as give up your Starbucks coffee in the morning or calling a friend to unload a little of your burden.

- Start doing better. Meet with a credit counsellor, set up a spending plan, and start behaving in a way that will help you get different results in the future.

Remember what Shakespeare said — nothing is either good or bad, but thinking makes it so. Yes, you should take steps to clear your debts and relieve the associated stress by eliminating the root cause, but in the meantime, learning to cope without stressing over things you're not in a position to immediately change might even save your life.

Check our ad on page 18

வரலாற்றோ தமிழ் கத்தோலிக்க சமூகமும்  
தூய ஆரோக்கிய அன்னை யங்கும் இணைந்து நடாத்தும்

## மிட்லண்ட் மறைசாட்சிகளின் திருத்தலத் திருப்பயணம்



**27**  
ஆண்டு  
திருப்பயணம்

11:30 செயலாலை  
12:00 கூட்டுத்திருப்பயி  
3:30 நற்கருணை ஆராதனை  
ஆயிவாதம்



**JULY**  
**19**  
**SATURDAY**  
**2014**

27 ஆண்டுகள் திருப்பயண நிறைவாக மருமடு அன்னைக்கு அர்ப்பணித்திருக்கும் திருப்பயணத்தில் திருவழிபாடுகள் இடம்பெறும்.

வாரி: வாரி  
விசுவாசத்துக்கு வித்திட்ட விளைநிலத்தில் புதுமைகள் புறியும் நம் பாதுகாலையும்  
மருமடுஅன்னைக்கு அமைக்கும் பீடமதில் நிகழும் வழிபாடுகளில் பங்கு கொள்ள - வாரி: அருங்கொடைகள் பெற்று வாழ்வென வளமாக்கிடுவீர்

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**Martyrs' Shrine, Midland**  
Saturday July 19th 2014  
11:30 Rosary  
12:00 Holy Mass  
3:30 Benediction

Directions from Toronto:  
- Follow 400 North to 400 Extension (Midland/ Penetanguishene)  
- Follow 400 Extension to Hwy 93 North (Midland/ Penetanguishene)  
- Follow Hwy 93 to Hwy 12 Eastbound  
- Keep an eye to your left past Midland  
- Alternatively, you could Follow 400 Extension past Hwy 93 up to Hwy 12 West (Midland/ Penetanguishene)  
- In this case keep an eye to your right just before you enter Midland  
\*\*\* For those using a GPS the Shrine's street address is 16163 Highway 12 West.

For Further Details Call: 416 473 4717/416 275 3983 / 416 918 5805/416 258 6759  
Bus pick up points Scarborough, Downtown & Mississauga

or Visit:  
[www.tamilpilgrimages.com](http://www.tamilpilgrimages.com)

## MANAGING YOUR MONEY



# Post retirement tax planning strategies that work for you

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

Retirement can be viewed as a series of stops-and-starts. For example, stop scheduling your life around work hours and start going with your personal lifestyle flow. Stop stressing about your morning and evening commutes and start driving when you want. Stop worrying about project deadlines and start engaging in personal interest projects and pastimes on your own timelines.

To save the most during your working years, to build the largest possible retirement nest egg, tax planning in an absolute necessity. And it becomes even more important after you retire when you'll need to maximize your (perhaps) limited income so you can live your dreams for all your retirement years.

Tax planning is one thing that definitely should not stop when your employment stops. Post-retirement tax strategies are vital to maintaining the retirement lifestyle you want for all the years of your retirement. Start with these three income-protecting objectives:

1. Always take full advantage of all the direct tax deductions available to you.
2. Keep your net income and taxable income low enough to avoid such potential pitfalls as the Old Age Security (OAS) clawback or losing out on the age credit and possibly the GST/HST credit.
3. Ensure that your monthly cash flow is not eroded by increases in the cost of living and that all your investments will last a lifetime.

In keeping with these three objectives, here are some other important post-retirement tax-reduction and income-protection strategies:

Plan Registered Retirement Income Fund (RRIF) withdrawals Withdrawals from investments held in your RRIF are fully taxable – so manage your taxable

income by withdrawing only amounts that are required.

Reduce taxes through tax efficient asset allocation Keep fully-taxable, interest-generating investments inside a tax-deferred Registered Retirement Savings Plan (RRSP) or RRIF as long as possible while keeping assets that are more tax-efficient those that generate capital gains or Canadian dividends – outside your registered plans.

Take full advantage of all available tax credits and deductions Don't forget the age credit for those aged 65 and older, the pension income credit and medical expense credit.

Reduce your taxes by splitting Canada or Québec Pension Plan (CPP/QPP) income with your spouse When your spouse has a lower CPP/QPP entitlement and is in a lower tax bracket. The federal government allows eligible retirees to save on income tax by letting couples shift up to 50% of the higher earner's eligible pension income to the lower earning partner who is taxed at a lower rate, reducing the tax bite for both of you. (By the way, you don't actually have to pay the shifted income to your partner, you simply report it for tax purposes.)

To qualify for pension income-splitting, you and your partner must be Canadian residents and either married or living in a common-law relationship. Regardless of your age, income from these sources is eligible for income splitting:

\*Lifetime pension, bridging payments, or annuity payments from a registered pension plan or foreign pension plan.

\* Payments to a surviving spouse from investments held within a Registered Retirement Savings Plan (RRSP) or Registered Retirement Income Fund

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(RRIF) annuity contract resulting from the death of the original annuity owner.

At age 65, income from these sources also becomes eligible for pension income-splitting:

\* Payments from your investments held within a RRIF.

\* The interest component of the annuity payments under a contract purchased with non-registered funds.

You can qualify for pension income splitting even if you are receiving a periodic pension benefit and have started a second career.

71 – before and after Be sure to take full advantage of the tax-sheltering benefits of your RRSP by making your maximum contribution up to the end of the year you turn 71. At that age, the government requires that you wrap up your RRSP(s) and convert the proceeds, usually to a RRIF. After you reach 71, consider putting any extra money into investments held within a TFSA where the funds can continue to grow tax-free and/or contributing to a spousal RRSP eligible investments until your spouse/partner turns 71.

Every tax-eligible Canadian gets the Basic Personal Tax Credit and those over age 65 also receive an Age Credit. Other tax credits that can benefit retirees include the Medical Expense Credit, the Dependent Credit, the Disability Credit, and the Caregivers Credit. There are also generous tax credits for those making

charitable donations.

Canada is a great place to retire! But to make your retirement all it can be, you need a plan that includes retirement income from other sources such as your company or personal pension plan and your own investments.

Talk to your professional advisor about smart tax-planning an investment strategies that make sense for your retirement – like investing in a Monthly Income Portfolio (MIP) that can protect your income against inflation and generate stable and reliable income distribution (outside your RRIF or RRSP) and potentially higher long-term growth – so you'll continue to have the income you need for all your retirement years.

#### Disclaimer:

*This report specifically written and published as a general source of information only, and is not intended as a solicitation for mortgage or to buy/sell specific investments or insurance, nor is it intended to provide investment / tax advice. For more information on this topic, please contact me.*

The publishing team of Monsoon Journal regrets for the error with wrong Title for the business article on Page 41, May 2014 print issue. This was rectified for web issue. Correct Title should read as: "Key pensions decisions that shape your retirement"

கனேடிய தமிழர் வர்த்தக சம்மேளனம் வழங்கும்

கனேடிய தமிழர்  
மத்தியில்  
முதன்முதலில்  
வர்த்தக  
கண்காட்சிகளை  
அறிமுகப்படுத்திய  
கனேடிய தமிழர்  
வர்த்தக  
சம்மேளனம்,  
மீண்டும்  
உங்களோடு.....

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தொகுத்தளிக்க நம்நாட்டிலிருந்து வருகை  
தரவிருக்கும் உங்கள் அபிமான  
பி.எச். அப்துல் ஹமீத் அவர்கள்

- பாட்டுக்கு பாட்டு
- கேட்டவரெல்லாம் பாடலாம்
- பாசன் ஷோ
- சிறுவர் முதியோருக்கான நிகழ்ச்சிகள்
- எமது உள்ளூர் கலைஞர்களின்  
திறமைகளை வெளிக்கொணரும் இனிய  
பல கலை நிகழ்ச்சிகள்
- வர்த்தகர்களுக்கான பயிற்சிப்  
பட்டறைகள்
- 100 க்கு மேற்பட்ட  
வர்த்தக சாவடிகள்
- உணவுச்சாலைகள்
- இன்னும் பல....

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### Mascot



The name "Fuleco" adopted for 2014 FIFA World Cup is a blending of the words "Futebol" ("Football") and "Ecologia" ("Ecology") (in addition, nicknames ending with -eco are popular in Brazil).

### Match ball

#### Adidas Brazuca ball



The official ball of the 2014 World Cup will be the Adidas Brazuca. Adidas, the official FIFA World Cup match ball supplier since 1970, took inspiration from elements of Brazilian culture to come up with the name Brazuca.

#### Caxirola

The tournament has recognized an official instrument: the caxirola, a percussive instrument created by Brazilian musician Carlinhos Brown. They are designed to create a softer sound than the African vuvuzela horn that featured prominently during the 2010 World Cup. However, due to safety concerns, FIFA later announced that caxirolas will not be permitted inside the stadiums.

The 2014 FIFA World Cup will be the 20th FIFA World Cup, an international men's football tournament that is scheduled to take place in Brazil from 12 June to 13 July 2014. It will be the second time that Brazil has hosted the competition, the previous being in 1950. Brazil was elected unchallenged as host nation in 2007 after the international football federation, FIFA, decreed that the tournament would be staged in South America for the first time since 1978 in Argentina, and the fifth time overall.

The national teams of 31 countries advanced through qualification competitions that began in June 2011 to participate with the host nation Brazil in the final tournament. A total of 64 matches are to be played in twelve cities across Brazil in either new or redeveloped stadiums, with the tournament beginning with a group stage. For the first time at a World Cup Finals, the matches will use Goal-line technology

With the host country, all world champion teams since the first World Cup in 1930 (Uruguay, Italy, Germany, England, Argentina, France and Spain) have qualified for this competition. Spain is the defending champion, having defeated the Netherlands 1–0 in the 2010 World Cup final to win its first World title. The previous four World Cups staged in South America were all won by South American teams.

