

A *parfait media publication*

Monsoon Journal

VOL 9 ISSUE 2 JULY 2014

Northern Sri Lanka micro-entrepreneurs' Exhibition held in Colombo

By Thulasi Muttulingam
Special Feature: Pages 46-47



Exhibition at the venue



Home-made decorative candles



Seashell products on display

Mourning the departure in sadness while thanking and celebrating his service

J.M. Rajaratnam, Tamil American leader and philanthropist well known for his dedicated contributions enhancing education, healthcare, and women's rights passed away on June 16th at the age of 86 in New Jersey, USA.
(See Appreciation and tributes on pages 32 and 33)



Oxnard Developments presents Harwood Meadows Townhomes in Ajax

Harwood Meadows is yet another Townhome project by Oxnard Developments and is conveniently located in the town of Ajax. The newly constructed homes are being offered at affordable prices starting from \$ 369,990 and come with several free upgrades valued up to \$ 20,000. The homes will be available to move in 2014 and Phase One is almost sold out. (Please see Page 15 for further details)

Happy Canada Day

Canada Day at Parliament Hill - July 1, 2014 - Pic via: pmwebphotos

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Statement by the Prime Minister of Canada on the occasion of Ramadan



Prime Minister Stephen Harper on June 27th issued the following statement to mark the beginning of Ramadan:

"On behalf of the people of Canada, I would like to extend my best wishes to Muslims here at home and around the world as they prepare to observe the holy month of Ramadan.

"For Muslims, Ramadan is the month the Qur'an was revealed to the Prophet Muhammad.

"It is a time for fasting, worship, and contemplation, as well as a time to share with friends, family and the community.

"It is also a time for charity and almsgiving, and remembering those who are less fortunate.

"As Muslims across Canada prepare for this holy month, Laureen and I wish them peace and happiness.

"Ramadan Kareem."

Premier Kathleen Wynne congratulates Lieutenant Governor-designate Elizabeth Dowdeswell

29th Lieutenant Governor of Ontario:

"It is my great pleasure on behalf of the people of Ontario to congratulate Lieutenant Governor-designate Elizabeth Dowdeswell on being named to represent the Crown in our province.

This role is at the core of our system of government. The Lieutenant Governor upholds our constitutional framework, inspires us and promotes our shared history, culture and achievements.

Elizabeth Dowdeswell's remarkable career and accomplishments make her eminently worthy of this honour. Dowdeswell has contributed extensively to public and environmental policy. She has impressive experience on the national and international stage. Among her numerous executive leadership roles, she was the Executive Director of the United Nations Environment Programme, the first woman to hold that position.

On behalf of the people of Ontario, I want to thank Elizabeth Dowdeswell for accepting this important responsibility. I look forward to the immense contributions she will make to our province in this role."

Prime Minister Stephen Harper made the following statement upon announcing the appointment of Elizabeth Dowdeswell, O.C., as Lieutenant Governor of Ontario:

Ms. Dowdeswell has had a number of successful careers in public policy, the energy industry, education and the public service. She is currently the President and CEO of the Council of Canadian Academies. Prior to that, Ms. Dowdeswell was the founding President and CEO of the Nuclear Waste Management Organization, an Adjunct Professor at the University of Toronto, the Under Secretary General of the United Nations, Executive Director of the United Nations Environment Programme, and Executive Director of UN-Habitat. She has also occupied senior positions within Environment Canada, federal Treasury Board Secretariat and the Government of Saskatchewan.

Ms. Dowdeswell is an internationally-recognized executive who is actively involved in community service aimed at promoting a healthy environment, sustainable energy and development, and a better quality of education both at home and abroad. She is chair of the board of directors of the Higher Educa-

Canada condemns the violence targeting Muslim community in Sri Lanka

Andrew Bennett, Canada's Ambassador for Religious Freedom, on June 16th issued the following statement:

"Canada condemns the outbreak of communal violence against Muslims, which resulted in the loss of lives and extensive damage to property in the south of Sri Lanka on June 15, 2014.

"We offer our condolences to the families and friends of the deceased and wish a speedy recovery to those injured.

"This is one of a number of recent and troubling attacks targeting the Muslim community in Sri Lanka. It is

of the utmost importance that every person is able to practise his or her faith free from the threat of violence. We urge Sri Lankan authorities to act quickly to ensure the safety of all communities. These attacks are completely unacceptable and a clear violation of the right to religious freedom.

"Canada will continue to condemn all religiously motivated attacks. We urge calm on all sides and call for a swift and transparent investigation into what happened, as well as appropriate prosecution of those responsible."

Muslims Worldwide begin to observe the holy month of Ramadan

Muslims began observing the holy month of Ramadan on Saturday June 28th in many parts of the world. They believe this is the time when God revealed the holy Qur'an to the Prophet Mohammad.

During Ramadan, Muslims refrain from food and drink during daylight hours.

U.S. President Barack Obama has extended "best wishes" to the Muslim community at home and abroad. He said he is looking forward to welcoming Muslim Americans to the White House for an iftar dinner -- the evening meal that breaks the fast.

Ramadan this year coincides with the World Cup. There are dozens of Muslim players in the tournament who face the challenge of being properly hydrated and getting enough nutrition

before sunrise to carry them through a strenuous football (soccer) game in Brazil's heat.

FIFA's chief medical officer said earlier this week if players follow Ramadan "appropriately," there should be "no reduction" in their physical performances.

Muslims can also seek an exemption from fasting during Ramadan for a more opportune time.

Some Muslim athletes were granted exemptions by their religious leaders for the 2012 Olympics in London.

The start of Ramadan is determined by the sighting of a crescent moon with the naked eye. In the United States and southern Canada the holy month will begin Sunday, June 29.

- VOA News



Elizabeth Dowdeswell
-Pic courtesy of: cwn-rce.ca

tion Quality Council of Ontario, a member of the board of directors of Grand Challenges Canada, a member of the Standing Advisory Group on Technical Assistance and Cooperation of the International Atomic Energy Agency, a Life Member of the International Water Academy, and a member of both Women in Nature and the Canadian Pugwash Group. She serves on the board of the new Alberta Energy Regulator and the corporate social responsibility

boards of Dow Chemical International and Barrick Gold.

For her dedicated service, Ms. Dowdeswell has received widespread recognition, including being appointed an Officer of the Order of Canada (2012), receiving the Queen Elizabeth II Diamond Jubilee Medal (2012), being named a Fellow of the Royal Canadian Geographical Society (2012), being named a Fellow of the Argentine Academy of Environmental Sciences (2008), and receiving multiple honorary degrees from several Canadian colleges and universities.

This appointment is the culmination of a process undertaken by the Advisory Committee on Vice-Regal Appointments.

Lieutenant Governors are appointed by His Excellency the Governor General on the recommendation of the Prime Minister. They serve five-year terms, during which they act as their provinces' vice-regal representatives.

Prime Minister Harper also took the opportunity to thank the Honourable David Onley for his dedicated service as Lieutenant Governor of Ontario, which began on September 5, 2007.

from the publisher's desk

PUBLISHING TEAM

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

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

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

Krishni Narine - krishni31@gmail.com

K. Thirukumaran

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

Graphic Support: Suren Rasadurai

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

Rudy Ruthran - rudy@ruthran.com

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

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

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

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Devadas Chelvam, Kumar Punithavel, Nate Velumailum,

Jennifer Dilipkumar, Partipan Kugadason (PK)

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

David Joseph - David.joseph@investorsgroup.com

Jay Wigna - www.taxonecentre.com

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Circulation Co-ordinator: Donald. J

Social positivity via strengthened soccer

If there were one activity that has the capacity to unite people of different nationalities, it would, arguably, be soccer. The sport, known more globally as football, can be framed as a cultural phenomenon within countries across certain continents, such as South America and Europe. With that in mind, that sentiment becomes practically realized when translated into the FIFA World Cup. For its latest 2014 edition, Brazil, a passionate soccer country, earned the privilege to host this prestigious international competition. As for its sporting progress, the event has been adorned with some magnificent soccer performances, in which have fostered a sense of solidarity among proud fans.



Lionel Messi and Neymar (pic courtesy: @ MARCAinENGLISH)

From a certain perspective, players, like Brazil's Neymar and Argentina's Lionel Messi, sufficiently capitalized on demonstrating the popularity of the sport on this international stage. This was characterized by the active displays of extraordinary styles of play coupled with the rapid goal-scoring kicks throughout the spacious fields. The sheer joyful emotions generated by the participants following a perfectly scored goal enabled the social cohesion players felt with each other and the game. Subsequently, this feeling of inclusiveness mobilized substantially amongst soccer fans from their intensely shared appreciation and devotion for the sport. In a sense, beyond the competitive nationalistic tendencies that dominates the World Cup, its 2014 version ensured an effective renewal of soccer's prestige alongside FIFA's collective commitment to soccer's promotion for social betterment.

Through the 2014 Brazil World Cup, FIFA has recognizably raised the profile of soccer throughout the globe further, with the indirect assistance of the relevant players themselves. The organization has also been adamant in acting as a mechanism to facilitate widespread social improvement through its crucial soccer contributions. It is, however, not without its flaws in its intended aspiration to efficiently score this long-term political goal. In Brazil's particular

case, this mainly pertains to allegations of financial mismanagement within both the governing body and the Brazilian government in coordinating the World Cup. Their decisions to hold the next World Cups in Russia and Qatar, respectively, have also weakened FIFA's credibility to a certain degree based on both countries' dismal human rights records. Although both internal and external problems continually attack the legitimacy of the organization, FIFA has performed some reasonably positive actions as a perceived ambassador for soccer.

FIFA has essentially been an integral partner to Brazil in increasing the quality of life from the World Cup's presence in the country. For instance, some soccer infrastructure projects have provided gainful employment to many impoverished Brazilians. In addition, recycling initiatives, as part of larger environmental programs, have been spearheaded by the group to encourage better waste management around stadiums and in basic daily life. These, among other proposals, considerably exemplify the practicality of FIFA's desire to utilize soccer as a tool for diverse human progress. In general, aside from FIFA's relevance, soccer has definitely gained even more prominence as an excellent spectator sport and to partake in within a recreational manner.

The simplicity of the social bonding created by fans from a strong common admiration for soccer does seemingly reflect the unique ease of the way the game is played itself. Accordingly, this World Cup's unfolding has been viewed by FIFA and from fans' judgments as a superb showcase of soccer greatness. Interestingly, although the USA soccer team has been eliminated from the tournament, Tim Howard's masterful goalkeeping was impactful in heightening the stature of the sport in that country.

This has seemingly garnered leeway to strengthen soccer's presence in US, and proliferate throughout here in Canada as well. It has even been stated that more goals have been scored in this edition than the 2010 tournament upon reaching the quarterfinal phase.

Overall, the 2014 FIFA World Cup has been contributive in further substantiating the quality of soccer among citizens worldwide, thereby ensuring its everlasting social positivity.

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



INDEX

Main News	1
Ads	2
Canada News	3&5
Publisher's Info	4
World News	6-10
Health & Care	11-22
Special Feature	22-38
Business & Finance	39-41
Obituaries	42
Sports	43
Community Watch	44-55
Seniors' Month	44
Senthi - Top 25 Canadian	45
Northern Sri Lanka Entrepreneurs	46 & 47
Anjali - Arangetram	48
Ads	49&50
Charity Arts Night	51
DTA	52-54
Regional News	55-61
Brampton	55
Waterloo	56&57
Ajax	58&59
Whitby	60
Markham	61
Classified	62
Life 100 & Business Coaching	63
Ads	64

“Honesty, humility, a readiness to serve others - qualities which are within easy reach of every soul” - Nelson Mandela

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

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Liberals score double win in Toronto by-elections



Adam Vaughan - (Courtesy: Toronto Life)



Arnold Chan - (Courtesy: Toronto Living)

By Siva Sivapragasam

The Liberal Party received a surprise gift on Canada Day - Two new elected MPs in the Toronto ridings after a by-election in Trinity-Spadina and Scarborough - Agincourt.

Adam Vaughan will be the new Federal MP representing Trinity - Spadina while Arnold Chan will be the new MP for Scarborough - Agincourt.

Trinity - Spadina was formerly represented by NDP's Olivia Chow who held the riding for the past eight years and is now running for the Mayor's post.

The Scarborough- Agincourt electorate was represented by Liberal party's Jim Karygiannis who has held the riding since 1988. Jim resigned to contest a councillor's post in the coming city elections.

In Alberta, the Conservatives held

on to seats in the ridings of Fort McMurray-Athabaska and Macleod.

Liberal leader Justin Trudeau told hundreds of joyful Liberals gathered at a bar in the CN Tower that the by-elections are proof Canadians "want change", an indication that all's well for the party for next year's general election. "We need a better government in Ottawa.", said Trudeau.

Winner of the Scarborough-Agincourt riding, Forty Seven year old Andrew Chan told in his victory speech that one of his key priorities will be "urban development" and to make sure that there would be an adequate stream of funding available for public transit in Toronto.

The double win scored by the Liberal Party in Toronto could have implications in next year's federal election and in the Toronto mayoral race on Oct. 27.

Statement by the Prime Minister of Canada on Canada day



Prime Minister Stephen Harper delivers remarks at the Canada Day celebrations on Parliament Hill, Ottawa - PMO Photo by Jason Ransom

Prime Minister Stephen Harper issued the following statement to mark Canada Day:

"One hundred and fifty years ago in Charlottetown and Québec City, our Fathers of Confederation first dreamed of a united Canada, prosperous, strong and free.

"As we mark the 147th anniversary of Confederation, we can proudly say that their great national dream has indeed come to fruition.

"Today, as we celebrate with family and loved ones, let's remember what makes our Canada the best country in the world.