**Brazilian National Football Team**  
The Brazil national football team represents Brazil in international men's football. Brazil is administered by the Brazilian Football Confederation (CBF), the governing body for football in Brazil. They have been a member of the International Federation of Association Football (FIFA) since 1923 and member of the South American Football Confederation (CONMEBOL) since 1916.

Brazil is the most successful national football team in the history of the FIFA World Cup, with five championships: 1958, 1962, 1970, 1994 and 2002. They are also the most successful team in the FIFA Confederations Cup with four titles. Brazil is the current holders of the FIFA Confederations Cup after winning the 1997, 2005, 2009, and 2013 edition of the tournament. Brazil is the only national team to have played in all FIFA World Cup editions without having any absence. Brazil have also qualified for every FIFA World Cup without the need for playoffs. Brazil won a total of 72 official international titles to professional and grassroots level selections, being a world record. Its achievements have led CONMEBOL to consider it as The most glorious and successful of all national teams from South America and the Brazil is the only team to have won the world cup in four different continents: once in Europe (1958 Sweden), once in South America

(1962 Chile), twice in North America (1970 Mexico and 1994 United States) and once in Asia (2002 Korea/Japan). They also share with Spain a record of 35 consecutive official matches undefeated.

### Logo

The official logo of the competition is entitled "Inspiration", and was created by Brazilian agency Africa. The design is based around a photograph of three victorious hands together raising the World Cup trophy and its yellow and green colouring is meant to represent Brazil warmly welcoming the world to their country.

FIFA also commissioned an official poster that was unveiled in January 2013 and designed by the Brazilian creative agency Crama. The official slogan is "All in One Rhythm"

### Official song

An Official song has been created for every World Cup finals since 1962. On 24 January 2014, FIFA and Sony Music announced that the official song for the tournament will be "we Are One (Ole Ola ) by Pitbull, Jennifer Lopez and Claudia Leite.

By the end of March, FIFA announced that the song "Dar um Jeito (We will find a Way)", written by Avicii, Carlos Santana, Wyclef Jean and Alexander Pires, was selected as the official anthem of the 2014 FIFA World Cup.





# Remembering and Celebrating the Life of Dr. Maya Angelou

On May 28, President Barack Obama released a statement on the passing of Dr. Maya Angelou – one of the most prolific writers and activists of our time:

When her friend Nelson Mandela passed away last year, Maya Angelou wrote that “No sun outlasts its sunset, but will rise again, and bring the dawn.”

Today, Michelle and I join millions around the world in remembering one of the brightest lights of our time – a brilliant writer, a fierce friend, and a truly phenomenal woman. Over the course of her remarkable life, Maya was many things – an author, poet, civil rights activist, playwright, actress, director, composer, singer and dancer. But above all, she was a storyteller – and her greatest stories were true. A childhood of suffering and abuse actually drove her to stop speaking – but the voice she found helped generations of Americans find their rainbow amidst the clouds, and inspired the rest of us to be our best selves. In fact, she inspired my own mother to name my sister Maya.

Like so many others, Michelle and I will always cherish the time we were privileged to spend with Maya. With a kind word and a strong embrace, she had the ability to remind us that we are all God’s children; that we all have something to offer. And while Maya’s day may be done, we take comfort in knowing that her song will continue, “flung up to heaven” – and we celebrate the dawn that Maya Angelou helped bring.

Through timeless works such as *I Know Why the Caged Bird Sings*, Dr. Angelou encouraged and stirred the souls of millions of readers. As President Obama said when he presented her with the 2010 Presidential Medal of Freedom, “By holding on even amid cruelty and loss, and then expanding to a sense of compassion, an ability to love – by holding on to her humanity, she has inspired countless others who have known injustice and misfortune in their own lives.”

Dr. Angelou also received the Presidential Medal for the Arts in 2000 and the Lincoln Medal in 2008. And in 2012, First Lady Michelle Obama had the opportunity to present her with the Literary Arts Award at the BET Honors ceremony in Washington, D.C.

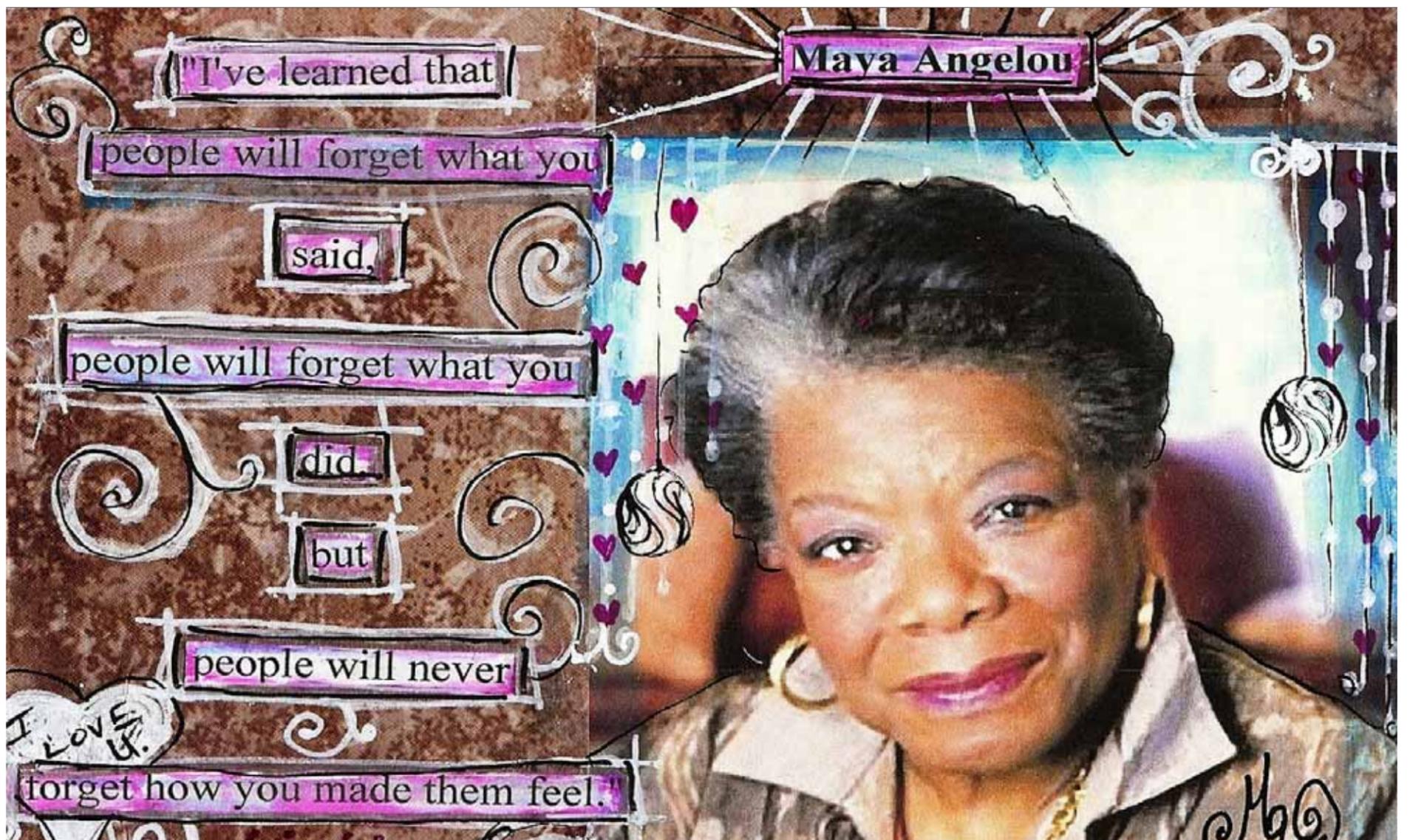
Calling Dr. Angelou one of her “she-ros,” the First Lady reflected on how she was “spellbound” when reading her stories, and – in an ask that rings especially true today – urged the crowd to honor Dr. Angelou through their own lives:

Maya Angelou teaches us that it’s not enough merely to seek greatness for ourselves. We must help others discover the greatness within themselves. We need to reach down and reach out, and give back, and lift others the way Maya has lifted us.

That is how we can most truly honor our friend Maya Angelou – by how we live our lives ... by striving every day to embody the wisdom, and generosity, and radiant love with which she has graced our world. (via- [whitehouse.gov](http://whitehouse.gov))

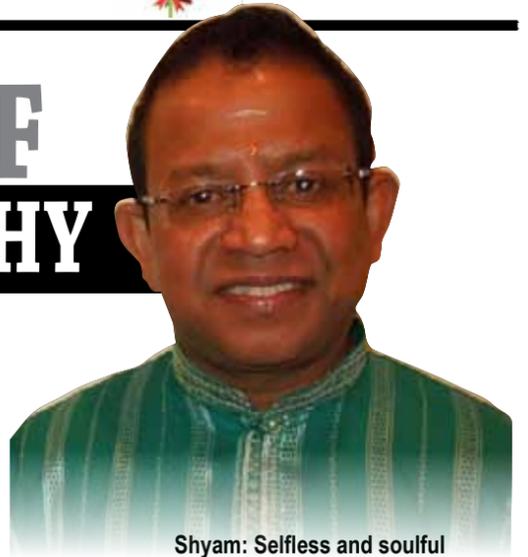


President Barack Obama awards the 2010 Presidential Medal of Freedom to Dr. Maya Angelou (April 4, 1928 - May 28, 2014) in a ceremony in the East Room of the White House February 15, 2011. (Official White House Photo by Lawrence Jackson)





# THE DEEPLY LOVED SOUL OF SHYAMALAN BALACHANDRAMOORTHY



**Shyam: Selfless and soulful**

*by K. Thirukumar*

Shyamalan, so many of his beloved friends gathered on May 7 and 8th in Parlin, NJ to say "Good Bye" after his huge untimely departure from this world.

A terribly sad day for his wife Sharmila, two children Shevaitha, Shayitha and family members, numerous friends.