"It's the moms and dads who pass on to their children Canadian values: working hard, doing what's right, and determination to be our best.

"All Canadians cheered as we saw these values drive our athletes to victory at the 2014 Olympic and Paralympic Winter Games.

"These values are also represented

by our men and women in uniform who keep our streets and loved ones safe, and by those proud members of the Canadian Armed Forces who vigorously defend our rare and precious way of life.

"The members of our military have always been willing to give their lives to protect our freedom, promote our values and pursue peace.

"This year they mark special milestones: the 100th anniversary of the beginning of the First World War, the 75th anniversary of the beginning of the Second, and the end of Canada's military mission to Afghanistan, which we honoured across the country in May.

"Let their legacy in service of Canada inspire us to work harder than ever to continue to build our true North, strong and free.

"On behalf of the Government of Canada and from my family to yours, happy Canada Day everyone."

Canada Enhances Focus in Global Fight Against Poverty

Canada making international assistance more effective and accountable: The Honourable Christian Paradis, Minister of International Development and La Francophonie, announced on June 27th that Canada is reinforcing its commitment to eradicating global poverty by focusing 90 percent of its bilateral programming in 25 development countries of focus.

"With the launch of the Aid Effectiveness Agenda in 2009, our government made Canada's international assistance more focused, more effective and more accountable," said Min-

ister Paradis. "Through this approach Canada has delivered concrete results for those in need around the world. Canada is continuing down this successful path, enhancing our focus, and strengthening our commitment to accountability and results. Canadians can be proud to be making a difference and saving lives."

To further increase transparency and accountability for results, Canada will also establish mutual accountability frameworks with partner countries. These frameworks will: establish mutual expectations; stress the impor-

ance of Canadian principles and values; establish greater transparency and predictability in how investments are spent; and set clear targets for the results Canada and its partners want to achieve.

"An unwavering commitment to accountability underpins all of Canada's development programming," added Minister Paradis. "Our government is committed to delivering real and accountable results to those in need, and transparency for Canadian taxpayers. Canada is already ranked among the most transparent donors in the world.

Mutual Accountability Agreements will not only increase predictability for our implementing partners, but also set clear targets for both Canada and partner countries."

In addition, Minister Paradis confirmed that Canada will maintain a number of smaller bilateral programs in countries known as development partners. He also reaffirmed that Canada will continue to provide humanitarian assistance on an as-needed basis—not limited to the list of development countries of focus, but guided by the humanitarian principles of humanity, neutrality, impartiality and political independence.

(international.gc.ca)



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Three international experts agree to advise UN investigation on Sri Lanka for alleged violation of human rights Sri Lankan Parliament votes against the investigation

By Siva Sivapragasam

Three distinguished experts have agreed to advise the United Nations-mandated investigation into alleged human rights violations committed during the final stages of the armed conflict in Sri Lanka.

The experts are former Finnish President and Nobel Peace Prize laureate Martti Ahtisaari, former Governor-General and High Court judge of New Zealand Silvia Cartwright and former President of Pakistan's Human Rights

Lanka had generated concerns about alleged violations of international human rights and humanitarian law. The UN Human Rights Council, stressing the need for justice and accountability, decided in March of this year to open an investigation into the reported abuses.

The investigation team is expected to consist of 12 staff, including investigators, forensics experts, a gender specialist, a legal analyst and various other staff with specialized skills. It will be operational for a period of 10



Former Finnish President and Nobel Peace Prize laureate Martti Ahtisaari, former Governor-General and High Court judge of New Zealand Silvia Cartwright (center) and former President of Pakistan's Human Rights Commission Asma Jahangir (right). UN Photos/Stephenie Hollyman, Mark Garten, Jean-Marc Ferre.

Commission Asma Jahangir.

"I am proud that three such distinguished experts have agreed to assist this important and challenging investigation," said UN High Commissioner for Human Rights Navi Pillay.

"Each of them brings not only great experience and expertise, but the highest standards of integrity, independence, impartiality and objectivity to this task," she added in a news release.

The Sri Lanka Parliament voted against the appointment of a UN investigation on alleged violation of human rights in the country.

The UN Commission is expected to release its initial report sometime in September this year.

The final months of the war in Sri

months (up to mid-April 2015).

The three experts will play a supportive and advisory role, providing advice and guidance as well as independent verification throughout the investigation. Although High Commissioner Pillay encouraged the Sri Lankan Government to cooperate fully with this investigation which can help shed light on the truth, and advance accountability and reconciliation in Sri Lanka, the Sri Lankan Parliament voted against the UN investigation stating that such a course of action is detrimental to the process of reconciliation and peace and that it erodes the sovereignty, dignity and stature of Sri Lanka.

World Bank assisted Community Oversight Boosts Public Services in Conflict-affected Sri Lanka North and East

It all gets written down in a big blue book. Every complaint and suggestion on how to improve local services is dutifully recorded in Mrs R. Thavalogini's ledger.

The public relations officer for the local authority of Nallur listed 79 complaints between January and March, 2014, of which 54 are resolved, 23 are pending, and two have been dismissed.

"Before this system, people would have to go directly to the local authority and when they made a complaint there was no way of following up. Now they can telephone or write in, and their case gets a reference number," explained the 36-year old, holding up the ledger for emphasis.

At the end of Sri Lanka's 30-year civil war in 2009 the country faced a huge task to restore damaged infrastructure in the conflict-affected North and East, while quickly delivering better livelihoods for communities that had been repeatedly displaced by the fighting.

On top of that, there was also a real need to support the capacity of local authorities to do a better job of delivering public services, while ensuring accountability and buy-in from the community.

The World Bank's \$50 million Credit to North East Local Service Improvement Project, which is augmented by \$34 million from the Sri Lankan government, has helped to meet those demands. Australia's DFAT has also offered a further Grant of \$20.3 million in co-financing to allow the project to be broadened to four neighboring districts which also suffered during the conflict. The beneficiaries are contributing US\$ 2 million.

Repairs and upgrades have been completed on nearly 500 km of rural roads and over 20 km of flood drainage canals, plus seven new water supply schemes and several dozen village nurseries, markets and playgrounds. Most of the money comes from the project. But each community contributes three percent of the cost by providing labor, or utilities like water or electricity.

Pallasuddy, a village of roughly 650 people, is a short drive from Jaffna. The city gives way to narrow village lanes. Chickens pick through the rubble of still-derelict buildings. But for the first time in its 200 year history, thanks to the project, Pallasuddy now has a tarred road.

At 12 feet (3.7 meters) wide, the road is double the width of the track that it replaced, boosting the local economy by improving villagers' access to markets and employment. Also, it is no longer impassable during the rainy season.

Mrs V. Susila, 44, works as a farm



R. Thavalogini, public relations officer, Nallur Pradeshiya Sabha-pic: Alister Bull/World Bank



Pallasuddy: A. Nagamma (left) and daughter V. Susila - Pic: Alister Bull/World Bank

laborer for roughly R400 a day. She relies on that road to get to work. "The flood water used to come up to my knees and I would be stuck. Now it is better," she said. "There is no flooding or standing water on the road and I can get to work all year."

Much still needs to be done to improve the quality of her family's life. Standing in front of the hut where she lives with her mother, Mrs A. Nagamma, Susila explains that they don't have an indoor toilet or other modern conveniences. "I want a house with a cement floor and a proper roof," she said.

As well as identifying their own needs, villagers also get to prioritize how the money is spent by voting in public town hall meetings. Each member of the community writes down his or her preference on a colored flashcard, which are collected by local development officers who stick them up on a whiteboard to keep a tally. Most of the requests are to rebuild destroyed homes, improve local roads and street lighting, and to pick up trash. Villagers also lobby for playgrounds and other community amenities.

To ensure the work is done in time, the contractor must lodge a "performance bond" with a local bank, which is forfeited if the work falls behind schedule or is not completed as agreed. There have been several instances of contractors forfeiting hundreds of thousands of rupees to reimburse the local authority. And providing an additional layer of oversight, each sub-project beneficiaries elect a social audit committee of up to seven villagers to keep tabs on the work and make sure everything is done according to plan.

(via worldbank.org)



Sri Lanka bans visas on arrival for Pakistani nationals...

India being targetted by alleged Jihadists

Sri Lanka has banned visas on arrival for Pakistanis after investigations revealed that certain jihadist groups targeting India were using Sri Lanka as a transit point. Lanka is also one of the few countries that extended such a facility to Pakistani nationals. A bomb blast in a Chennai train in May revealed new plots against India by Pakistan-based jihadist groups using Sri Lanka and Maldives as transit points. A multinational investigation including Malaysia zeroed in on a Lankan national, Shakir Hussain, who confessed that he had visited India over 20 times on reconnaissance trips.

It is reported that he told investigators that he was facilitating militants from Maldives who were tasked with attacking American and Israeli consulates in Bangalore and Chennai, critical infrastructure like airports and power plants in Chennai among other targets.

The investigation, sources said, also pointed to alleged involvement by Pakistani officials at their mission in Colombo. Indian officials confirmed

that Sri Lanka and Maldives have been red-flagged by Indian security establishment for some time. The new Maldives President Abdulla Yameen, too, has been sensitized to the growth of fundamentalism among youngsters who may be traveling to Pakistan for religious studies.

Indian Prime Minister Modi, in his first conversations with Lankan President Mahinda Rajapaksa, had raised this issue which he said was of particular sensitivity to India. On his return, Rajapaksa is believed to have launched an investigation. The results of the probe is said to have contributed to the decision.

(Source: Times of India)



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Eyes on Defense Deals, Western Powers Rush to Court India's Modi

Western governments are rushing to visit India's new Prime Minister Narendra Modi, drawn by the prospect of multi-billion-dollar deals as the government prepares to open the nascent defense industry to foreign investment.

Senior politicians from France, the United States and Britain arrive in India as Modi prepares to accelerate the modernization of the country's mostly Soviet-era weaponry.

Modi intends to build up India's military capabilities and gradually turn the world's largest arms importer into a heavyweight manufacturer - a goal that has eluded every prime minister since independence in 1947.

On the table is a proposal circulated within the new government to raise caps on foreign investment - with one option to allow complete foreign ownership of some defense projects.

"All the countries are trying to make their case, especially as there is the sense that the Indian market will undergo a shift," said Harsh Pant, professor of international relations at King's College London.

"They get a sense from their dealings that something dramatic is going to happen and they want first-mover advantage," said Pant, who specializes in Indian defense.

First to arrive in New Delhi is French Foreign Minister Laurent Fabius, whose top priority is to close a stalled deal to sell India 126 Rafale fighter jets, built by Dassault Aviation, for an estimated \$15 billion.

Fabius meeting Modi as well as his most powerful minister, Arun Jaitley, who holds the twin portfolios of defense and finance - and can therefore decide both whether to sign the deal and when to release the money.

U.S. Senator John McCain is also due in India.

McCain, whose Arizona constituency includes weapons makers such as Boeing and Raytheon, told the Senate that Washington should seek to bolster India's economic and military rise.

"This is an area where U.S. defense capabilities, technologies, and coopera-

tion - especially between our defense industries - can benefit India enormously," McCain said of India's drive to modernize the armed forces.

In July, Britain is likely to send in Foreign Secretary William Hague and finance minister George Osborne, a British government source said on Friday.

Britain has drawn some cheer from the slow progress of the negotiations for the Rafale deal. The Eurofighter Typhoon was shortlisted along with the Dassault fighter before India announced the French jet was the winner.

Cost escalations and disagreements about building the Rafale in partnership with India's state-run Hindustan Aeronautics Limited have complicated talks with France, and London has never entirely given up hope that it will return to the race.

However one source at the Indian Defense Ministry said the deal was likely to be finally closed during Fabius' visit and could be signed this year. A French Foreign Ministry source said talks were ongoing, but refused to provide more detail.

Russia, for years India's top weapons supplier, pipped all three countries to the post, sending Deputy Prime Minister Dmitry Rogozin to visit the new government in Delhi recently. Washington last year replaced Moscow as India's top defense supplier, according to IHS Jane's.

The Western nations will have noted that India's foreign minister expressed displeasure with Russia's recent offer to sell Mi-35 attack helicopters to India's arch-rival Pakistan.

"I don't think it's a competition," U.S. Assistant Secretary of State Nisha Biswal said after an early post-election visit to New Delhi.

"India will have strong and positive relationships with a variety of countries and that is to be encouraged," said Biswal. "We want to see India taking on a stronger and a leadership role in the region and around the world so we welcome that."

India spent some \$6 billion last year



India's new PM Narendra Modi

on weapons imports. It makes few of its own weapons, beyond ballistic missiles and assembly lines for foreign jets.

Recently the government signaled it was in the mood for liberalization by allowing manufacturers to build more defense components without licenses, making it easier for Indian firms to partner foreigners.

At present foreign companies can only invest 26 percent in Indian defense projects without committing to technology transfer, which has put off many investors.

Before the election, sources in Modi's Bharatiya Janata Party said there was a plan to increase the cap to 49 percent.

"For higher-tech intellectual property we would want to go over 50 percent to be in a position to share technology that we have significant investments in," said Phil Shaw, chief executive of Lockheed Martin India Pvt Ltd.

"An uplift from 26 to 49 percent maintains the status quo and may not be sufficient incentive to make an investment here."

Lockheed Martin already has a 26 percent investment in an Indian joint venture with Tata Advanced Systems that manufactures airframe components for the C-130J Super Hercules cargo lifter.

India's Department of Industrial Policy and Promotion has circulated a

discussion document that proposes allowing up to 100 percent foreign direct investment, or FDI, in defense production, two government officials told Reuters.

The note suggested allowing 100 percent FDI in manufacturing of state-of-the-art equipment, one of the officials said. It also recommends a cap of 49 percent for investments which do not involve transfer technology and a 74 percent ceiling in such cases where the foreign investor is ready to share technology know-how, the official added.