Shyamalan had a heart attack on Easter Sunday, April 20th and passed away on May 2. He was born on October 27, 1961 and an old student of Jaffna Central College, Sri Lanka. Centralities gathered on May 7th, 8th and mourned their friend, bidding farewell and thanking Shyamalan for his love and friendship. His mother, Ms. Ariyamalar Balachandramoorthy was a teacher at the same school.

as "life moved on" there or here today.

My direct friendship with Shyamalan who is fondly called "Master" by all in New Jersey been somewhat limited after I left Newark and New Jersey in 1988. Since coming back in 1998, we would make it a point however to have a chat wherever we met, though sometimes only between years apart; he showed his love for music, golden oldies especially in many of the gatherings.

I have not spoken to Shyamalan's wife Sharmila ever though I have seen her at occasions and events hosted by mutual friends etc. When I spoke to her on May 7th and mentioning that she may not

family during this time of grief, now via Sharmila - among them were my Annan's friend, said Sharmila's father is his longtime friend. Another one was my childhood friend, traveled from Toronto, said his wife and his wife's brother who traveled with them are friends of Sharmila.

As an active member of the Scotch Plains, NJ Sai Center, Shyamalan participated in Bhajans and also in the noble virtue of painstakingly collecting and delivering food supplies to New Brunswick, NJ shelter for the homeless over the course of many years. He spent weekend hours in driving to collect the perishable supplies that are

The Soul of Shyamalan left us, with joyous memories to cherish for those surrounded him but in a hurry from this world. Being there on May 7th felt his hurriedness in part is compelling us to take stock of our own presence in this world, many friends deeply shaken. Departure of a loved one is saddening, comforting only to think that they are in a better place; no words can bring solace to his family and an uphill time for loved ones who still needed



**Shyamalan Balachandramoorthy**

My first acquaintance to Shyamalan happened sometime 3 decades ago in 1985. He lived at 351 Broad Street (Apt 1912) while I was part of another group of housemates at 381 Broad Street (Apt 2215), in Newark, New Jersey. The two buildings face each other. Both of these apartment units were like a hub

of entry to many more of our generation who were just leaving the jittery nature that was surrounding our lives back then in Sri Lanka.

Many like Shyamalan, who are alumni of Essex County College, Newark, NJ and/or lived around Newark - but since then parted ways across North America came by to bid this unexpected farewell to Shyamalan.

Shyamalan had a remarkable sense of humor and possessed mimicry skills, putting us at ease in our days of studying and so forth to foot on a good future and all in the newly arrived land. His wit was a much appreciated trait that helped diffuse any "controversial" topics at hand or conversations among us - especially of those "heated" ones about politics those days. Shyamalan is also remembered in playing and partaking in summer cricket tournaments during those years.

Shyamalan decried violence of all sorts and violent methods in the land we left behind, since those early years of mid-eighties itself, he must have did it with much conviction then, when I look back today - than due to "midlife transformation" and/or



**Shyamalan, active member of The Scotch Plains Sai Center, New Jersey, USA; passion of divine music in his soul - as a tot as well.**



know me and told her I used to know Shyamalan well in those years after his immediate arrival to New Jersey, she said she knows me quite well and we friends know that period resoundingly than her and those years of friendship with Shyamalan, the plays he acted (at the old Flushing Ganesa temple etc.) Shyamalan being at the center of all these only to leave us., she said.

I also ran into many travelling from Toronto for knowing Shyamalan and to console the

nearing the stated expiry dates from numerous supermarkets for this purpose. He would diligently pack them in Ziploc bags to hand out at the shelter for individual use.

Shyamalan's charitable contributions are seen at numerous occasions to assist his Alma mater Jaffna Central College. He devoted time and effort in the drives to help those becoming destitute after natural disasters, such as the 2004 Boxing Day tsunami in Sri Lanka and Katina here in 2005.

the care, which would have been fulfilled only by Shyamalan.

May his much loved presence and persona seen through his final resting also be as strength for his family in realizing everything Shyamalan would have wished for his family to have.





# ORGANIC JUICE BAR “PAZHAMUTHIRSOLAI”:

JAFFNA, SRI LANKA NORTH GOING AU NATUREL – FINALLY



Purchasing fruits from the producer



Grading



Cleaning



After washing removing damaged fruits



Keeping fruits in the ripening chamber



Fresh juice preparation

by *Thulasi Muttulingam*

Once upon a time, the agricultural peninsula of Jaffna was known for many other things apart from the war! Karuthakolomban mangoes, luscious jackfruits, juicy guavas...

They still exist albeit with one innovation; more poison that Snow White's stepmother ploughed into her apple. The average Sri Lankan farmer figures quite high on the world index for his excessive use of agro-chemicals. And the Northern Sri Lankan farmer, in stiff competition with the Southern Sri Lankan farmer (as well as the Army), perhaps uses agro chemicals the most.

'Organic' is not a term that the average Jaffnaite is familiar with yet. Ask for fruits or vegetables that have been grown organically and you get incredulous looks or guffaws in the market place. Yet many people are aware of the poison and stay away from items like cabbage – and even more heartbreakingly – mangoes, at the market. To consume these is a sure-fire way to fall ill here.

It was quite a pleasant surprise therefore to come across a juice bar, advertising 'chemical free' juices made from 'naturally ripened' fruits opposite

the railway station in Meesalai, Jaffna!

Inside, the fare offered was indeed fresh and tasty – and at Rs.60 - 80 per glass on average, was half the price of similar fresh fruit juices in Colombo.

What the average Northerner thinks of it however is open to debate. As I drank my juice, I could hear my true-blue Jaffna mother's voice ringing in my ears: "You paid Rs.80 for Papaya juice? Why can't you pluck one of our own papayas and blend it in the mixer if you want papaya juice? Your generation is so spendthrift. In my day...."

According to the Juice Bar Pazhamuthisalai's center manager C.S.S Kandan however, he does get a regular clientele, mostly young professionals working in the area, who are grateful for the alternative to artificial sodas or tea /coffee, to quench their thirst.

"Many educated young people here are aware of the negative effects of agro-chemicals and thus the demand for organic products is actually quite high in Jaffna" says Kandan. "Since the agri-business for whatever reason is not catering to that demand, many people don't realize the extent of the need. Our services are quite highly valued here."

He adds, "In keeping with that demand, we add no artificial products or additives whatsoever. Not even emulsifiers to our juices as they do in many juice bars in Colombo. The result might be less frothy and tasty, but it is guaranteed 100% natural – and we are very proud of that label."

So how did this juice bar, which is a bit of an anomaly in artificial sweeteners and colourful additives addicted Jaffna come into being? It turns out to be quite a fascinating tale in itself – a tale of how a community project, with the collaboration of Government Officials, Aid Agencies and the community themselves can be a roaring success.

It all started when A.I (Agricultural Instructor, assigned by the government to agricultural villages) Vijayakumar was transferred to Meesalai, a part of the bounteous fruit bearing region of Thenmaraatchi..

He found that nearly all homes had fruit trees in their back yard – but they were not sold / used commercially. "They are grown as a matter of honour here" explains Kandan, the manager. "A Meesalai man would not have any standing as a citizen here if he didn't cultivate a variety of fruit trees in his home garden. But since they are not

commercially grown, they are organic and chemical free."

They were also low in yield, compared to commercially grown orchards. A.I Vijayakumar's business was to teach farmers how to improve their yield – and he taught this for their privately owned fruit gardens too.

"I gave them tips like proper pruning, tying plastic bags to young bunches of fruits and so on" says Vijayakumar. "The result was improved yields of a bigger size and better quality – but disappointingly these organically grown fruits could only be sold for the same price as the inorganic, commercially produced fruits. Our then Deputy Director of Agriculture, S. Sivakumar figured they deserved better than that - and so we looked for alternate avenues to make use of them."

And thus was born the Meesalai Pazhamuthisalai. The Deputy Director of Agriculture and his team first approached Aid Agencies, a number of which were willing to donate to make the juice bar a reality. Both World Vision and the UNDP contributed significantly. They then formed a cooperative of the local farmers - the Thenmaradchy Fruit Producers Sales Cooperative, who



Customers enjoying Chemical free fresh juices



Billing area



Front view from the A9 (Kandy) road with ample parking space



Front view of the Nature's Touch by Pazhamuthirsolai



Packing machine for the fruit based ice lollies



Staff of nature's Touch by Pazhamuthirsolai

convinced their local Velamavadi Pillayar (Ganesh) temple to donate land to them at a prime spot in town. "They very kindly donated four perches of land on 99 years' lease. If the cooperative makes a success of this venture, they can then retain the land," says Vijayakumar. The cooperative which originally started with 150 farmers (including 54 women farmers) has since grown to 270 member farmers. The patron for this venture remains the Department of Agriculture, Thirunelvely, Jaffna.

It remains to be seen though just how popular the venture is. Surprisingly for a peninsula famous for its fruits, fruit juices are still an innovation. Many people here are only used to lime juice and occasionally the woodapple juice as fruit juices, acknowledges Vijayakumar. He however sees it as a positive challenge to introduce something new to the people.

Would they pay for it though? Asked

what is to stop them from making the juices in their own homes as opposed to buying at the bar, Kandan elaborates, "The local farmers are not necessarily our clientele. They are the suppliers and if the habit of drinking fruit juices catches up with them, well and good. Our target market are actually the working professionals, tourists and visiting diaspora members."

"While the locals still insist on breaking out sodas by the cartonload at weddings and other functions, the diaspora who hold their weddings here insist on more wholesome beverages. We are thus a huge hit with them. They order packloads of our juices for their functions and events – and eventually this will catch on with our local population too."

Apart from this, since they have expanded into catering for functions / events, they also offer choice Jaffna savouries and sweets like Mothagam, Kolukkattai, Medu vadai, Kadalai

Vadai & Mushroom cutlet. The mushroom is locally produced and offers income for local farmers again.

Apparently the aptly named Pazhamuthirsolai (in Tamil: bountiful orchard in which fruits ripen and fall naturally) hasn't been advertised anywhere to gain popularity. Many people in the country and visiting diaspora, hear of them though word of mouth and contact them, says Kandan. "We recently started supplying fruits to a few star category hotels in Colombo, and have also had some customers from Southern Sri Lanka order fruits from us for their family functions and get-togethers."

The demand for organic fruits is such that many people from the South are searching them out too, says Kandan – adding that so long as a bus service is available from Jaffna, they are willing to supply to any part of the country.

While juice bars have been popular in Colombo for quite some

time though, they are still a new phenomenon to Jaffna. Getting back in the vehicle discussing the drinks, we were interrupted by the driver; "It's a rip-off Madam! They have just mashed papaya, added sugar and water and charged Rs.80 for it," he exclaimed.

Well yes! Mashed fruits with sugar and water! As if introducing that was not innovation enough, they have even got ahead of Colombo, in introducing organically produced fruits for the mashed fruits with sugar and water. Will it take off in the peninsula or not? Watch this space!

You can contact the Pazhamuthirsolai team at [palamuthirsolaimeesalai@gmail.com](mailto:palamuthirsolaimeesalai@gmail.com)

Contact no:  
+ 94 770 780 240 or  
+ 94 2156 83949.



# FUNDRAISING DINNER HELD ON SATURDAY, MAY 10TH FOR MARKHAM STOUFFVILLE HOSPITAL FOUNDATION BY SOUTH ASIAN CANADIAN

# HUMANITARIAN ASSOCIATION (SACHA)



PHOTO JOURNAL  
Photo courtesy:  
Digital Gnane &  
Kugan Studio





# RE/MAX.

## COMMUNITY REALTY INC., BROKERAGE CELEBRATES FIRST ANNIVERSARY

By: Siva Sivapragasam

RE/MAX Community Realty Inc., Brokerage has reason to be proud as they have achieved a reputed name in the Real Estate industry within a short period of time.

The success in their business was celebrated on Saturday, May 24th with a first anniversary garden party attended by their staff, realtors, well-wishers and friends. The partners of the Company Logan Velumailum and Rajeef Koneswaran were at hand to receive the guests and take them for an evening's entertainment and enjoyment.

Lisa Clark, Vice President-Administration and Nancy Sears, Franchise Development Consultant from



RE/MAX Ontario-Atlantic Canada graced the occasion and congratulated the team and management for the performance of RE/MAX Community Realty Inc., Brokerage.

Logan thanked the guests for their presence and traced briefly the success of the company during the past one year. The proof of their success is that they are with the brand RE/MAX that sells a home every two minutes based on data from RE/MAX and CREA.

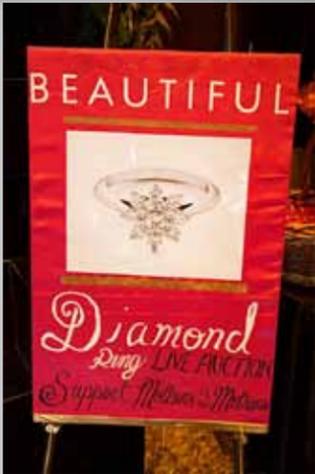
It was fun and entertainment through the night for the guests present on the occasion.

Seen here are some pictures taken at the event.





# “Mothers 2 Mothers” fundraiser benefiting Widows and Children in Sri Lanka North



“Mothers 2 Mothers 2014”, the inaugural year fundraising Gala in support of widows & children in Killinochchi, Sri Lanka North was held on the eve of Mother’s Day weekend - Friday May 9th at J & J Swagat Convention Center in Markham.

It was a sold out event featuring a gorgeous fashion show by mothers.

“Mothers 2 Mothers” was organized by Sumi Praba and she thanks the attendees and contributors for assisting in numerous ways to the event’s resounding success. “Mothers 2 Mothers” fundraiser is to be held annually to benefit charities.



Pictures from “Mothers 2 Mothers 2014” charity event are presented here...



# Fundraiser Event for Yar! Aid

Yar! Aid, is a small organization that strives on providing education to students of all ages in the rural parts of Sri Lanka. It is mainly run by two older youth males, who run a printing press, and they use their profits from the press to provide for students in need. They started focusing on children in Kilinochchi and Kireemalalai. The members Yar! Aid do not just provide the students with the supplies needed for school, such as books, bags, tuition, shoes, money for food, but they also keep track of all the students they provide to by monitoring their education and lifestyle. They ensure the donations are not wasted and the child strives to achieve an education. Yar! Aid does not just focus on elementary school age children, but they also help those who are interested in a college education, come to Jaffna and install them in a college, provide for their tuition and expenses. Again, what separates Yar! Aid from other groups is that they monitor the progress and livelihood of each student. Since, the members of Yar! Aid not only provide for the young in their country using their own pocket money, but they also spend most of their weekdays and weekends volunteering at different tuitions and teaching different courses (mostly for free) in rural areas. Yar! Aid has no political agendas and only strives to strengthen the children the minds of the younger generation. The children are the future of tomorrow, so let us work together to build a good future.

## “The End of Education is Character”

We are confident that this organization is run in a professional manner and has no political agendas. For the past year, my dad and a few of his friends have been donating monthly towards this organization. The organization heads update us monthly on how the money we sent got used, where it went and for what purpose. He additionally posts pictures on his facebook fanpage <https://www.facebook.com/yar!.aid?fref=ts> On June 14 we are organizing a fundraising

show, titled 'Charity Arts Night' run and performed by us youth. It will be around a 4hr ticket show with standard performances by local youth who are interested in supporting this cause and the group. As a group we plan to help out as many other countries and individuals around the world as we can in the future. We are calling our group, 'Youth Empowering Youth', and we are starting by supporting the organization Yar! Aid, in Sri Lanka.

We would really appreciate support from all of you as this is for a very good cause. Look forward to hearing from everyone! Thank you! Angena & Co.



# “Triginta + Night”: An Evening to mark Thirty Plus Years in Canada

Friends pioneering by settling in Canada are presenting an evening of dinner and dance marking their milestone of thirty plus years in the land of the Maple Leaf, on August 2, 2014 at J & J Swagat Convention Centre in Markham.

The event hosted by Sri Lankan – Canadian pioneers includes door prizes, raffles, entertainment and performances. The program net proceeds will be donated to charities serving the communities in Homeland – Sri Lanka.

For tickets (\$35 per person) and information:

Bala – (647) 328-5204; Kanesh – (647) 786-4237; Edwin – (647) 922-6418; Ratna – (647) 272-1721 & Guru – (416) 527-3715



# Social Services Network hosts successful two-day Impact of Family Violence: A South Asian Perspective Conference

Annual event explored causes and solutions to family violence; featured keynote speakers and workshops

Oshawa, Ont. – In an effort to connect the diverse South Asian population with the key sectors involved in violence prevention and response, 400 guests, and over 65 agencies – including social service workers, police services, policy makers, professors, shelter workers, individuals from the Deaf, deafened, and hard of hearing community as well as South Asian community members from across North America – attended the Impact of Family Violence Conference: A South Asian Perspective 2014 (FVC 2014). The event was hosted by the Social Services Network (SSN) on May 14 and 15.



DTA's Sarika Navanathan singing Canadian National Anthem



Board Chair of SSN Naushad Hirji

This initiative featured the support of more than 25 community partners, the annual event was held at the shared Durham College and University of Ontario Institute of Technology (UOIT) campus in Oshawa. The two-day conference featured keynote addresses from Dr. Yasmin Jiwani, professor of Communication Studies at Concordia University in Montreal, Que. who spoke on the topic of femicide reporting in the Canadian Press and Aparna Bhattacharyya, executive director of Raksha, a non-profit organization for the South Asian community based in Atlanta, Georgia who discussed the impact that cultural competency plays in assisting survivors of violence. Pickering Mayor Dave Ryan, Councillor of Whitby Lorne Coe, DDSB Director Martyn Beckett, Chief of DRPS Paul Martin were some of the dignitaries who attended the opening ceremony.



**SOCIALSERVICESNETWORK**  
serving diverse communities



FVC Steering Committee Members with DRPS Chief Paul Martin & Councillor Lorne Coe

### Dr. Naila Butt, Executive Director of Social Services Network stated that

"The bringing together of mainstream sectors who do not get the opportunity for structured exchanges with diverse members of the South Asian community to talk about difficult topics like family violence and elder abuse has never occurred at this scale before. We are extremely indebted to our hosts, committed partners and community members who participated in making this conference a success. This is not a one off event, rather an ongoing movement that is active all year putting recommendations into actions to eliminate violence in our communities. Beginning in Toronto, moving to York, Mississauga and Durham we are now heading towards Ottawa to advocate for policy change at our 5th Annual conference in May next year."



Executive Director of SSN Dr. Naila Butt



Chief of DRPS Paul Martin



Chief Guest - Mayor of Pickering Dave Ryan



Co-Chair of SSN Zul Kassamali



Seniors @DTA Booth with SSN's Augustine, DTA's Kanga & Uma



Service Providers Workshop



Youth Workshop



Women Workshop



Audience during FVC



Workshop for Men



Delicious Lunch

In addition, guests were invited to participate in a variety of 30 workshops that focused on a number of different facets of violence including immigration policy and victims of abuse; addressing elder abuse within South Asian families; breaking the silence about violence against women and girls, engaging men; and advocating for systemic change. The first day of the conference also wrapped up with a multi-faith panel based on the question 'does faith justify violence against women', which included topics such as forced marriage, femicide, sexual diversity, sexual violence and disabilities.



Multi Faith Panel

FVC 2014 is part of a five-year initiative developed to understand the specific nature, systems and complex cultural and family dynamics that pose barriers and challenges to preventing and responding to the abuse that occurs in South Asian families.