Recently Commerce and Industry Minister Nirmala Sitharaman said foreign investment in the sector would help increase defense preparedness of the country and reduce import dependence, saving billions of dollars in foreign exchange.

However, she said the government was yet to take a final call on increasing the FDI ceiling and the decision would be taken by Jaitley and Modi. The proposals face pockets of resistance in Indian industry, Modi's party and the military establishment.

A.K. Antony, who was India's longest serving defense minister until his Congress party's election defeat in May, said this week that allowing higher foreign investment in defense would be "suicidal."

(VOA News)

India Calls for More Chinese Investment

India's Trade Minister, Nirmala Sitharaman, held a meeting with Chinese counterpart Gao Hucheng in a bid to raise trade gap issue with China, during which she pitched for bigger investments like industrial parks.

Sitharaman underlined her government's intent to create a more open investment environment for foreign firms from China and elsewhere, starting with a landmark agreement to set up at least four Chinese industrial parks in India.

The Trade Minister said India will

create a more open investment environment for foreign firms, not just in manufacturing but in many sectors where the Chinese have greater advantage. Four such parks are being considered.

Sitharaman accompanied Indian Vice President Hamid Ansari to Beijing on a recent five-day trip to boost bilateral ties and participate in a trilateral summit.

India runs a \$40 billion bilateral trade deficit with China and new Indian PM Narendra Modi is expected to

seek greater market access to reduce that gap. China's own embrace of an export-led model has helped its economy outgrow India's fourfold since 1980. Ansari met Chinese Premier Li Keqiang at the Great Hall of the People in Beijing on June 28, during the trip to China, and called for building convergence and minimizing differences. He also visited the Great Mosque of Xian and the Giant Wild Goose Pagoda on his first bilateral visit to the neighboring country.

In 1954, China, India and Myan-

mar initiated the five principles or the Panchsheel agreement, which stand for mutual respect for sovereignty and territorial integrity, mutual non-aggression, non-interference in each other's internal affairs, equality and mutual benefit and peaceful coexistence.

This is the first visit of an Indian leader to China since Modi assumed office last month. It is also Ansari's first visit to China and the first by an Indian Vice President since 1994.

- Reuters / via VOA News

Studies: Fitness Improves Kids' Academic Performance

By Carol Pearson

Numerous studies show children across the world are becoming less fit, result is a spike in obesity, diabetes and other related diseases.

That's why schools across the U.S., such as Lincoln Elementary in Redondo Beach, California, have instituted programs like the "walking school bus," in which kids carry a large cardboard cutout of a school bus and join other kids along the way.

Parents see it as a way to get the kids exercising in the morning, while kids see it as a way to have fun and talk to their friends on the way to school.

Experts say parents and schools have to find ways to keep kids active, even if they are participating in interactive exercise programs, like the Wii Fit jogging program.

The World Health Organization recommends that children between the ages of five and 17 should do at least 60 minutes of moderate to vigorous physical activity each day.

A study by the U.S. Centers for Disease Control shows that most American children are physically unfit.

Yet studies on children and exercise show that fitness contributes to more than good physical health.

Researchers at the U.S. Institute of Medicine looked at children's exercise programs and found they actually help students academically. University of Texas epidemiology professor Harold Kohl led the study.

"The evidence is really emerging in the last five or six years," he said. "Both



cognitive studies, brain imaging studies and other [studies] show the acute effects that a bout or two of physical activity has on blood profusion in the brain — in the centers that really help children learn to recall things faster and think faster."

Kohl says that overall, physically active kids are more likely to achieve their full academic potential compared to children who are not physically active.

Another study from the University of Illinois shows similar results, according to Community Health Professor Charles Hillman.

"We find that following a bout of walking, children have higher academic achievement scores in reading and mathematics," he said.

Hillman says children in his study who had regular physical activity improved academically, but he also says when teachers build physical activity into the classroom or get children to exercise before class, they are then at their peak for learning.

- VOA News

US Gets First Female Four-Star Admiral



The U.S. Navy has named its first female four-star admiral, the highest rank achievable in the service.

Michelle Howard was promoted on Tuesday, July 1 at a ceremony at the Women in Military Service for America Memorial at Arlington National Cemetery, near the Pentagon.

She will serve as the vice chief of naval operations, the second-highest

admiral in the Navy behind General Jonathan Greenert, chief of naval operations.

In 1999, Howard became the first African-American woman to command a Navy ship.

Howard has served 32 years in the Navy since graduating from the U.S. Naval Academy in 1982.

- VOA news



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India Looks to Boost Trade with South Asian Nations

By Anjana Pasricha

NEW DELHI -

India's new government is moving ahead to deepen trade and investment ties with its neighbors, as South Asia remains one of the least economically integrated regions in the world.

Before wrapping up a visit to Bangladesh recently, Indian foreign minister Sushma Swaraj announced several concessions: New Delhi will relax visa requirements, supply more power to its neighbor and increase investments to address a trade imbalance in its favor.

Swaraj pointed out that India would not be able to pursue its development agenda without bringing its smaller neighbors along with it.

This is the broader message from India's month-old government as it promises to step up trade and investment with countries like Nepal, Bangladesh, Sri Lanka and Bhutan.

parts of the world in regional trade. Economists compare the meager five percent of trade in this bloc to the more robust 25 percent in the Association of South East Asian Nations.

Cross border trade has been restricted between the region's two biggest countries, India and Pakistan, due to their hostile ties. A 2005 agreement to turn the region into a free trade zone has failed to yield substantive results. High tariffs remain an impediment.

Economist Rajiv Kumar at the Center for Policy Research in New Delhi says the key to better economic integration is to remove mistrust.

He is optimistic. Kumar said the new government has signaled that it will move to allow freer movement of goods, people and services.

"At the moment Bangladesh trucks are not allowed to come into India and go to wherever they want, or we do not allow access of Pakistani trucks to go



External Affairs Minister of India Sushma Swaraj meets Prime Minister of Bangladesh, Sheikh Hasina in Dhaka – pic: PTI

across to Bangladesh, etc. All of that can change if India was to take a more magnanimous or more foresighted views, that this trade will only benefit us and open its borders and its markets to our neighbors. The most important part will be to India become more open, more liberal and permit our neighbors to benefit from our own growth and our own large market," said Kumar.

Indian foreign ministry spokesman Syed Akbaruddin said economic goals top the agenda. "The overriding priority for India is to scale and speed our comprehensive national development and we will try to work out measures by which our diplomats in the region can assist in that national endeavor," said Akbaruddin.

South Asia has been the flavor of the month in the Indian foreign ministry offices since Prime Minister Narendra Modi made the unprecedented gesture of inviting heads of neighboring countries to attend his inauguration. He followed that up with a visit to Bhutan in mid June.

Analysts say the stepped-up diplomacy is partly intended to limit China's sphere of influence in South Asia. But equally important is a drive to give more primacy to trade in a region where political hostility and suspicion have impeded economic integration.

South Asia - a populous region of two billion people -- lags behind other

India is promising to build new road and rail links in the region and boost infrastructure at border trading posts. For example, Swaraj said India is willing to increase the frequency of a train service which links it to Bangladesh and will explore the possibility of starting a bus service between the two countries. A road connecting India to Myanmar, which is also known as Burma, is expected to open in October.

Analysts say revitalizing economic ties in South Asia could bring big benefits for a region that is battling high levels of poverty.

- VOA News

Mobile Phone App Helps Diabetics During Ramadan in Senegal



Muslims pray before iftar, or the breaking of fast meal, during the holy fasting month of Ramadan at a mosque, July 1, 2014-pic: Reuters/via VOA News

DAKAR

Senegal has become the first Francophone country to pilot a mobile phone platform, called mRamadan, which helps people with diabetes safely manage their health while fasting. Diabetics who are testing the new app say it has been quite helpful.

Diabetics in Senegal can now receive -- for the first time -- free, daily text messages with recommendations for fasting before, during and after the Muslim holy month of Ramadan.

"mRamadan," is part of the Be He@lthy Be Mobile program, a joint initiative by the World Health Organization and the International Telecommunication Union that aims to help countries fight non-communicable diseases.

The goal of mRamadan is to help diabetic patients in Senegal safely manage their illness and reduce the number of emergency hospitalizations that normally peak during Ramadan.

Marie Gadio, 26, who was diagnosed with diabetes at age 13, said living with diabetes during Ramadan is not easy.

"It is sometimes difficult because here in Senegal the majority of people are Muslims and because of that no one is eating during the day," she said. "Certain diabetics just fast as they want, without knowing anything, but now our technology is developing and people can take advice from this program."

While Islam exempts anyone too young, old, pregnant, or not in good health from fasting, many diabetics say they do try to abstain from food and drink during Ramadan. They also sometimes stop taking insulin injections, which are needed to regulate blood glucose levels.

Dr. Maimouna Ndour Mbaye, a professor of internal medicine and diabetology who works at the Marc Sankale National Diabetes Center in Dakar,

said diabetics can face a number of complications while fasting.

"The first risk is hypoglycemia, which can be very harmful to the brain, in particular," she said. "There is also a risk of hyperglycemia, because when they fast, their diabetes is less controlled. They cannot take their medication on a regular basis as they do on a normal day. And this is a risk...and exposes [patients] to complications."

Mbaye said diabetics are also at an increased risk of dehydration. People with diabetes who have existing conditions, such as chronic kidney problems, are usually not advised to fast, as such conditions can worsen.

She said that all diabetics should consult with their physicians before deciding if it is safe not to eat.

Ndiaga Diop, 26, who was diagnosed with Type-1 diabetes when he was eight years old, said mRamadan is proving to be a useful tool for people with diabetes in Senegal.

"Before, we had many diabetics who didn't know what to do during Ramadan, whether they should fast or not, but now with the program, it helps you know what to do while fasting," he said. "Each day we receive messages with advice about what to do or not do. So it's a very good thing and really helps people."

Some of the messages include reminding people to drink at least a liter of water each morning before beginning the fast, how to adjust the timing and dosage of diabetes medications, and not to eat too many sugary foods, such as dates, in the evening.

Once Ramadan is over, participants will continue to receive messages about the importance of checking in with a doctor to make sure their diabetes is still well-controlled, and to maintain a healthy and active lifestyle.

- VOA News



The World's Aging Population: Are We Ready?



By: Jeavana
Sritharan,
BHSc, MHSc,
PhD Student

Back in 1950, there were 205 million people worldwide who were 60 years of age and older. China, India, and the USA accounted for a majority of this population, each having over 10 million individuals 60 years and older. It is expected that by year 2050, this number will reach 2 billion with 33 countries having over 10 million individuals in this age group¹. It is also projected that in the year 2050, for the first time in history, the proportion of those over 60 years of age and those younger than 15 years of age will be equivalent¹. Historically, the population of those over 60 years of age has never been this high.

of the 'one child' policy in China, there has been a low fertility rate resulting in less individuals in the younger populations. China is aware of this emerging trend and has already initiated multiple changes, such as training and hiring an increased number of general practitioners that will be needed in the coming years.

There are a variety of upcoming economic, social and health issues that will result from the aging population, but why are we not talking about it? It is not that the aging population will be damaging to society but rather, how can we ensure that we have the resources to maintain this large population economically, socially, and health wise? Is the aging population ready with adequate pension plans, health care, and social security programs? These are very practical questions that we need to start thinking about.

There are two important realities:

people are living longer and health declines with age. With people living longer this tells us that there have been adequate advancements in nutrition and health care and because of these advancements, the elderly should not be viewed as a burden.

However, with aging there are a number of health concerns that do emerge. As people are living longer there is an increase in the number of chronic diseases

in the aging population as currently, most adults have more than 1 chronic condition, if not multiple. Understanding the dire importance for long term care is essential. There is a shift in the number of older individuals being taken care of by family members, or residing in a nursing/retirement home care setting. Developed nations like Canada may have much lower parent support ratios than developing nations indicating that there will be a low number of younger populations to support the older populations in Canada.

When there is an increase in the population that is 65 years and old-



ers. younger populations below 65 years, this means that the large aging population will be supported by a small number of young population contributors. The younger populations are seeing a decline around the world. This imbalance could lead to higher taxes in order to maintain the benefits for older populations.

Moreover, the parent support ratio will change as younger family members will find themselves holding the responsibility for the care of older family members. There also tends to be more females living longer than males because of the higher mortality rates in males.

When comparing employment rates around the world, Africa has the highest number of economically active individuals over the age of 65 years and Europe as the lowest number. The rates between these levels show North America at the lower end and Asia, Latin America, and the Caribbean at the higher end.

Different nations have different strategies for employees, retirement, and pension plans. There are public pension plans, private plans, pay-as-you go retirement plans and all are funded differently.

Some individuals focus on building up private wealth and creating income security so they do not have to change their living standards and so they can support themselves and their spouse or other members. Every nation is different and depending on their economy and place in the world, elderly populations are treated differently. Some nations push for elderly populations to continue working past 65 years of age and in other nations, these populations do not have a choice but to continue working in order to survive and provide. These shifts can have important



implications on the aging populations.