Naushad Hirji - Board Chair of SSN, DRPS Chief Paul Martin & Zul Kassamali - Co- Chair of SSN awarding Uma Suresh of DTA & Esther Enyolu of WMRC for their outstanding volunteering



Whitby Councillor Lorne Coe

## RG Education Centers

Giving the Gift of Education

### Giving the Gift of Education

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PRESENTS

SPORTS & FAMILY PICNIC

Saturday, June 14, 2014

McCowan Reservoir Park

(McCowan Road, North of Major McKenzie)

Six-A-Side Softball Cricket Tournament

Free Co-Ed Volleyball Tournament

Free Family Picnic

Kids, Teens & Adult  
Outdoor Picnic Games

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for children

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Contact for Picnic: Riyaz 647-283-1966

Contact for Volleyball: John 905-415-3725



# Tamil Cultural & Academic Society of Durham Mothers Day Events

Mother's Day is a day meant to honour mothers and appreciate their role in society and their role in families.

Mother's Day 2014 came early for many Tamil Durham residents. The Tamil Cultural and Academic Society of Durham celebrated Mother's Day 2014 in Pickering at the OPG Information Centre on Saturday May 3, 2014.

It was a fun-filled experience for both mothers and children. Mothers had a special craft lesson in making

ornamental bracelets by a talented well-wisher, Shey-ron Fairborn who took many of the children, youth and mothers through an enjoyable beading process resulting in many beautiful, decorative and unique bracelets. Meanwhile, the younger Durham children set their attention on making their own very special Mother's Day cards.

This was followed by a special mother-daughter bonding family experience where each mother was specially honoured by their own children with red

rose, cards and their own special message to Mother. Later, an exhilarating and fun-filled afternoon with the six-corner Famous Mother game, where mom and child teams competed with each other for the prize of the day. The afternoon ended with lots of photos, food, cake, music and with plenty of love and joy to spread around. Mothers, you are truly the greatest gift to us, your children.



## Tamil Youth Receives Pickering Youth Volunteer Award

Congratulations to Tobias Pushparajah, a grade 11 student at William Dunbar High School in Pickering for receiving the Pickering Youth Volunteer award on May 26, 2014 at the City of Pickering Civic Award Ceremony. As a fellow resident of the City of Pickering, I am honored to have nominated Tobias Pushparajah, for the Pickering Youth Volunteer Award. Tobias is a dedicated and hardworking individual who has been involved in the community for a long period of time. He has contributed many hours to organizations such as the Tamil Cultural Academic Society of Durham, Pickering Reading Circle and Ontario Science Centre Summer Camps, YMCA Durham Employment & Community Centre, Youth Leadership Development, Tutor on Wheels Educational Foundation and Royal Canadian Legion and still maintaining an "A" average in school. Tobias is very passionate about educational and developmental assistance, and dedicates majority of his time to helping children grow into the best people they can be.

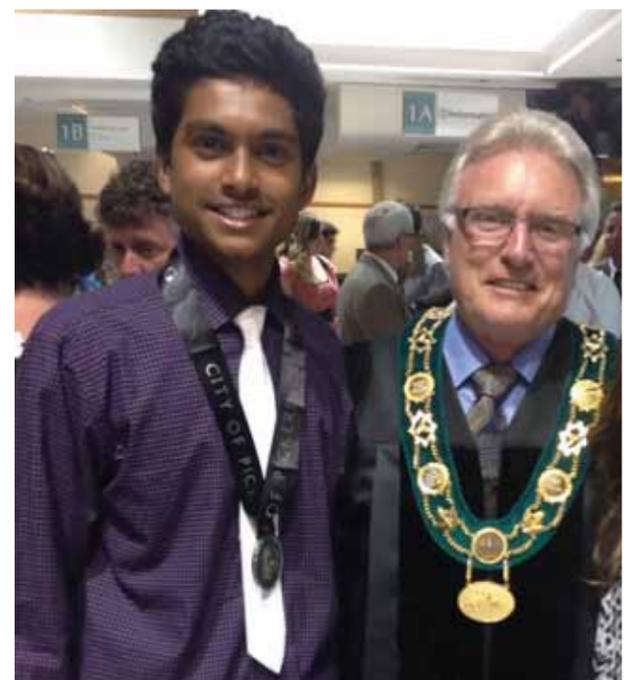
In addition to these efforts, he also engaged in envi-

ronmental preservation initiatives such as participating and hosting park clean ups and tree planting. He is a part of the Environmental Club Executive Team at Dunbarton High School, whose main objective is to create an eco-friendly environment by introducing new ideas such as composting, selling rain barrels, energy saving lights and computers.

Furthermore, he is an active participant in various initiatives of the YMCA, including helping members of the community find employment, Youth Leadership Development and the YMCA Strong Kids Campaign. He has also helped with the Rouge Valley Hospital Ajax-Pickering at 24 hr fundraising event and the Aga Khan Foundation.

Tobias has demonstrated strong leadership skills, a great role model who has made a positive impact on youth, children and adults. Having involved in the community has helped him immensely to become a better person as well.

By: Raveena Rajasingham



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# Cricket match shoots for the South Pole

By Greg Mercer

INVERHAUGH — Antarctica is the coldest and windiest place on earth, where grass can only grow in stubborn little tufts in the warmest months of the year. Bart Singh's back yard is a green oasis of manicured lawn on the banks of the Grand River.

On Aug. 4, both places will be linked the sport of cricket — all part of a unique fundraiser that aims to help two men ski across one of the most inhospitable places in the world.

Singh, a retired accountant and devoted cricket fan who built a world-class pitch in his own yard, is hosting a match between his club and a team from the Stratford Festival.

He's doing it to help his friend Ian Evans, the Elora-based adventurer who plans to ski 850 kilometres from the Ronne Filchner Ice Shelf to the South Pole in November.

Accompanied by Elora photographer



**Pointer-cricket**  
Hannah Yoon, Record staff  
Bart Singh will host a fundraiser match in his own cricket pitch in Inverhaugh, Ont. between his home club and Stratford actors to raise money for a friend's trek to the South Pole.

Jon Ralston, the pair will haul sleds with over 55 kilograms of supplies on a journey that could take more than 60 days.

"It's their dream, I'm just trying to do a small part to help them," Singh said. "He's a local character, and he's done some wacko things. I wanted to support him and Jon."

Singh and his wife Jan have hosted

the Stratford Festival players for two matches in the past, both successful fundraisers for the Fergus hospital.

Stratford's connection to cricket goes back to the 1850s, and its actors have been playing in Singh's back yard since it was converted cow pasture maintained by the former president of the Waterloo Cricket Club in the 1950s and 1960s.

But this match will be special, since the Singhs — who bought the place in 1995 and poured untold amounts of labour and money into upgrading the grounds and playing field — are selling their 7.5-acre property.

They say it's likely their last summer in their private cricket paradise.

"It's bittersweet," said Jan Singh. "This has been our life for 19 years. It's a lot of work, but there's a lot of pleasure in it. A lot of people know where Inverhaugh is now because of the cricket field."

Evans' adventures have seen him cycle from Skagway on the Pacific Ocean to Inuvik on the Arctic Ocean, around Ice-

land and some 5,000 kilometres across Australia. He's also a marathoner who climbed five of the world's most difficult peaks.

One the biggest challenges of the South Pole trek with Ralston is financial. They expect to raise about \$190,000 to cover the costs of airfare, food, supplies, fuel and an expedition guide.

Tickets for the Aug. 4 cricket match are \$20, and include a traditional tea and sandwiches at halftime, and the chance to mingle with Stratford actors and festival staff afterward. There will also be musical entertainment, T-shirts for sale and an auction for a personal flight with Evans, who is a licensed pilot.

Parking and space is limited, Singh cautioned, and fans are encouraged to bring their own lawn chairs. For more information or to buy tickets, visit [ianevans.ca](http://ianevans.ca) or [inverhaugh.com](http://inverhaugh.com).

## British veteran reported missing from nursing home found at D-Day events in Normandy

LONDON — An 89-year old veteran of the Second World War who was reported missing from a nursing home in England has been found in Normandy after travelling to attend D-Day commemorations, police said Friday.

Bernard Jordan was last seen at The Pines home in Hove, southern England, on Thursday morning. Staff called police when he did not return that evening.

Sussex Police said Friday that another veteran later called to say he and Jordan were at a hotel in Ouistreham, France. Officers also spoke to Jordan and determined he was fine.

The force said Jordan left the home wearing his service medals and joined a group of veterans heading to France by bus.

Chief Supt. Nev Kemp tweeted: "Veteran reported missing by care home who said he can't go to Normandy for D-Day remembrance. We've found him there!"

The home denied it had banned Jordan, a Royal Navy veteran and former mayor of Hove, from going to the commemorations.

"In fact, staff at the home tried to get Mr. Jordan onto an accredited tour with the Royal British Legion but, due to the last-minute nature of the request, this was not possible," chief executive Peter Curtis said in a statement.

"Mr. Jordan was reported missing to the police yesterday evening as a matter of caution, because he did not return from his normal trip to town and when he left had not told us he was still intent on trying to get to Normandy."

Police said in a statement that Jordan's friends "are going to ensure he gets back to Hove safely over the next couple of days after the D-Day celebrations finish."



## Tamil Cultural Association of Waterloo Region

# Tamil Summer Camp

Developing Listening and Speaking skills

July 14 - 18 & 21-25

Free Admission - Limited space

வோட்டர்லூ வட்டாரத்தில் உள்ள தமிழ்ப் பிள்ளைகளுக்கு இலவசமாக Summer Camp ஒன்றினை 2013ம் வருட கோடைகால விடுமுறையில் முவைஉநநெச இல் நடாத்துவதற்கு நடவடிக்கைகள் எடுக்கப்பட்டு வருகின்றன.

எதிர்வரும் யூலை மாதம் 14, 15, 16, 17, 18ம் திகதிகளிலும், 21, 22, 23, 24, 25ம் திகதிகளிலும் காலை 9:00 மணி முதல் நண்பகல் 12:00 மணிவரை நடைபெறவுள்ளது. இந்த Summer Camp இல்

தமிழர் கலாச்சார சித்திரங்கள் வரைதல், கைவேலைப் பயிற்சிகள்  
தமிழில் பேசுதல், தமிழில் பாடுதல், கதை சொல்லல்  
தமிழர் பண்பாட்டை சித்தரிக்கும் தமிழ் திரைப்படங்கள்  
தமிழரின் பாரம்பரிய விளையாட்டுக்கள்  
வெளிப்புற கற்கைகள் போன்ற பயிற்சிகள் வழங்கப்படவுள்ளன.

உங்கள் பிள்ளைகளை இதில் பங்கு பற்றவைத்து அவர்களுக்கு தமிழ் பற்றிய மேலும் அறிவு, அனுபவங்களை ஏற்படுத்த பெற்றோர்கள் முன்வர வேண்டும்.

இந்த Summer Camp ஐ நடாத்துவதற்கு பெற்றோர்களின் ஆதரவும் பங்களிப்பும் முக்கியமானது. எனவே தங்களால் முடிந்த நாட்களுக்கு வந்து நின்று தொண்டர் அடிப்படையில் (volunteer) உதவிகள் செய்ய விரும்பும் பெற்றோர்கள் தயவு செய்து எம்முடன் தொடர்பு கொண்டு உங்கள் ஆலோசனைகளைத் தெரியப்படுத்தவும். போதிய volunteer ஆதரவு கிடைக்கும் பட்சத்தில் முழுநேரமாக (9:30-3:30) நீடிக்க முடியும்.

தயவுசெய்து எதிர்வரும் June மாதம் 8ம் திகதி ஞாயிற்றுக்கிழமைக்கு முன்பதாக உங்கள் பிள்ளைகளின் விபரங்களை பதிவு செய்யும்படியும், உங்களுக்குத் தெரிந்த நண்பர்களுக்கும் இதனைத் தெரியப்படுத்தி உதவவுமாறும் கேட்டுக் கொள்ளப்படுகிறீர்கள்.

மேலும் விபரங்களைத் தெரிந்து கொள்ளவும், பதிவுகளுக்கும், பின்வரும் தொலை பேசிகளுடன் தொடர்பு கொள்ளுமாறு கேட்டுக்கொள்கின்றோம்.

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# Going uptown

By Bob Vrbanac,  
Chronicle Staff

It's the ultimate immigrant tale of a native of Guyana who comes to Canada with \$50 in his pocket to found a store called Robins Goldsmithing that now calls uptown Waterloo home.

It's the story of Roy Ramsammy, who broke into the jewelry business in the back alley of a store in downtown Kitchener where he learned to custom design and repair items before striking out on his own.

"There was a little workshop at the back of Goudies that Walters had their guys work at, and when they went out of business he rented out a tiny 12 foot by 12 foot spot, and did repair wholesaling for everybody," said his son Derrick who recounts the story of the business his dad started in 1990.

Roy eventually opened a bigger store and showroom in the Kingsway area of Kitchener, building on a tradition passed down to him by his father and his father's father.

"When he first came to Canada he went to a job agency and they wanted to put him in construction, but he had jewelry in his blood," said Derrick. "His grandpa and his dad both did it before they passed away."

The story moves to the next generation of Ramsammy now involved in the business, with Derrick joining the family operation after exploring avenues of sports management and other sports related ventures. Those experiences all brought him back to the work his dad was doing, and inspired the father/son team to look at refreshing the brand.

"I fell backwards into it," said Derrick, speaking for his dad who had taken a much-needed three-week vacation to Australia after opening the new space at 188 King St. S., Waterloo. "I always grew up around it but I never actually believed I was going to be here, but he gave me the freedom to find my way and do what I want."

"I came back here during a little in-between time in my career to help him out and waiting for the next step, and the next thing you know two months turned into four ... I honestly didn't know I could get into the repair part of things but I did."

With his dad teaching him the jewelry business, Derrick said he was impressed with the skills his dad acquired and the reputation he had built for custom design and the ability to repair anything in house.

While his dad was one of those old school craftspeople, Derrick was part of the social media generation and was looking at ways to connect with new clients and expand the business.

"Once I saw what was here and what he was doing, I kind of evaluated it on my own and saw that what he was doing was very unique and not many people in the area were doing it," said Derrick. "I did my own research and saw how other people were doing it and even gave somebody else a repair to see how long it would take. I realized the work that he was doing on his own and that he didn't have the time to expand or develop out the front of the store and the experience part of it."

"That's where I was, 'OK I can definitely help you,' all the while I was still learning on the bench so it's been good."

Part of the plan was to modernize the front of the store and to build a new customer experience in an environment that took advantage of modern lines and modern design. It includes rooms for clients to have private consultations to create that one-of-a-kind engagement ring or to give the customer the knowledge of how to pick the right stone for any setting.

In addition to custom designed jewelry and repairs on site, customer service has always been central to the business. It's all about the relationships Roy, and now his son Derrick, have developed with clients.

"He's very personable and becomes best friends with a lot of the customers that come in," said Derrick, obviously proud of his dad's success story. "I couldn't imagine what he had to do to get here and I wanted to help."

"I've grown up in this generation, and when I go somewhere I try to figure out what hits me and what makes me want to go back."

Ultimately, in addition to strong customer service, it was another business maxim that drew the Ramsammy's to uptown Waterloo — location, location, location. Their new store is one of the businesses that occupy the ground floor of the new Red Condo development on King Street along with Mambella's Mid-Town Café, building off the success that owner Tina Brisbin had with her original location on Columbia Street, and Waterloo Smiles, headed up by Dr. Fawzia in a state of the art facility.

Those businesses will be holding a grand opening celebration at the end of May, and Ramsammy said the key to the location is the transit hub that will be built in front of it on King Street when the LRT comes through. He's excited by the additional traffic it will bring to the area, and said it reminds him a lot of the shops and retail spaces you see in downtown Toronto with commercial space on the ground floor and condo living above it.

"I've seen the evolution of the city ... and uptown Waterloo is taking off," said Ramsammy. "You see the businesses that



Derrick Ramsammy stands in front of a picture of the old Robins Goldsmithing hanging in the new uptown Waterloo store at 188 King St. S. The store, started by his dad Roy, hopes to build on its strong customer service tradition

are up here and the traffic that flows by — we wanted to be somewhere in the uptown core.

"This space came up and it just kind of fit and everything worked out."

Robins Goldsmithing  
188 King St. S., Waterloo

Call: 519-748-5301

Email: robingoldsmithing@gmail.com

The store's website, under construction, will soon be able to add to the customer consultation experience at [www.robingoldsmithing.com](http://www.robingoldsmithing.com)

தமிழ் மரபுவழி கலாச்சாரம்

## Tamil Cultural Nite

14th annual Waterloo Region's Tamil Arts festival

**We're looking for Artists**  
from Toronto

to participate in this year's Cultural Nite.  
Indian Dances, Music and Tamil drama.  
(only 45min. drive from Toronto)  
Send us your group profile  
[mail@tamilculturewaterloo.org](mailto:mail@tamilculturewaterloo.org)  
Deadline: June 27, 2014

Saturday, October 25th  
5.30 - 10.00pm  
Humanities Theater, University of Waterloo  
FREE ADMISSION






# Ajax Home Week: Celebrating Ajax's Growing Community

Ajax Home Week is a week long celebration of our unique and diverse community. It is a time to renew and build friendships; to become involved in the many facets of the town; to have fun – and to eat! Home Week is organized by an amazing group of volunteers with the support of local service clubs, local businesses and the not-for-profit sector, including different multicultural, multi-ethnic and religious organizations.

Home Week this year, will be staged between June 9th to the 15th. The founding chair of Home Week is Joe Dickson, they call him Mr. Ajax. The first Home Week celebration was staged in 1971 – the same year that former Canadian Prime Minister, Pierre Elliot Trudeau introduced his Multicultural Act in the House of Commons in

Ottawa. This important piece of Canadian legislation emphasized the equality of all ethnic and cultural groups in Canada within the framework of a bilingual country. 1971 also marked an important milestone in the evolution of Canada as a country. For the first time in Canadian history, the majority of immigrants into the country were not of European ancestry.

Multicultural performance and presentations will be a feature in a variety of Home Week events this year. Examples being:

Tuesday, June 10: A Diversity Equity Expo, and Peace and Community Harmony Multicultural Performing Arts Concert will be staged at J. Clarke Richardson Collegiate, 1365 Harwood Avenue North.



**Abishna Jayasundararajah Bharathanatya dancer from the Durham Tamil Association.**

**Peace and Harmony concert performer**  
Friday, June 13: A Parade and open-air concert at the Durham Centre.

Sunday, June 15: another open-air concert, will be a feature of the Waterfront Festival at Rotary Park.

Other Home Week events will include:  
Monday, June 9: A Pasta Night at the

Ajax Lions club.

Tuesday, June 10: The Joe Dickson Free Swim Night at the McLean's Centre.

Wednesday, June 11: A BBQ at Scrambles.

Thursday, June 12: An Auction at the Ajax Legion, plus a BBQ at St. Timothy's Presbyterian Church.

Friday, June 13: The Parade night, and free Joe Dickson Community BBQ, at the Durham Centre.

Saturday, June 14: Free Classic Antique Car Show, at the Durham Centre.

Sunday, June 15: The Ajax Waterfront Festival! – Featuring the Rotary Pancake Breakfast – A Father's Day Tradition – fun for the whole family. Firework Display at Lions Point at Dusk. Rain date

Sunday June 22. For further details of all HW events visit our website at: [ajax-homeweek.com](http://ajax-homeweek.com)

Peace and Community Harmony Concert performers will include: singers, dancers, musicians, and presentations from youth social advocates. The Peace and Community Harmony Concert, will commemorate National Aboriginal Day, June 21 and National Multicultural Day, June 27.

For further details of all events, please visit the Home Week website: [www.ajax-home.com](http://www.ajax-home.com)



**Young Singers Choral Choir**



**Dancers for the Academic and Fine Arts of Durham**

## 7 year old, receives Civic Environmental Award from the Town of Ajax

"We have to plant more trees to have more oxygen for our children"; 'just because it is International Women's Day, does not mean that you only appreciate women on that day. Women should be appreciated everyday' are two inspiring quotes from Shajahi Rajasingham, a resident of the City of Pickering, who attends William Dunbar Public School. A social justice and environmental advocate for change, she adopts a proactive approach to her initiatives. In this regard, in November of 2012, she spoke at a World Religion Day event in Port Perry; in November of 2013, she made municipal delegation presentations to commemorate "Unity in Diversity Week," and the United Nations Human Rights Day December 10, to Mr. Steve Parish, the Mayor of Ajax, and Mr. Dave Ryan, the Mayor of Pickering.