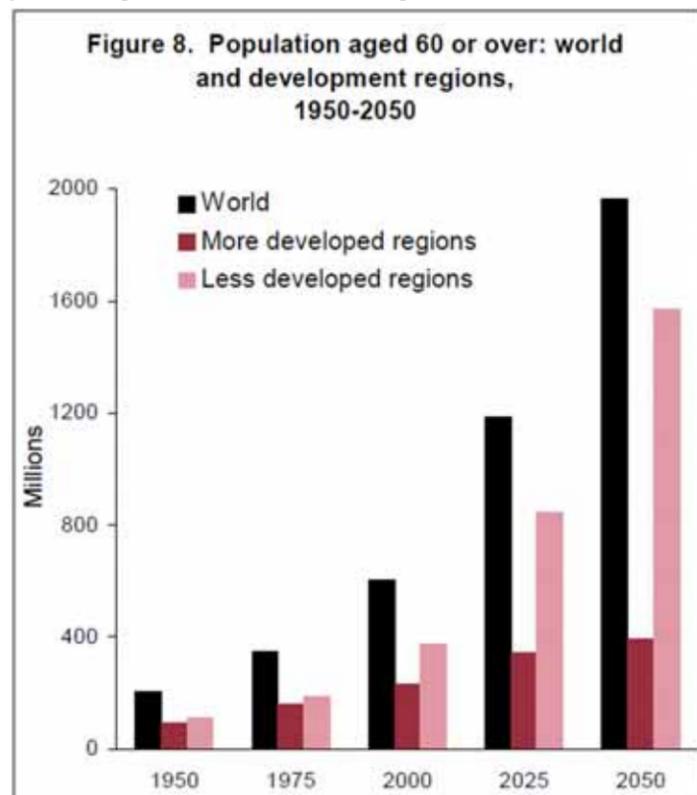
Overall, the well-being of aging populations relies on the available financial and health resources ultimately affecting quality of life. Many individuals like to continue their activities or active lifestyles and for this to carry on, they need to have enough financial means and good health.

What can you take from this?

It is very important that we ensure that populations age with the appropriate needs of health care, security, and a substantial social system. Even more so, it is important to allow populations to age with dignity and full rights. There will be upcoming challenges with this shift in population dynamics but in order to effectively maintain these elements in the populations, we must prepare ourselves for what is coming.

For more information on the world's aging population or to see the original graph presented, please go to: <http://www.un.org/esa/population/publications/worldageing19502050/>

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



*Figure 8 has been reproduced from the United Nations - World Population Aging 1950-2050 document¹.

30 years ago in China, the portion of individuals aged 65 years and older accounted for 5% of the total population. This is now about 9% which represents approximately 123 million individuals in China. It is expected that China will become the world's most aged population by 2030.

For China, this has to do with a number of development changes over time. China's economy has been rapidly evolving over decades with major improvements in life expectancy. Also, the baby boomer population accounts for a large portion of the aging population and because of the introduction

The Bluffs homes draw big crowds

People looking for spectacular home and garden ideas enjoyed the 2014 Gates Open Home and Garden Tour, held June 14.

Nine breath-taking properties situated along the Scarborough Bluffs in Toronto East were featured. The Bluffs area, which boasts some of Canada's most enviable real estate, attracted hundreds of participants to enjoy the tour. Community volunteers along with the Rouge Valley Health System Foundation, organized the exclusive event in support of the surgical program at Rouge Valley Centenary hospital.



Our amazing volunteers!

The annual volunteer recognition dinner was held on May 26 at the Qs-sis Banquet Hall in Scarborough. This was the second year recognizing both RVC volunteers and RVAP Auxiliary members at the annual event, and also included Rouge Valley's chaplains and youth volunteers.

Congratulations to the long-term recipients: Bev Carmichael of the RVAP Auxiliary, who received her 40-year pin; Exy Arnold, RVAP Auxiliary

volunteer who received her 30-year pin; and RVC volunteer Valerie Sockett who was a 25-year recipient. Also a warm congratulations to all of the 5, 10, 15, and 20 year recipients, including the youth, who received their hour service pins, ranging from 100 to 600 hours.

Thank you to our dedicated volunteers and to those companies and individuals who donated gifts and prizes for the event!



John Fleck, Director of Volunteers for the Auxiliary to Rouge Valley Ajax and Pickering hospital, with Kathy Gooding, VP of Human Resources and Occupational Health and Safety, with Bev Carmichael at centre, for her service



John Fleck, Director of Volunteers for the Auxiliary to Rouge Valley Ajax and Pickering hospital, with Kathy Gooding, VP of Human Resources and Occupational Health and Safety, with Exy Arnold at centre, for her service





New videos connect public to hospital's new initiatives

Two new YouTube videos produced by Rouge Valley Health System (RVHS) show how initiatives and integrations at RVHS are helping to improve patient care.

The videos, featuring staff and patients, tell the story of how the initiatives – Rouge Valley's new bed map, and the integration of mental health services between Rouge Valley Health System and Durham Mental Health Services (DMHS) – are helping to better connect patients to services both in hospital and in the community. Viewers can watch each of the videos by visiting the Rouge Valley YouTube channel, accessible at the top right of our website, <http://www.rougevalley.ca>

New bed map brings the right care to patients, in the right place

A new video featuring Rouge Valley management and front-line staff is giving a unique perspective on how the hospital's new bed map will benefit patients. The new bed map plan helps improve the patient's access to care by bringing the services directly to them, and preventing multiple patient transfers throughout the hospital.

Watch the video, and learn more about Rouge Valley's new bed map by visiting the hospital's YouTube channel, or by clicking the link: <https://www.youtube.com/watch?v=K1cJglO9nyo>.

Integration of mental health services brings care to people where

they live

RVHS and Durham Mental Health Services (DMHS) have integrated client services to better support people in the community. The video highlights how a partnership between DMHS and RVHS is helping to provide crisis mental health care to people, right in their community.

Since 2011, RVHS has been transferring \$200,000 a year to DMHS toward staffing a community crisis location in Ajax, allowing people to be treated in the community rather than in hospital. The continuing integration of community services with DMHS puts patients in the right place at the right time and reduces the load on busy hospital emergency departments and inpatient mental health services. Thanks to new funding from the Central East Local Health Integration Network (Central East LHIN), Rouge Valley is also able to transfer funds for a new full-time nurse to work with mental health patients in the community.

The video features the story of how the crisis house has helped a patient to get back on her feet. Interviews with Rik Ganderton, RVHS President and CEO, and Rob Adams, DMHS executive director, tell how this service is helping to bring crisis care into the community.

Visit the Rouge Valley YouTube page to watch this video, or click here: <https://www.youtube.com/watch?v=3P6Pc1JXKXI>

More heart patients get treatment thanks to cardiac centre expansion

Heart patients from Scarborough and Durham are getting more life-saving treatment thanks to the completion of major expansions at Rouge Valley Health System.

"Our program has grown significantly, but we didn't have the capacity to match our growing number of patients. With our new cardiac short stay unit we're able to see more patients in our fast-track emergency cardiac care – or Code STEMI," explains Dr. Joe Ricci, medical director of Rouge Valley's regional cardiac care program and Foundation Board member.

The hospital's cardiac short stay unit, at Rouge Valley Centenary hospital campus in Scarborough, has been expanded to include 21 beds and 10 recliners allowing more patients to be cared for in this space.



Dr. Joe Ricci

Rouge Valley's new CATCH program to improve patient outcomes

A new program implemented at Rouge Valley Health System (RVHS) is helping to reduce readmission rates for patients once they are discharged from hospital.

Studies have shown that inadequate support following discharge home contributes to a longer hospital stay, higher risk of negative health outcomes, and readmissions. RVHS' The Care After The Care in Hospital (CATCH) program is designed to fix that.

"CATCH focuses on fully understanding and addressing patient needs upon discharge to more adequately respond to the challenge of readmissions rates," says Amber Curry, surgical manager, RVHS.

The CATCH program was implemented in November at both Rouge Valley hospital campuses – Rouge Valley Centenary (RVC) and Rouge Valley Ajax and Pickering (RVAP). It works to improve patient flow by using physicians, nurses and rehabilitation therapists, who to work together to help reduce the patient's chances of being readmitted for the same medical issue. Their goal is to, ultimately, help the patient return home sooner, and to remain within the community. Patients are referred to CATCH when they are discharged from hospital.

"CATCH helps our patients to better manage their own conditions at home, and to be aware of the supports available to them right here in the community," explains Aaisha Savvas, manager, complex continuing care, RVC, and outpatient rehab services, RVHS. "We're empowering our patients by giving them the tools they need to self-manage their conditions, helping to reduce readmissions."

Interdisciplinary approach

One important element of the program is the interdisciplinary approach between the physician, nurse and physiotherapist in helping to provide the patient with a better ability to manage their condition from in the community. Curry adds, "The physician, nurse and

the therapist play a very important and complimentary role in ensuring the patient's needs get addressed in a more holistic way."

Physician participation ensures that there is appropriate medical follow-up once the patient is discharged. A general internist, based in the hospital's general internal medicine clinic, can address any medication concerns or additional testing needs, if required.

Both the nurse and physiotherapist play a role in helping to educate the patient about their condition, so that they will be able to effectively self-manage in the community.

The nurse will assess the patient for different risk factors, including falls, medication, cognition, nutrition and even incontinence. With each of these risk factors, the nurse can develop interventions for individual patient needs. By helping to educate the patient on factors such as proper diet and medication administration, they can teach the patient how these factors can improve their ability to self-manage their condition.

By assessing the patient, the physiotherapist can prescribe an individualized reconditioning program. They can also help to educate the patient on preventing falls and deconditioning, and how to maintain good physical activity in the community.

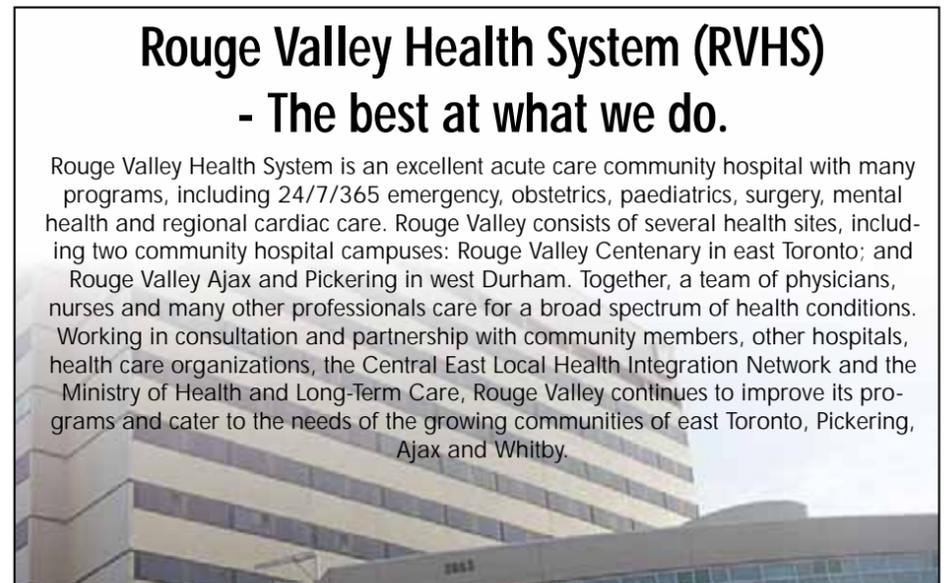
"After being assessed by the physiotherapist, patients are assisted to achieve their physical and functional goals by a therapy assistant in an individualized, small group format," says Curry.

The physiotherapist sees patients biweekly and can later assess if more therapy is required, or if they can be referred to less intensive community programs, such as exercise classes.

Savvas explains, "We're beginning to see improvements in the outcomes of our patients in the CATCH program. Patients are able to return to the community in a much better condition, and with improved function."

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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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 our third and final recipient of this year's awards.

The Giver of Happiness

The Value of Human Dignity recognizes an individual who demonstrates that everyone has intrinsic value and is worthy of respect – a trait Manny Atance lives by as a Clinical Resource Coordinator in Providence's Adult Day Program (ADP) for individuals with Alzheimers and other forms of dementia.

In the words of his co-workers, clients and their families, Manny shows courtesy and respect for ADP club members in so many ways. It's not uncommon to witness him greeting each member with a tender tone, cordial grin and a friendly handshake. The fact this all happens before he



Clinical Resource Coordinator Manny Atance with a client and his family

even thinks about removing his knapsack or hanging his coat up when he arrives illustrates the courtesy and respect he holds for the members.

The moments he spends on this re-introduction help to ensure that each club member not only feels worthwhile and valued, but also creates a feeling of inclusion. Manny reminds them that they are members of a social club comprised of their friends and family, so clients feel like they are talking to an old friend rather than an employee.

Says one caregiver, "When my husband Steve and I attended the Banana Bonanza (an ADP event), Manny indicated that at some point he would come to the long-term care facility my husband resides at for a visit. Low and behold, two weeks later, Manny showed up to visit Steve with his wife and two children. This made Steve's day, week for that matter. He was so proud to show his friends his new room and introduce them to his care team."

Students on placement with Manny in the ADP have shared that his genuine in-

terest made them feel like an intrinsic part of the team almost immediately. It was his eagerness to share everything there was to know about the program and his sincere attentiveness to their roles as students that really drew the students into wanting to be a part of this environment.

But it's really through the words of Providence's ADP club members that make you understand how Manny really shines. When asked what they thought about Manny, clients replied, "We work together. He's good. We shave at the same time." "We laugh together. He has a lot of information." "Keep doing what you're doing. Keep giving happiness." "God bless him, he's a wonderful person. I like the spirit he has. He can lift the whole group up." Manny treats all clients with the same respect and says he seeks to provide a level of service he would give to his own family, something his colleagues say he achieves.

Says one staff member, "I find it remarkable to see Manny kneel with his knapsack in order to make proper eye contact with club members who are seated or find it difficult to stand. It's a thoughtful gesture that sets an example for all of us, reminding us that cognitive and physical barriers do not strip one of their human dignity and, if anything, living through these challenges commands even more respect."

Providence Healthcare's Adult Day Program provides support to clients with dementia and their caregivers. Its open 24 hours Monday to Friday, Saturdays until 11 p.m. and Sundays from 9 a.m. to 5 p.m. For more information on the program, phone 416-285-3803.