On September 7th 2013, she arranged to plant 100 trees at a conservation area in south Ajax. She coordinated this project, with the help of her parents in partnership with the Toronto Conservation Authority. On May 24, she planted another 100 trees with the help of her Academic and Fine Arts of Durham friends. When asked why she chose to organize these tree planting

events, she replied that: "it is truly my passion to help the environment and make it a better place to live for her children." Shajahi has a very tender heart towards all the organisms living on our planet earth, especially when it comes to Panda bears and Penguins!

She wants to direct her next project towards the organisms living in the Arctic Circle. In appreciation of her dedication and hard work, the Toronto Regional Conservation Authority nominated her for the Town of Ajax Volunteer Appreciation Award. Shajahi is seen being presented with the award by Mrs. Joanne Dies, Town of Ajax Counsellor, Ward 3 at the Town of Ajax Civic Awards Ceremony, that took place on the 3rd April.

Congratulations to Shajahi - to all other Ajax Civic Award recipients, and children and youth social justice and environmental advocates in Ajax, and through out Durham Region, and in neighboring GTA communities, for your commitment to volunteerism, your work ethic, and collective efforts to make the world a better place to live.

**By: Roland Rutland - Diversity advocate**





Monsoon Journal, published monthly is delighted in entering the 9th successful year in print with this issue of June 2014. We take this opportunity to Thank all of you for joining in our journey of publishing and look forward to your continued support.

Monsoon Journal's management takes every effort to bring out each edition in an outstanding manner to the avid reader. It continues to be possible only due to the passionate team of writers, graphic artists, distribution team, loyal advertisers, sponsors and the wide mosaic of readership enjoyed by Monsoon Journal.

We are happy to announce that it will continue to be available at no charge for the reader.

In releasing the Monsoon Journal on a monthly basis, we entirely depend on its loyal advertisers and does not receive any form of grant from government or other organizations for publication. It is remarkable that most of the advertisers are patronizing it on a regular basis.

We salute and appreciate our long standing loyal advertisers and without them our continuous publication in print wouldn't have been possible. It is amidst a commitment of time and rising costs Monsoon Journal unfolds in your hands month after month.

At this juncture, Monsoon Journal appeals for help as we enter the 9th year. We appeal you to consider Monsoon Journal for your Advertising needs and be assured of superior value for your advertising dollars as our publication reaches a readership of far and beyond. Advertisers remain crucial in our endeavour to bring out Monsoon Journal every month.

Monsoon Journal's aim is to continue to bring out the print edition to our ardent readers with greater coverage and in par excellence.

**Thank you all once again.**

To reach Monsoon Journal – please call  
**416-358-3235**

or Email: [toronto@monsoonjournal.com](mailto:toronto@monsoonjournal.com)

**Logan Velumailum**

Managing Editor & Publisher



Regional News



Celebrate Summer with the Town of Whitby

## Community Diversity Survey Results

The Ethno-cultural and Diversity Advisory Committee of Council (EDAC) conducted a community survey to gain a better understanding of the diversity needs of the community, the barriers residents face related to culture and diversity and potential solutions to eliminating those barriers. Overall, the responses to the survey were very positive and demonstrated that residents feel Whitby is a diverse and welcoming community. The Ethno-cultural and Diversity Advisory Committee of Council has responded to the survey results by incorporating the feedback into their 2014 Work Plan.

The full survey results can be found at [www.whitby.ca/diversity](http://www.whitby.ca/diversity).

## 2014 Whitby Municipal Election



The 2014 Municipal Election will be held on October 27, 2014. If you live in Whitby, visit [www.whitby.ca/vote2014](http://www.whitby.ca/vote2014) for full details.

## Whitby's New Smoke-free By-law Supports Healthy Play

Effective May 1, 2014, the Town of Whitby's new Smoking in Outdoor Public Places By-law restricts smoking on municipally owned properties where Town services and activities are provided to the public and at outdoor

recreational areas where young people congregate and play.

This by-law is in keeping with the Whitby Community Strategic Plan goal to develop a safe and healthy community. Regulating smoking in outdoor public places helps to protect the health of residents and visitors, and supports healthy play for children and youth.

By-law # 6832-14 restricts smoking within 15 metres (50 feet) of the following outdoor public places:

- ▶ Playground areas, which include swings, slides, climbing apparatus, play sand area, benches, gazebos or shade structures, or any structure that differentiates the playground;

- ▶ Outdoor recreational fields, which include all playing fields such as soccer pitches, lacrosse fields and boxes, multi-purpose fields, baseball diamonds, players benches and warm-up areas, side lines and spectator seating areas;

- ▶ Outdoor recreational facilities, which include splash pads, tennis courts, multi-purpose courts, skateboard parks, bocce courts, lawn bowling green, field houses and club houses, off leash dog parks, beaches, picnic shelters and designated picnic areas;

- ▶ Public entrances and exits to all municipal buildings where municipal services are provided, including the Whitby Public Library and Station Gallery;

- ▶ Smoking in or within 15 metres of a parkette (a small park generally characterized with limited or no playground equipment); and,

- ▶ Smoking is not permitted within a municipal special events area during Town organized events except within a specific designated smoking area.

For more information, please visit [www.whitby.ca/smokefree](http://www.whitby.ca/smokefree).

## Wedding Ceremonies at Whitby Town Hall

Through Town of Whitby By-law # 6720-13, the Office of the Town Clerk has been authorized to provide civil marriage solemnization services. Ceremonies will be performed during regular business hours, Monday to Friday and the fee for the ceremony is \$250. This includes a mandatory meeting with a member of the Clerk's Office prior to the wedding ceremony. Couples interested in this service should contact the Office of the Town Clerk at [clerk@whitby.ca](mailto:clerk@whitby.ca) or 905.430.4315.

[www.whitby.ca/calendar](http://www.whitby.ca/calendar)

### Music in the Park Whitby

**Dates:** Wednesdays from June 11 through August 27  
**Time:** 7:00–8:30 p.m.  
**Location:** Rotary Centennial Park, 800 Brock Street South, Whitby  
 Don't forget your lawn chair!

### Music in the Park Brooklin

**Dates:** Thursdays from June 12 through August 28  
**Time:** 7:00–8:30 p.m.  
**Location:** Grass Park, 41 Baldwin Street, Brooklin  
 Don't forget your lawn chair!

### Canada Day County Town Carnival

**Date:** Tuesday, July 1, 2014  
**Time:** Noon–7:00 p.m.  
**Location:** Victoria Fields, 500 Victoria Street West, Whitby  
 Don't miss the Community Connection Fireworks starting at dusk.

### Movie in the Park: Frozen

**Date:** July 4, 2014  
**Time:** 9:00 p.m.  
**Location:** Civic Recreation Complex, 555 Rossland Road East, Whitby  
 Sponsored by: Vanessa Hopman, Keller Williams Energy, Real Estate Brokerage

### Culture in the Square

**Dates:** Tuesdays from July 8 through August 26  
**Time:** 7:00 p.m.  
**Location:** Whitby Public Library, Celebration Square, 405 Dundas Street West, Whitby

### Movie in the Park: The Muppets Most Wanted

**Date:** July 18, 2014  
**Time:** 9:00 p.m.  
**Location:** Willow Park, 50 Willow Park Drive, Whitby  
 Sponsored by: Whitby Orthodontics

### Beyond the Garden Gate

**Date:** Saturday, July 19, 2014  
**Time:** 10:00 a.m.–2:00 p.m.  
**Location:** Various gardens throughout Whitby, Brooklin and Ashburn

Free Whitby In Bloom Garden Tour. RSVP at [www.whitby.ca/whitbyinbloom](http://www.whitby.ca/whitbyinbloom)

### Harbour Day

**Date:** Saturday, July 26, 2014  
**Time:** Noon–5:00 p.m.  
**Location:** Port Whitby Marina, 301 Watson Street, Whitby  
 Don't miss the Dentistry on Dundas fireworks at dusk.

### Movie in the Park: Cloudy With a Chance of Meatballs 2

**Date:** August 1, 2014  
**Time:** 8:30 p.m.  
**Location:** Brooklin Memorial Park, 67 Winchester Road East, Brooklin  
 Sponsored by: Oshawa Centre

### Movie in the Park: Rio 2

**Date:** August 15, 2014  
**Time:** 8:30 p.m.  
**Location:** Heydenshore Pavilion, 589 Water Street, Whitby  
 Sponsored by: Oshawa Centre

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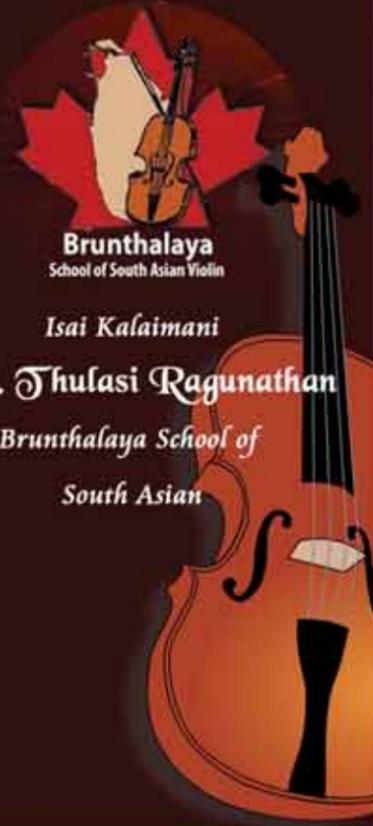
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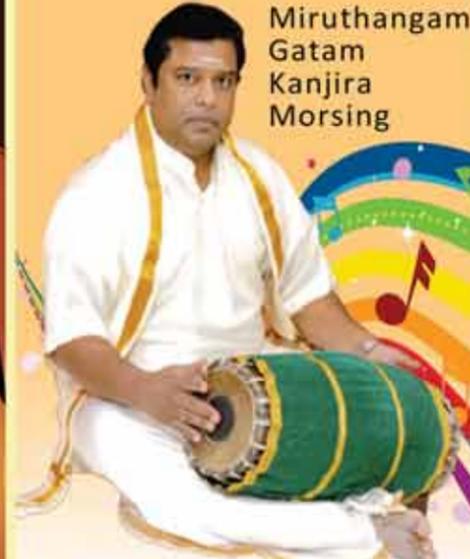
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**Ajax**