Providence Healthcare Foundation would like to thank all of the wonderful performers showcasing their exceptional skills on stage on June 18 at the third annual Providence Has Talent! Because of their wonderful support and those who attended that night, the event raised \$1,000 for Providence Healthcare.

The welcoming audience at Seven44 Restaurant & Lounge enjoyed solo and group performances that included talented volunteers, staff and family. All were extraordinary in their abilities, coming together to generously support the patients, residents, clients and families at Providence Healthcare.

We are so fortunate to have the dedication and support of so many in our community. On behalf of the Providence Healthcare Foundation, we thank the 20 gifted performers, our amazing DJ Francisco Mejia, Providence's Senior Financial Analyst, and the hard-working orga-



Christine Pointer "wows" the crowd

nizers/emcees Heidi Hunter, Manager of Quality Improvement, Shawn Brady, Director of Interprofessional Practice, and Brianna Szarka, Event Manager, for creating a wonderful community experience for everyone to



Darren Armoogam performing solo

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(L-R) Shawn Brady and Breanna Malcolmson

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Memories Help Boost Sense of Self-worth in Elderly

By Mike Osborne
NASHVILLE —

At a senior center in Nashville, Tennessee, Doug Oliver and his friend, Geneva McElroy, talk about old times.

But it is more than a simple stroll down memory lane. Through guided conversation, Oliver helps seniors remember their own self-worth by drawing on the memories of experiences long past.

"They can see what they have done that has or will impact the future and it lifts their mood," he said. "Many times they will realize that they are and were important; that they have something to offer."

In a society that celebrates eternal youth, a renewed appreciation of wisdom and experience can help older people cope with loss and depression. Oliver says the technique, sometimes called "reminiscence therapy" is especially effective with seniors.

"One of the hidden benefits that many elders have is that, even when they are having trouble with short-term memory, their long-term memories are usually intact for a much longer time," he said.

Short term and long term memories are stored in different areas of the brain. Diseases that impair one may not affect the other. Alzheimer's Disease, for example, begins in the areas of the brain where short-term memories are created and held.

Oliver used that quirk of the human brain to help his geriatric patients during the more than two decades he worked as a clinical therapist. Retired now, he no longer has patients, but each week he visits the daycare facility for seniors. He tries to lift the spirits of the people he's come to care about, because depression for seniors can be deadly.

"Without trying to lift the depression a little bit, people can languish quickly and deteriorate," he said, "and so part of the purpose is to take that healthy part of their thinking and get that firing as passionately as you can."

Oliver says the key is to connect the past to the present and the future; both good experiences and bad, victories and regrets.

"Help them to determine what they



Retired clinical therapist Doug Oliver discusses old times with Geneva McElroy at a senior center in Nashville, Tennessee. (M. Osborne/VOA)

learned from those incidents, those memories," he said. "How did that apply to them and their families in the present, and what impact do they think they have had on the future."

Catholic Charities, which runs the facility, couldn't be happier with Oliver's work. Senior daycare coordinator Linda Edwards says he has a gift for helping the elderly feel valued.

"They respond readily to his interest in them and his ability to get them to talk about what they remember, what they enjoyed," Edwards said. "And they come away from those interactions feeling good about themselves."

Every once in a while Oliver thinks about quitting because he is legally blind, a result of macular degeneration, so getting to the daycare center and home again can be a chore. But Oliver says he has always been drawn to seniors and the stories they tell.

"Each time I consider that, I actually step back and say, 'No. I am where I need to be right now, and I am doing what I should be doing.'"

Oliver says an added benefit to listening to the stories seniors tell is that it brings history alive in a way nothing else can. — VOA News

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SECOND ANNUAL SCARBOROUGH WORLD CUP OF CRICKET BRINGS COMMUNITY TOGETHER

Although the FIFA World Cup is currently captivating millions in the GTA, supporting The Scarborough Hospital (TSH) is still a priority for Scarborough residents.

Hundreds of cricket fans came out to the Scarborough World Cup of Cricket (SWCC) tournament June 20-22 to watch a game, loved by many worldwide. This demonstration of support is incredible to see, but not surprising, according to one of the event's organizers.

"People in this community have made it clear; they want to support their local hospital," said Michael Mazza, President and CEO, The Scarborough Hospital Foundation (THSF). "In such a diverse community, you would think that it might create barriers, but it hasn't – Scarborough residents are committed to working together for the prosperity of this community."

Ten local teams competed in the second annual cricket tournament, and while the Southern Ontario Cricket Association-sponsored team took home first prize, the ultimate winner was TSH, which raised money for its Cancer Care program through the community-wide family event.

Second-place tournament winner was the team sponsored by the Islamic Foundation of Toronto.

The SWCC included an 11 game tournament, as well as cricket clinics, a family barbeque, an international food fair, face painting and Teddy Bear "check-ups" performed by hospital doctors and nurses in field tents.

New to this year's tournament was a collaborative partnership with Special Olympics Ontario. Toronto Police Services and Special Olympic athletes bowled the first ceremonial ball to demonstrate how the game is played and to remind us that when you reach for your dreams, anything is possible.

"Events like this allow our organization the opportunity to showcase the talents of our amazing athletes," said Kirsten Bobbie, Legacy and Outreach Coordinator, Special Olympics Ontario. "We want to let the public know that our athletes can participate in the same sports as other athletes; and that they can outperform other athletes."

In addition to the Southern Ontario Cricket Association and the Islamic Foundation of Toronto, other event sponsors included Scotiabank, Royal Bank of Canada, Bank of Montreal, Habib Bank-Maple Quest Group, Westlake Tires, Woburn Medical Dental Centre and Woburn Medical Centre, TD Canada Trust, Home Depot, the Ontario



We're number one! The Southern Ontario Cricket Association team pose with their new trophy, which they won for coming first place at the Scarborough World Cup of Cricket.

Cricket Association, Markham Cricket Association, Physio-fit, Aga Khan Ismaili Cricket Club, Toronto Lumber Jacks Cricket Club, Archdiocese of Toronto, and the Disney Store.

"We would like to thank our sponsors, because without their support, events like this wouldn't be possible. Their commitment to The Scarborough Hospital is greatly appreciated and will make our hospital stronger," said Guy Bonnell, Vice President of Community Development at TSHF.

One of the most important and dedicated sponsors to mention, was short in stature but not in determination. Seven-year-old Aria Barretto, raised more than \$600 for the hospital by selling lemonade and popcorn. She not only worked hard to earn money for TSH's Cancer Care program, she also donated a piece of her artwork to the hospital.

"Aria demonstrates that it doesn't matter how old or big you are, you can make a difference in the world," said Michael with a big smile. "She's really an inspiration to all of us."

Through donations from the event's sponsors, Aria, and the community's never-ending support, TSH will continue to provide excellent cancer care to its patients.

"Cricket is a game that centres on teamwork and perseverance and its strengths parallel the Scarborough community's strengths; we work together to ensure the prosperity of our community," said Mazza. "Strong communities truly do build strong hospitals, and when our community comes together, like we did during the tournament, we can accomplish incredible things."

"The Scarborough Hospital has always been there for me," says patient

From the first moment you meet Gina Dilag, you feel her radiating warmth.

She'll enthusiastically welcome you into her home with a large smile. She'll offer you a warm tea and you'll feel like you've been friends for years. Gina's also a baker and her eyes light up when she tells you about her latest confectionary creation.

On the exterior, Gina seems like she doesn't have a care in the world, but this is far from the truth.

Gina struggles each day with rheumatoid arthritis, heart-related issues and diabetes – all of which are linked to an underlying disorder Gina has called lupus. Lupus is an autoimmune disease where the body's immune system becomes hyperactive and attacks normal, healthy tissue.

It all started when Gina was 12-years-old and living in her native country of the Philippines.

She remembers fainting and waking up in her local hospital's Emergency Department (ED). Bright lights illuminating her young face as she watches medical staff scramble around her. She recalls fainting again and waking up to her brother pumping her sternum with his locked fists, trying to revive her heart. She wakes up again

and her mother says "drink this." She does and then she drifts off to sleep again.

"It was absolutely terrifying and surreal," says Gina. "Apparently, a priest came by and read my last rights and even the doctors were praying for me – they were sure I was going to die."

Gina fortunately survived and was diagnosed with systemic lupus, a condition that would impact her health throughout her life.

Fast forward many years later. It's 1987 and Gina has just delivered her son Kevin at The Scarborough Hospital (TSH), after a long and anxious pregnancy.

"He was my miracle baby," she says. "We were very lucky he made it."

The delivery of her son was the first of many of Gina's visits to TSH.

She returned to TSH when she had complications with her kidney. During this visit, while she was being monitored by the hospital, her son was also admitted to TSH to be treated for Kawasaki Disease. Staff at the hospital put them on the same floor, so they could be close to one another.

"It was really difficult for us, since I was a single mother at the time and I wanted to be with my son but I also had to recover," she says.

She recalls that the nurses wanted to cheer her up and they brought her a fruit basket, since it was also her birthday. One of the nurses was also from the Philippines and made her rice to make her feel more at home.

She also notes a time when her TSH physician went above and beyond. She mentions that on a particular occasion, she had to go to Port Perry's ED because her kidney was no longer responding to dialysis and was failing. Medical staff at the Port Perry Hospital called Gina's Nephrologist at TSH, Dr. Robert Ting, who asked them to bring her to TSH, to be assessed by him personally. Prior to this visit, Dr. Ting also set Gina up with a social worker to work on getting her a place in government housing. The social worker found her a place in Oshawa.

"I lived in that building for 15 years and I loved it," says Gina. "It was really difficult for me to find affordable housing at the time because I was a single mother and living on a modest income from the Canadian Pension Plan (CPP). Dr. Ting and Candace Roker, my social worker, helped put a roof over our heads."

Gina has since received a kidney transplant, done at St. Michael's Hospital in Toronto, but she continues to trust TSH to take care of her.



"I think the nurses and doctors at The Scarborough Hospital are amazing. They really want to help; not only medically, but mentally as well," she says. "They have done so much for me and they are always there for me."

Gina is so thankful to TSH that she donates to the hospital each month.

"As little money I receive from CPP, as little as I have, I still want to give my gratitude and thanks," she says. "Because every morning, when I wake up, I'm thankful that I'm alive."

YOUNG MOTHERS BENEFITTING FROM TSH INTERPROFESSIONAL TEAM APPROACH

It's a warm, sunny day in late May and Dr. Georgina Wilcock, Co-Medical Director for Obstetrics at The Scarborough Hospital (TSH), is preparing for a morning filled with pre-natal examination appointments. Although this may seem routine for an obstetrician, the patients she is seeing, as well as where and how she's providing their care, are anything but ordinary.

Dr. Wilcock is part of an interprofessional team of health care professionals from TSH who have been partnering with Rosalie Hall – a young parent resource centre next door to the hospital's General campus – in an effort to help Rosalie Hall provide important health care and social services to this vulnerable group.

"Rosalie Hall and The Scarborough Hospital not only share a common geography, but also a common history," said Alan Nickell, Executive Director of Rosalie Hall.

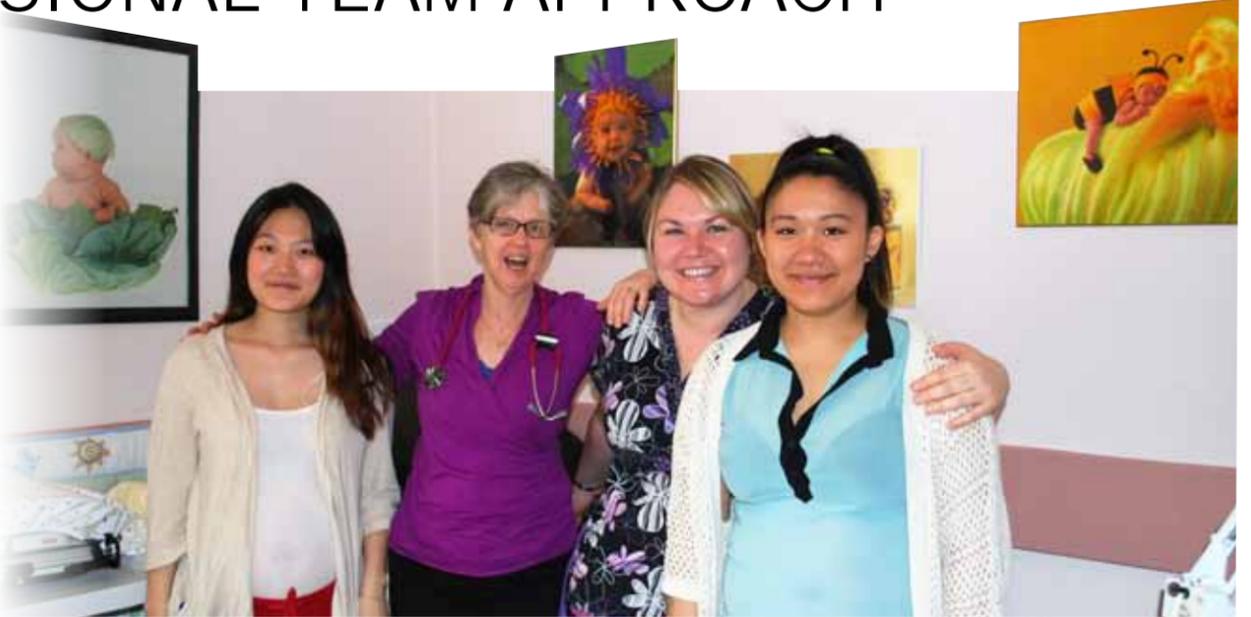
"Both of our organizations were built by the religious congregation the Sisters of Misericorde in 1956 who were committed to ensuring access to medical care and support services for their community. Since then, Rosalie Hall has developed a comprehensive range of services for young parents and their children in Scarborough and across Toronto."

These services include a live-in residence for young mothers with multiple and complex pre-natal needs, a fully-accredited secondary education program, a child development centre, as well as a wide variety of counselling and outreach programs.

Over the years, TSH physicians from various disciplines have provided care to the young mothers and babies at Rosalie Hall and, of course, the hospital is always a place where parents can go for any urgent health care needs. However, about a year ago, Dr. Wilcock reached out to the administration at Rosalie Hall with the idea of providing improved continuity of care through a regular team of TSH staff visiting Rosalie Hall patients.

"Our approach has allowed us to serve Rosalie Hall more as a community and provide holistic care," said Dr. Wilcock.

"In addition to myself, there are social workers from the hospital, TSH Family Physician Dr. Erin Chan,



Rosalie Hall outpatients Cici (far left) and Ashley (far right) stand with Dr. Georgina Wilcock (second from left) and Rosalie Hall Registered Nurse Aindrea Kiss during one of the pre-natal clinics.

midwives from Sage-Femmes Midwives in Scarborough and Rosalie's Registered Nurse. We all work as a team and share feedback to understand the whole patient in their own environment."

Alan agrees with the critical need for this team approach. "Rosalie Hall also has a community care and treatment team of infant mental health clinicians that includes senior therapists and a psychologist who contribute actively to the inter-professional care. Specialized assessments, treatments and parent-infant group work are critical to infant mental health and parent-infant attachment needs of the population served by Rosalie Hall".

One of the major initiatives that TSH and Rosalie Hall have put in place is a bi-weekly pre-natal care clinic staffed by Dr. Wilcock. For expectant moms Cici and Ashley, having pre-natal care at Rosalie Hall has been of great benefit to them.

"If I have a question, they are right there, which is very convenient, especially for someone like me who is attending the school," said 19-year-old Ashley, who

attends programs on an outpatient basis.

"It's great that I can stay right here," adds Cici, also 19, and who lives in the residential program. "Plus, everyone is very professional and caring."

Rosalie Hall Registered Nurse Aindrea Kiss echoes their comments.

"For a lot of these young mothers, it can be intimidating to receive their pre-natal care at a doctor's office; we recognize this and try to provide a very safe and supportive environment," said Aindrea.

"As well, the pre-natal clinic here offers longer appointments than what obstetricians can often provide in their offices."

In addition to comprehensive pre-natal care, TSH Social Worker Susan Carty explains that one of the goals is to help the young women "focus on the future."

"It's hard enough for anyone who, at a young age needs to find their own housing and be independent, and then, to add a baby to that can be really challenging. So what we do is make that whole medical and social service piece just that much easier."

The Scarborough Hospital launches program to support Internationally Educated Professionals along career path

On June 16, The Scarborough Hospital (TSH) hosted #worldforce Day – a unique and innovative one-day conference to provide Internationally Educated Professionals (IEP) with an opportunity to explore careers in health care.

#worldforce Day was developed as part of Code: Career – a comprehensive, first-of-its-kind career program launched by TSH earlier this year. The #worldforce Day component establishes vital connections among the hospital, skilled professionals in the Scarborough community and post-secondary academic institutions. These links will not only support skilled professionals along their career paths, but also cultivate meaningful opportunities for building future capacity at the hospital and enhancing employee engagement.

"Our vision at TSH is to provide the best health care for our global community, and that means having the best people on our team," says Rhonda Lewis, Vice-President, Human Resources and Patient

Relations. "Through our Code: Career program we provide full and comprehensive career support to students, volunteers and current and future staff. Now through #worldforce Day, we are bringing Internationally Educated Professionals together to help them connect their skills with opportunities and re-enter their profession."

The conference included a panel discussion and strategy sessions to help participants gain insight into the employment process and the multitude of careers TSH has to offer.

"When I moved to Canada in 2011, the hardest thing for me was to find a job," says Filipina Mejia, a professionally trained physiotherapist. "This event was a great opportunity for networking, strategizing and receiving education into the careers available in health care. I'm looking forward to getting back to my work – my passion."

There were also presentations by HealthForceOntario and Toronto Region Immigrant Employment Council (TRIEC), as well as hospital

tours based on areas of interest that included clinical, administrative and support services.

"Skilled immigrants continue to face challenges connecting to meaningful employment aligned with their education, skills and work experience," says Rodel Imbarlina-Ramos, Manager, Workplace Business Development, TRIEC. "Our goal is to accelerate their integration by working primarily with employers for training, mentoring and the sharing of best practices. We're pleased to work with The Scarborough Hospital on #worldforce to help it build a diverse talent pipeline to better serve its multi-cultural community."



New look for My Scarborough Hospital

The Scarborough Hospital (TSH) rebranded and re-launched its electronic community newsletter – My Scarborough Hospital – on June 25.

With more than 3,400 subscribers, My Scarborough Hospital provides our community and stakeholders with valuable information about the hospital. It is distributed every two weeks to share news, events and initiatives happening at TSH. Every issue also includes a special feature from one of our patients for a

unique look at the excellent care provided by our staff and physicians.

"My Scarborough Hospital is a great tool to help us connect with our community, enabling us to remain accountable and transparent," says Holly-Ann Campbell, Director, Communications and Community Engagement. "The new format allows us the functionality to better share our stories and our fresh new look is very engaging."

Please visit www.tsh.to to subscribe to My Scarborough Hospital.

Markham Stouffville Hospital hopes to learn from long-standing TSH program



It's just after 7:30 in the morning on May 5 and five-year-old Gregory Kubrynski stands shyly beside his mother Anjie in the Day Surgery Unit at The Scarborough Hospital's Birchmount campus as a nurse does some final preparations before he is ushered into the operating room (OR) for a dental surgery procedure.

"That's a nice dinosaur you have there," the nurse tells Gregory as she works, noticing the stuffed toy he is clutching.

Gregory brightens instantly. "It's not a dinosaur, it's a lizard," he quickly corrects her, eliciting smiles from both his mom and the nurse.

Like thousands of children and parents before them, Gregory and Anjie are participating in TSH's "Til I Sleep" program, which allows parents to accompany their children into the OR until the child has been anaesthetized or "falls asleep."

However, on this day, Gregory's mom has kindly allowed representatives from the Paediatrics program at Markham Stouffville Hospital (MSH) to join her in the OR as part of a special visit the hospital has made to TSH to learn more about this pioneering program that has been in operation for nearly 17 years.

"We've heard marvellous things from the Child Life Specialists at TSH about

the 'Til I Sleep program and how it's run," said Julie Atkinson, Child Life Specialist at MSH.

"Currently at MSH, parents of selected paediatric patients, such as special needs children, are allowed into the operating room as their child is put under anaesthetic. We are interested in enhancing our program, so we thought it would be a good idea to see TSH's program in action to help inform how we want to proceed with our service expansion."

Kellie Stajer, Professional Practice Leader for the Paediatric program at MSH, adds that one of the most important things for the interdisciplinary group that toured the program was "understanding how TSH got buy-in from the whole team, as well as the resistance or barriers the hospital overcame, so we can learn and be successful the way TSH has been."

Introduced in 1997, TSH was the first hospital in the Greater Toronto Area (GTA) to implement the 'Til I Sleep program. 'Til I Sleep is part of a larger Pre-Operative Teaching program the hospital runs to help reduce anxiety for paediatric surgery patients and familiarize children and families with the hospital environment.

MSH Child Life Specialist Julie Atkinson (left) and MSH Professional Practice Leader Kellie Stajer, observe TSH Child Life Specialist Sue Regan (centre) as she assists patient Gregory Kubrynski while he is readied for surgery. Gregory's mom Anjie comforts him as he is put under anaesthesia.

In the Pre-Operative Teaching program, children and their parents or caregivers meet with a Child Life Specialist one to two weeks before their surgery where they visit the Day Surgery Unit, Operating Room, Post-Anaesthetic Care Unit (or "Wake-Up Room"), and the Surgical Waiting Room. The Child Life Specialist is also there on the day of surgery, providing a familiar face for both the child and parents.

"We are extremely proud of the work that has gone into developing 'Til I Sleep, as well as our entire Pre-Operative Teaching program for paediatric patients and were honoured

to help MSH further develop their program in a way that will service the needs of their patients, families, staff and community," said Michele Clark-Ward, Child Life Specialist at TSH.

Julie and Kellie admit that the information and observations from their visit to TSH will be instrumental as MSH works to enhance their program in the near future.

For more information on TSH's services for paediatric patients, including 'Til I Sleep and the Pre-Operative Teaching program, visit <http://www.tsh.to/areas-of-care/womens-and-childrens-health/paediatrics/>.

THE SCARBOROUGH HOSPITAL CELEBRATES SUCCESSES AND ANNOUNCES NEW BOARD CHAIR AT ITS ANNUAL GENERAL MEETING



The Scarborough Hospital (TSH) celebrated many of its accomplishments over the past year and welcomed a new Chair of its Board of Directors at its Annual General Meeting (AGM) held yesterday evening.

TSH continues to deliver solid fiscal management, ending the 2013-2014 year on budget with an operating surplus of \$1.4 million. Operating efficiencies were realized through numerous strategies, including TSH's adoption and spread of LEAN quality improvement methods across the hospital. Concurrently, the hospital maintained or enhanced patient safety, quality of care and a healthy workplace for its team. Several examples were highlighted at the AGM:

■ The hospital's two Emergency Departments had the lowest overall wait times among hospitals in the Greater Toronto Area (GTA) for fiscal year 2013-2014.

■ TSH's performance in Ontario's pregnancy, birth and childhood registry – known as the Better Outcomes Registry and Network (BORN) – not only exceeds its peer hospitals, but in many cases also rates ahead of the entire province.

■ Following on the heels of TSH attaining Exemplary Status by Accreditation Canada in 2013 with a 98.8 per cent compliance rate, the hospital's Laboratory Services also scored high in standards set out by the Ontario Laboratory Accreditation this past fall, averaging 95 per cent across both campuses.

■ TSH achieved a Gold Quality Healthcare Workplace Award from the Ontario Hospital Association and Ministry of Health and Long-Term Care acknowledging the hospital's sustained focus on a healthy workplace and on patient safety and quality of care.

TSH has a long track record of innovation and health system leadership. This year's highlights include:

■ An innovative research project of TSH's Mental Health program that uses internet-assisted Cognitive Behavioural Therapy (iCBT) to assist outpatients who may benefit from online-based therapy;

■ TSH was one of a small number of community hospitals in Canada to be selected earlier this year to participate in a three-year case study on a new national standard on psychological health and safety in the workplace led by the Mental Health Commission of Canada;

■ The development of "Code: Career" by TSH's Human Resources team, a first-of-its-kind program among Ontario hospitals, provides an integrated

approach to supporting the personal and professional goals of the hospital's staff, physicians, and volunteers; and,

■ Developing and fostering integrations with other health service providers to improve patient transitions back into the community, including Assess and Restore strategies for frail seniors that have been identified as leading practice.

New Board Chair

Also at the AGM, TSH announced the appointment of Janet Dalicandro, Co-Founder and President of Enrichment Enterprises Inc., as the new Chair of its Board of Directors. Janet, who has been with TSH's Board of Directors since 2013, takes over the position from Stephen Smith, who has served as Chair of TSH's Board of Directors since 2011. Stephen will continue on the Board as Past Chair.

"I am pleased and excited to be serving as the new Chair for The Scarborough Hospital's Board of Directors," said Janet.

"Over the past year, I have had the privilege of working with so many talented and dedicated colleagues on the Board and with Robert Biron, TSH's President and CEO and his team, as well as with community partners in the health care and social services fields in Scarborough and within the GTA. These experiences have proved invaluable in my position as a Board member and I look forward to continuing this important work as Chair of the Board at The Scarborough Hospital." Janet thanked Stephen for his strong and unwavering leadership as Board Chair. "Having worked with Stephen, the Board, and Robert Biron and his team has been an incredible experience, and I am excited to have this opportunity to provide leadership to this remarkable group of people and hospital."

In addition to her experience in health care and social services, Janet has in-depth experience in corporate and not-for-profit board governance leadership with a particular strength in strategic planning. She has very strong facilitation experience seeking stakeholder alignment and building community relationships and partnerships.

"It's an honour to be welcoming Janet as our new Board Chair," said Stephen. "The last three years have been unbelievably rewarding for me and I feel privileged to have been able to serve this exceptional hospital and health care team, who provide excellent care to our patients and community. The Board could

not have chosen a better person to lead them going forward and I am sure Janet will find the experience equally gratifying."

Other changes to TSH's Board of Directors include:

Outgoing Directors:

- Dr. Jagdish Butany, Consultant, Cardiovascular Pathologist, Director Autopsy Services, University Health Network
- Warren Law, Senior VP, Compliance, Regulatory and Stakeholder Relations, Ombudsman, ICICI Bank Canada
- Patrick McGrade, VP and Associate General Counsel – Enterprise, Tim Hortons Inc.
- Joshua Wong, President and CEO, Opus One Solutions

Incoming Directors:

- Bonni Ellis, Founding/Managing Partner, Ellis Mendicino LLP
- Dale Lawr, Chief Risk Officer, Infrastructure Ontario
- Alan Mak, Partner, Ferguson + Mak LLP
- Brad Sinclair, Registrar, College of Dental Hygienists of Ontario
- Christian Buhagiar, Vice President, Education at the Institute of Corporate Directors
- Drupati Maharaj, Diversity Consultant
- Lyn McDonnell, Governance, Strategy and Organizational Effectiveness Consultant, The Accountability Group Inc.
- Valerie Carter, Director, External Relations, Ontario Chiropractic Association
- Krishan Suntharalingam, Chartered Accountant, Suntharalingam Professional Corporation
- Helen Giffen, President, HG Communications Inc.