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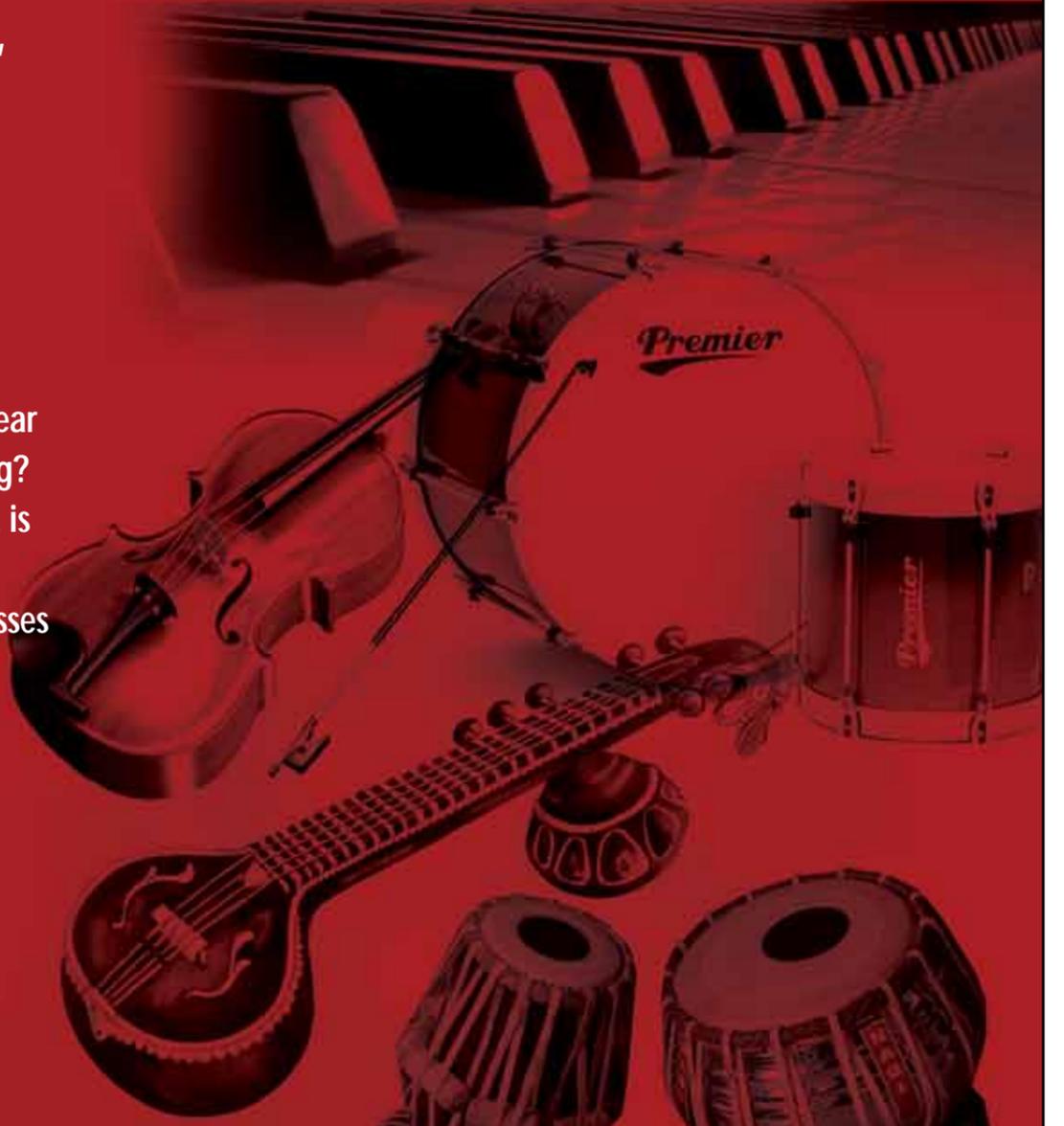
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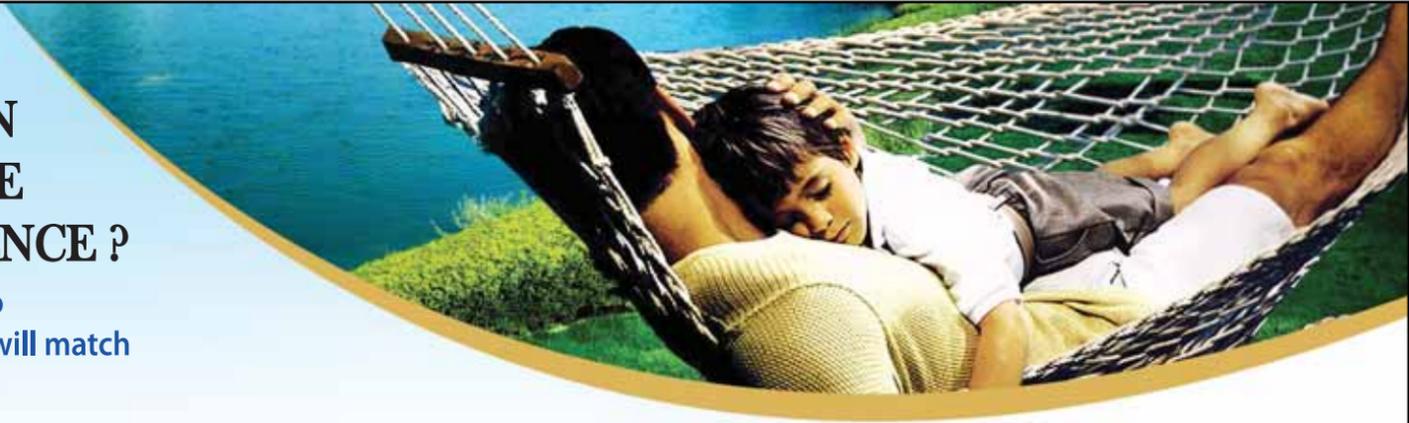
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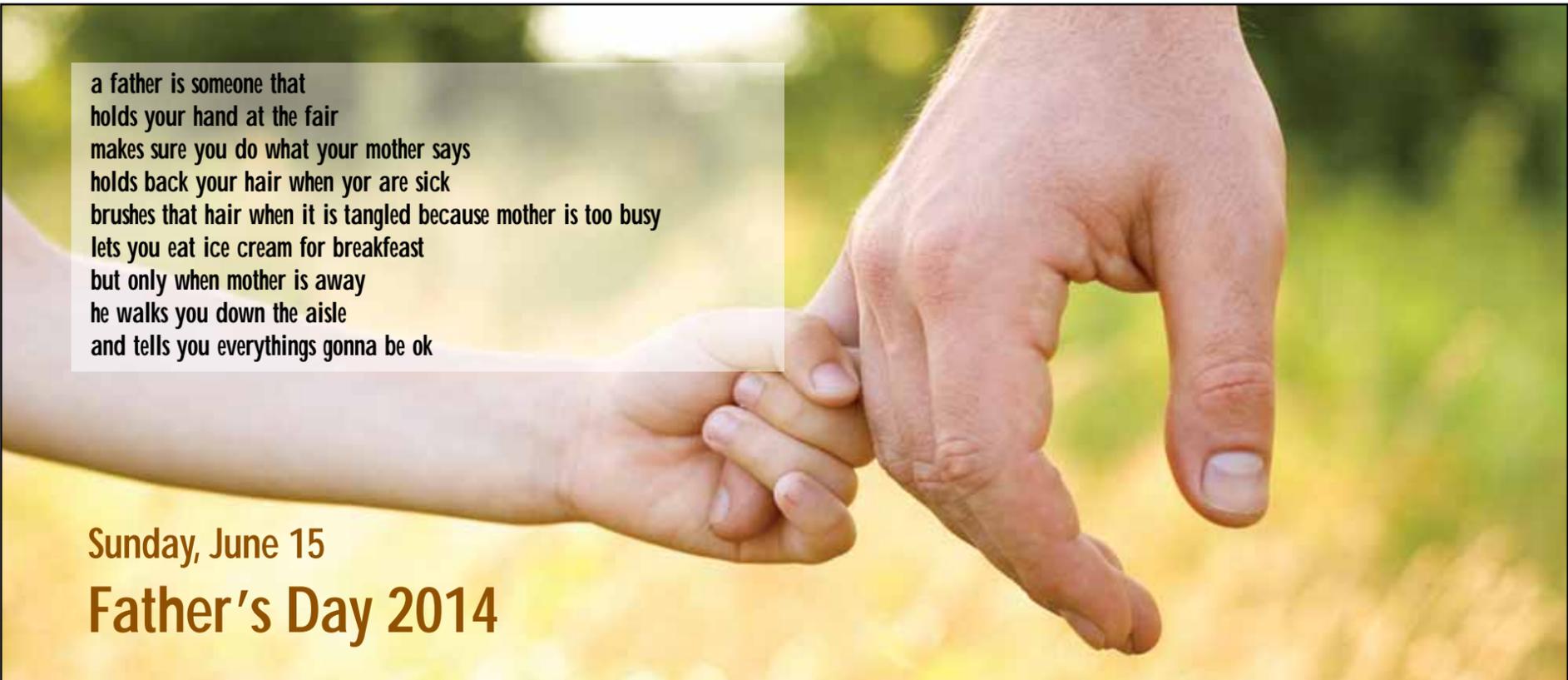
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makes sure you do what your mother says  
holds back your hair when you are sick  
brushes that hair when it is tangled because mother is too busy  
lets you eat ice cream for breakfast  
but only when mother is away  
he walks you down the aisle  
and tells you everything's gonna be ok



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