"I can't say enough about the tremendous dedication and contribution that Jagdish, Warren, Patrick and Joshua have made to the Board and the hospital," said Stephen. "As sad as we are to see these individuals depart, we are also excited to welcome an equally dedicated and talented group of men and women who have volunteered to continue in their stead."



RBC TOP 25 CANADIAN IMMIGRANT AWARDS

CELEBRITY ENTREPRENEUR, BALLET DIRECTOR, WOMEN'S ACTIVIST, BOY GENIUS AND AN EVERYDAY HERO AMONG THE WINNERS OF THE 2014 Dragons' Den's Arlene Dickinson, Les Grands Ballets Canadiens de Montréal's Gradimir Pankov along with 23 other inspiring immigrants are the 2014 recipients

South African-born celebrity entrepreneur Arlene Dickinson of Dragon's Den has been named one of this year's RBC Top 25 Canadian Immigrants for not only her achievements, but her philanthropy as well. Other winners of the sixth annual RBC Top 25 Canadian Immigrant awards, presented by Canadian Immigrant magazine, include Macedonian-born Gradimir Pankov, artistic director of Les Grands Ballets Canadiens de Montréal, Ugandan-born Farah Mohamed, president and CEO of the G(irls)20 Summit in Toronto, Indian-born child prodigy Sarthak Sinha of Calgary, and Bangladesh-born Manwar Khan, an everyday hero who intervened in a violent attack in Edmonton. The awards celebrate the inspiring stories and achievements of these and other notable immigrants to Canada.

"Every year, we have yet another amazing group of 25 winners. This year's 25 are as diverse as they are interesting," says Margaret Jetelina, editor of Canadian Immigrant Magazine. "Thanks to the people who nominated and voted for them, we have uncovered the inspiring stories of artists, philanthropists, entrepreneurs, volunteers and activists from across the country who are truly making Canada a better place."

More than 630 nominations were received in just two months, from which 75 finalists were shortlisted by a diverse judging panel, including several past winners. More than 40,000 votes were cast online, making it the most popular year in the award's history. The final 25 were chosen based on a combination of votes and a second

round of judging.

The award winners will be honoured at an awards ceremony in Toronto on June 24 and on June 26 in Vancouver. The program is proudly supported by title sponsor RBC Royal Bank and associate sponsor Chevrolet. The awards program is also supported by the Toronto Star, Metro Newspaper, Sing Tao, CBC Toronto and South Asian Focus.

"This year's winners truly exemplify the Canadian dream and are real examples of opportunity and diversity right here in Canada," said Christine Shisler, director, Multicultural Markets, RBC. "These awards do more than just recognize 25 of the best. The RBC Top 25 Immigrant awards create a community for all Canadians who have been recognized as inspirational by their peers. Whether they are new to Canada, or celebrating 20 years in this country, we recognize all of the nominees and winners for their outstanding contributions and for making a difference."

For the second year, associate sponsor Chevrolet will recognize one of the 25 winners with the Chevrolet Ingenuity Award for showing exceptional creativity and skill on their road to success. The winner will be announced at the Toronto ceremony.

"The people recognized by the RBC Top 25 Immigrant Awards have a true passion for our country, an inventive nature and are an inspiration to many," said Paul Bailey, Advertising Manager, Chevrolet. "It takes a significant amount of resourcefulness and creativity to come to a new country and



break cultural and social barriers to achieve great success. The Chevrolet Ingenuity Award was designed to recognize the efforts of a truly inspirational individual."

Each of the RBC Top 25 award winners will receive a commemorative plaque and a \$500 donation will be made towards a registered Canadian charity of their choice. Winners will also be featured on canadianimmigrant.ca/rbctop25 and in the July print edition of Canadian Immigrant Magazine.

The RBC Top 25 Canadian Immigrant Award winners of 2014 (in alphabetical order):

Vivian Abboud (Edmonton/Lebanon)
Akram Al-otumi (Halifax/Yemen)
Dalal Al-Waheidi (Toronto/Palestine)
Naval Bajaj (Brampton/India)
Amit Chakma (London, ON/Bangladesh)
Shala Chandani (Vancouver/Tanzania)
Senthil Chelliah (Markham, ON/Sri

Lanka)

Arlene Dickinson (Vancouver/South Africa)

Alan Diner (Toronto/South Africa)

Nasreen Filsoof (Vancouver/Iran)

Roberto Hausman (Toronto/Uruguay)

Mobina Jaffer (Vancouver/Uganda)

Manwar Khan (Edmonton/Bangladesh)

Dr. Surinder Singh Khurana (Mississauga/India)

Peter Mielzynski (Burlington, ON/Poland)

Gentil Misigaro (Winnipeg/Congo)

Farah Mohamed (Toronto/Uganda)

Gradimir Pankov (Montreal/Macedonia)

Alberto Rodil (Toronto/Philippines)

Sarthak Sinha (Calgary/India)

Julie Suen (Richmond Hill, ON/Hong Kong)

Ilse Treurnicht (Toronto/South Africa)

John Volken (Surrey, BC/Germany)

James Wang (Burnaby/China)

Dr. Anna Wolak (Vancouver/Philippines)

Diversity celebrates being No. 1 at 21 with 8 wins at the Summit Creative Awards 2014

The celebrations continue at Diversity Communications Inc., the leading multicultural agency in Canada. The agency which celebrates turning 21 this year, has just brought home 8 metals at the Summit International Awards 2014. The award tally includes a gold for Princess Margaret Public Service print, 3 silvers for WelcomePack New Product Launch integrated campaign, Pepsi Year of the Horse magazine ad, and self-promotion print, and 4 bronze awards for

Pepsi diwali print, self-promotion print, WelcomPack packaging, and Princess Margaret Cancer Foundation public service poster.

The Summit Creative Awards (SCA) is celebrating its 20th anniversary this year. It spotlights work created by small and mid-sized marketing companies around the globe. Agencies from 24 countries participated this year, making this prestigious advertising award widely recognized worldwide, and a coveted honour for



its recipients.

Diversity provides 360 degrees multicultural services, including strategy and insights, client servicing, media, creative, production and PR. Over 40 professionals are on hand to empower the client's brand and bring success to marketing goals. "I congratulate the Diversity team for its go-

getting spirit and creativity, and our clients for their vision in entrusting us with their brands", exults Albert Yue, President & CEO, Diversity Communications Inc.

To learn more about Diversity Communications and their work visit www.diversity.com



LIVING HEALTHY AND WELL

Sadhguru explains how a person can be truly healthy in every aspect of life, not just free from disease.

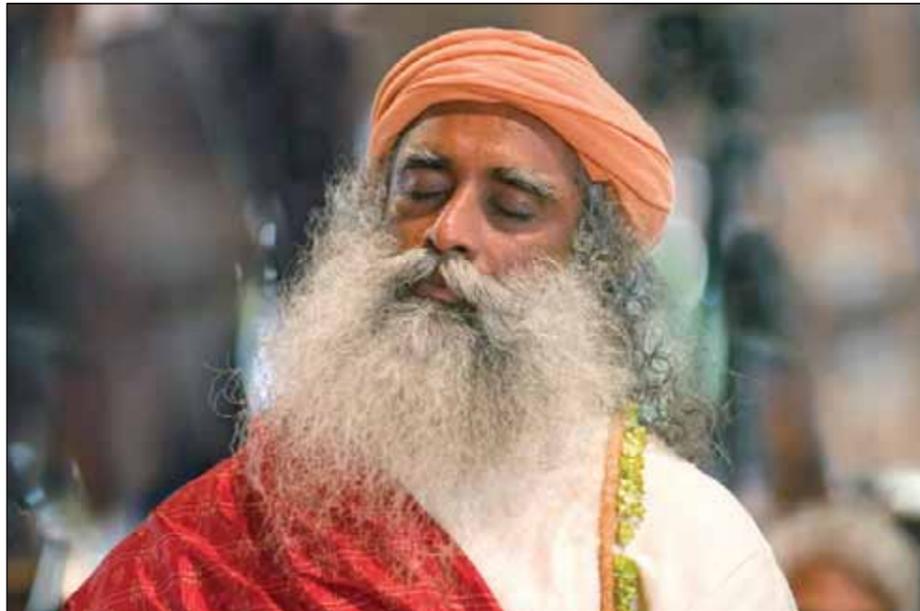
Sadhguru: The word health comes from the word whole. When your body, your mind, your emotion, your energies are in tune with each other and you feel wholesome within yourself, that is when you feel healthy. A large number of people in the world, including many who considered medically healthy, are unhealthy. They may not need any medication but their system does not know any wholeness. There is no sense of peace or joy in them. You think you are unhealthy only when you get depressed beyond a certain point, but you are unhealthy if you are not bubbling with joy. There is no wholeness in terms of the internal composition of who you are.

This has happened because you never paid any attention to it. This whole attitude of trying to fix everything from the outside has to go. No doctor or medicine can ever give you health. They can assist you when you have fallen into ill health and help you out of it a little bit, but health has to happen within yourself.

Health is not just a physical aspect. Today modern medicine says that man is psychosomatic. What happens in the mind naturally happens in the body. What happens in the body in turn happens in the mind. So the way we are living here, our attitude, our emotion, the basic mental state, the level of activity we are going through, how streamlined our minds are, all these are very much a part of your health.

If health has to come from within, we definitely have to do some inner engineering. We definitely have to create an atmosphere where our body, mind, emotion & energy are in good harmony.

If people invest about twenty-five to thirty minutes a day in the morning towards their inner wellbeing, towards



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

If health has to come from within, we definitely have to do some inner engineering.



certain simple processes with which they can engineer their body and mind to experience full health and wellbeing, then every human being is capable of living healthy and well.

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

Website: www.ishafoundation.org / email: toronto@ishafoundation.org / Local contact: 416 300 3010





CIBC "TASTE OF ASIA" FESTIVAL 2014

CIBC "TASTE OF ASIA" is an annual multicultural event hosted by the Federation of Chinese Canadians in Markham (FCCM), the Association of Progressive Muslims of Ontario (APMO) and the City of Markham. The event was first introduced in 2003 during the SARS outbreak with a mandate of boosting the local economy. The first Taste of Asia festival also provided a platform for the community to promote the multicultural mosaic of Canada and create harmony among various cultural groups through an event that fostered mutual respect and co-operation. Through two days of non-stop multicultural performances and over 150 street vendor booths operated by different cultural groups, once again this year's event was an overwhelming success, drawing more than 100,000 participants. With plenty of exciting events, the 2014 CIBC Taste of Asia festival is the the most successful celebration of harmony and culture in its history.

Kennedy Road north of Steeles Avenue and south of Gorvette Road was blocked off from traffic for two days from June 28, 2014 (Saturday) to June 29, 2014 (Sunday) for 2 days non-stop multicultural performances.

Welcoming more new Canadians at Taste of Asia Festival

On June 28th, 2014, Canada's Citizenship and Immigration Minister Chris Alexander welcomed approximately 50 new citizens from 21 countries at a special citizenship ceremony at the CIBC Taste of Asia Festival.

At the event, Alexander delivered remarks and personally welcomed the day's newest Canadians. He also highlighted the government's recent improvements to the Citizenship Act, which became law on June 19, 2014. These changes will reduce wait times by streamlining the decision-making process for citizenship and strengthen the value of Canadian citizenship by ensuring that new citizens are better prepared for full participation and in-

tegration into Canadian society.

Citizenship and Immigration Canada recently partnered with CIBC to promote and celebrate Canadian citizenship. The new partnership will promote awareness among new and established Canadians of the roles, responsibilities and privileges of being a Canadian citizen.

Since 2006, Canada has enjoyed the highest sustained levels of immigration in Canadian history, an average of a quarter million newcomers each year.

For a new Canadian, the citizenship ceremony marks their formal entry into the Canadian family. A citizenship ceremony is a unique part of Canadian civic life. It is one of the formal occasions when we reflect on the rights, responsibilities, and exceptional privileges of being a Canadian citizen.

It is expected that recent changes to the Citizenship Act will bring the average processing time for citizenship applications down to under one year, and that the current backlog will be reduced by more than 80 percent by April 2016.

"Our government is proud to partner with CIBC in welcoming these new citizens to the Canadian family and also in celebrating the high value of Canadian citizenship. With our recent changes to the Citizenship Act passed into law last week, and Canada Day quickly approaching, I can't think of a better time to celebrate what it means to be a Canadian citizen."

Chris Alexander, Canada's Citizenship and Immigration Minister

"CIBC is honoured to co-host this special citizenship ceremony welcoming 50 new citizens into the Canadian family at the CIBC Taste of Asia Festival. This ceremony reminds both new and established Canadians of the values of our citizenship and the benefits of our rich cultural diversity, leading up to Canada Day."

Steve Ho, Vice-President, CIBC



TEEN NIVATHA BALENDRA DISCOVERS OIL - EATING BACTERIA STRAIN

Young scientist hopes her discovery will be used to clean up oil spills

By: **Raymond Rajabalan**
B.Sc (Hons) Cey

Last year a group of environmental researchers announced that bacteria multiplying in the Gulf of Mexico have natural oil ingesting power and as a result they were able to prevent the adverse effects of crude oil spill that occurred in 2010. This announcement caused great excitement among the environmental scientists and the media gave great prominence to this news. Since there have been numerous oil spills that have already polluted vast extent of oceans around the globe, the experts involved in ocean pollution control were greatly encouraged by this announcement.

However yet another discovery regarding environmental pollution has

natural ability to ingest oil, though she was not convinced that all strains of this bacteria has the same power. As such she wanted to find out whether any of the strains of this bacteria had the power of ingesting oil. So she began her research with great enthusiasm and began collecting soil samples around her residence in the precincts of St. Lawrence River and was able to isolate 12 strains of this bacteria and the continued to identify three of the strains which she believed had the ability to ingest oil.

When asked as to how a living organism growing in moist environments, especially in soils in close proximity of fresh water areas could develop the ability to ingest oil, Nivatha explained that these bacteria develop hydrophobic molecules and use them to attract oil droplets and ingest them.

Meanwhile, Nivatha recently got a unique research opportunity when she approached - Institut national de la recherche scientifique Armand Frappier (INRS) - A famous scientific laboratory in Laval, Quebec. The team of researchers in that institution took an immediate liking for her research project and offered their support and have been continuing to do so to this day.

Describing the progress of her research, Nivatha explained that she is currently involved in finding

out the gene sequence in these three strains of this bacteria and said that she wanted to confirm if any of the other bacteria found in soil samples earlier had oil-ingesting power. She quickly added that if the gene sequence in these strains had not been already identified earlier, her research results will be used to record them as new strains. However Nivatha pointed out that if these bacterial strains have already been identified then new information about them may be brought to light.

Responding to a question whether the bacterial strains she has identified

are unique and have never before discovered, Nivatha said she is awaiting the DNA sequencing to find out the answer. In the meantime, her lab supervisors have told her that these bacterial strains are new to their laboratory. As such even if these strains have been already identified yet these three strains have been temporarily named NB1, NB4, NB5. This pattern of naming bacterial strains is different from the usual system of labeling bacteria only by numbers and in this unique naming system NB represents the initials of her first and last name Nivatha Balendra. Thus this young teen's discovery has elevated into prominence both Nivatha as well this famed scientific laboratory.

As the next step in her rise to fame Nivatha's her discovery took this 18-year-old to Los Angeles in early May, where she was a finalist at the Intel International Science and Engineering Fair. She proved herself once again by winning World Economic Forum Future Scientists Award, a special award at the Fair.

Nivatha, the rising star has recently received an Invitation to the World Economic Forum Annual Meeting of New Champions 2014 in Tianjin, China, and to participate in the programming designed for the 2014 Young Scientists, and she will be presenting her discovery at that meeting.

Asked as to how she developed an interest in this field of study, Nivatha said that when she was 15 she had an opportunity to take part in a one week competition organized by her school for a research project and during this period she was able to learn about a new research field called **Bio remediation**. This experience set the ball rolling and since then there was no stopping for this enthusiastic teen.

Explaining the importance of her



Nivatha Balendra receiving an award of excellence

research Nivatha said that the time may soon come when it will be possible to clean up the land mass and fresh water lakes polluted by oil spills. She stressed the fact that our environment is heavily polluted and if anyone could find a solution then the whole world stands to benefit. She also added that she is focusing her attention to determine if the oil ingesting capacity of these strains can be speeded up using Genetic Engineering. She added that then only the ability of these bacterial strains can be marketed stressing that no one will come forward to make use of this method to clean up the environment unless this method is economically feasible.

While discussing about her future education, Nivatha said she will be beginning a degree program in Physiology at McGill University this September. When asked if her new field of study would not hinder her research project, she said she will simultaneously continue both her research in the field of environmental control and her University education. She expressed her confidence saying that she will somehow or other strike a balance between both fields of study.

When she used the word balancing act, I just remembered this teen was just 18 years old. When asked what she does during her free time, I expected to hear that she has no time to spare. Instead I was amazed to hear that Nivatha was teaching south Indian classical dance Bharatha Nattiyam at Amirthalaya Academy of Fine Arts.

While I was wondering how she was able to find time to do all these, I was simply amazed to hear that this summer she was travelling with a group of NGO named Med Life as a volunteer to Lima, capital of Peru to work among the poor in that area.

Mentioning that Nivatha is interested to pursue higher studies in medicine and her research in the health sciences field, her mother Ramani said she was proud of her daughter's accomplishments and of her choice to pursue her passion for science and research.

Nivatha is a great example for today's youth and Monsoon journal wishes her a great success in all her future endeavours.

This article includes information gathered by Dushy Gnanapragasam, for Tamil Canadian newspaper "Thai Veedu", during a recent telephone interview with Nivatha.



Nivatha Balendra (right) pictured with her mother Ramani.

been made in Canada without much fanfare and the one who was responsible for this great achievement is an 18 year old Tamil Canadian teen Nivatha Balendra from Montreal.

Nivatha Balendra, a student at Montreal's Marianopolis College in Canada recently has found a solution to cleaning up oil spills in water bodies right in her own backyard. The young scientist has identified a particular strain of **Pseudomonas fluorescens** bacteria while it was rooting around in her backyard. She claims that she was long aware that this bacteria has the



Nivatha receiving an award in Los Angeles



WORDS OF PEACE

Prem Rawat: "What you are looking for is inside of you, and I can help you get in touch with it"



Throughout the ages, a simple message has echoed: "Know thyself." In knowing oneself, it was said, one could find inner peace, fulfillment, happiness. Many have tried to understand the meaning behind this simple message. And yet, for many, how to make this possibility a reality has remained an elusive pursuit.

Prem Rawat brings new life to this age-old hope. "Within us is the most amazing feeling we can possibly imagine. All that we look for, that we have looked for all our life, has always been right inside of us. Yet, so often when we search for it, we come up empty-handed because we search on the outside when what is real is inside."

While many have spoken about peace and fulfillment within, Prem Rawat offers more than words. He offers a practical means for finding peace within, in the form of techniques, which he calls Self-Knowledge: "When we can look inside, we find the joy that we have always desired. I can show you a way to get in touch with it. This is a gift that I have."

Prem Rawat started speaking to audiences in India at the age of eight. Since then, more than 6.5 million people in more than 80 countries have come to seek his inspiration and guidance. Those that come to hear him come from all walks of life: the poor and the wealthy, the educated and those simple backgrounds. His message is now translated in more than 60 languages

and made available in more than 80 countries.

For Dr. Mou Roy a professor at the University of California at Los Angeles, "What Prem Rawat has shown me has been a key part of my life for several years. It is a constant source of inspiration and strength, and I greatly benefit from it every step of my life. For me, he is a valued guide, my most valuable teacher and, a dear friend to whom I am profoundly grateful for this gift. I cannot imagine my life without him or the techniques for connecting within that he has shown me. Without Self-Knowledge, my life would be a world without any color or music."

The following excerpt is from one Prem Rawat's recent addresses:

"There is an incredible thrust that comes from within each person.

Inside each one of us, peace is like a seed in the desert, waiting to blossom. It makes no distinction. It doesn't care if we are rich or poor, which religion we have, or which country we live in. What it cares about is water. Like the seed, it lies in wait for the time water will come. In our heart it waits and wants nothing else but to be fulfilled, to once again feel whole, not separated by all the issues that penetrate our lives.

Peace begins with every single human being. Peace is something that has to be experienced in every heart. The absence of war is not peace. Peace is not an issue of institutions. It is people who start the wars. If people start

respecting peace, then there will be peace.

The peace we are looking for is within us. That's where we will find it. Peace is within the heart of each being. If we want peace in our lives, it is definitely possible. We don't have to create peace; we have to usher it in. So many people are working on trying to bring peace. Peace is already there and it resides in the heart of all human beings—it always has and always will.

This is our time; this is our opportunity to be alive. The breath that comes into everyone so quietly, so silently, is screaming a message very loud and clear. What is the message? "Now." Now in your life, be fulfilled. Now in

your life, find joy. Now in your life, find peace. The peace that you are looking for is inside of you, and I can help you get in touch with it."

Prem Rawat is also known as Maharaji.

To hear more about Prem Rawat and his message, you are invited to a presentation at Sony Centre, 1, Front Street, Toronto, on Sunday July 13th 2014 at 7 p.m.

For more information:

www.wopg.org

www.tprf.org

For local information:

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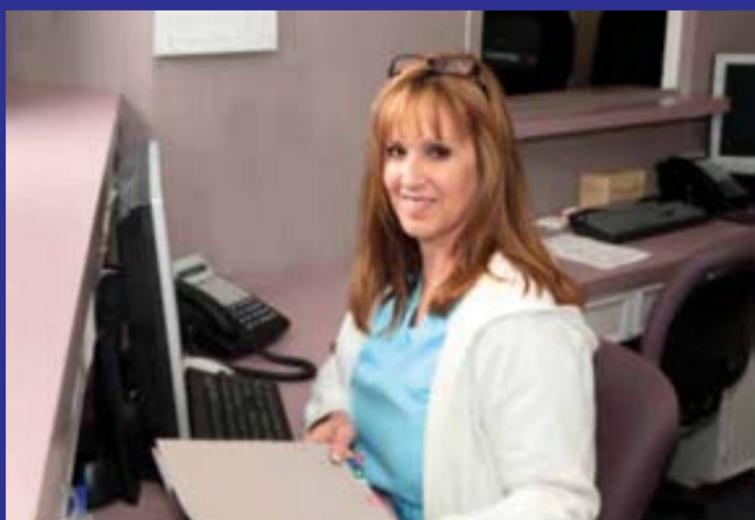
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THE W. GARFIELD WESTON FOUNDATION ANNOUNCES THE WESTON BRAIN INSTITUTE

Established with \$50 million fund aimed at neurodegenerative diseases of aging

The W. Garfield Weston Foundation recently announced the Weston Brain Institute, Canada's largest privately funded national initiative aimed at accelerating breakthrough discoveries for the treatment of neurodegenerative diseases of aging, including Alzheimer's, Parkinson's and amyotrophic lateral sclerosis (ALS).

Currently, there are no treatments to stop or even slow these diseases. The \$50 million Weston Brain Institute fund will directly support Canada's world-class neuroscience research community and focus on high-risk, high-reward research, using an innovative and flexible fast-track granting model.

"With the creation of the Weston Brain Institute, the Foundation is fully committed to being a catalyst in a transformational new chapter in the fight against neurodegenerative diseases of aging," said W. Galen Weston, Chairman and President of The W. Garfield Weston Foundation.

In 2013, approximately 2.9 million Canadians were directly impacted by these conditions, either as patients or caregivers. In one generation, this number is estimated to grow to 16.4 million Canadians, while the economic impact of these diseases to Canada balloons from \$28 billion to \$215 billion per year.

"There is a profound need to help patients with these diseases," said Alexandra Stewart, Executive Director, Weston Brain Institute. "Meeting this challenge requires pioneering approaches to accelerating treatments. To that end, we have already begun to support the best and brightest scientists in Canada to help address these diseases."

In 2010, the Institute began assembling a team of world-class scientific advisors www.westonbraininstitute.ca who provide overall guidance to the Institute and are the core of the peer review process.

"Brain disorders are some of the most challenging areas in medicine to address. We are at an exciting moment in time when we have the technology and understanding to drive forward breakthroughs in neuroscience research," said Mr. Weston.

Thirteen million dollars from the fund has already been awarded, including through collaborations with Brain Canada, the Alzheimer's Drug Discovery Foundation – Canada, and The Michael J. Fox Foundation. Individual projects receive up to \$1.5 million each.

The most recent grantees to receive funding are from the Institute's 2013 Transformational Research program, including:

Dr. Isabelle Aubert and Dr. Kullervo Hynynen – Sunnybrook Health Sciences Centre, University of Toronto, with collaborators from McMaster University, The Research Institute at Nationwide Children's Hospital, Queen's University, University of Göttingen, McGill University/Lady Davis Institute-Jewish General Hospital, Shantou University Medical College and Rutgers University. Drs. Aubert and Hynynen were awarded \$1.1 million to investigate the efficacy of treating Alzheimer's disease by delivering anti-amyloid vaccines directly to the brain using focused ultrasound.

Dr. Kullervo Hynynen, Dr. Isabelle Aubert, and Dr. Sandra Black – Sunnybrook Health Science Centre, University of Toronto. Drs. Hynynen, Aubert and Black were awarded

\$1.0 million to develop a focused ultrasound device specialized to induce localized, controlled and repeated opening of the blood-brain barrier for the treatment of neurodegenerative diseases.

Dr. Jacques Montplaisir, Dr. Ronald B. Posthuma, and Dr. Jean-Francois Gagnon – Université de Montréal; Hôpital du Sacré-Coeur de Montréal; Montreal General Hospital; University Institute of Geriatrics of Montreal, McGill University; Neurologic Institute of Montréal; The Feinstein Institute for Medical Research, Université du Québec à Montréal; Starlab Barcelona S. I. Drs. Montplaisir, Posthuma and Gagnon were awarded \$1.3 million to track clinical markers in patients with sleep behaviour disorders that correlate with the development of neurodegeneration to identify early risk factors of neurodegeneration and to predict disease onset.

Dr. Marco Prado, Dr. Boyer Winters, and Dr. Robert Bartha – University of Western Ontario; Robarts Research Institute; University of Guelph; University of Toronto; UBC; Northwestern College of Arts and Sciences. Drs. Prado, Winters, and Bartha were awarded \$1.3 million to create a higher-throughput method of testing therapeutics on mice using touch screens to better test and quantify behaviour.

The Weston Brain Institute continues The W. Garfield Weston Foundation's long history of supporting medical research, which has ranged from funding the Banting and Best Institute in the 1960's to establishing the first Canadian Chair of Nutrition at McGill University in the 1980s and more recently, the Weston Fellows at the Centre for Research in Neurodegenerative Diseases at the University of Toronto.

The Weston Brain Institute's funding focuses on translational research



Weston Brain Group



W. Galen Weston & Dr. Andres Lozano

that accelerates the development of treatments for neurodegenerative diseases of aging. Within this focus, the Institute runs a variety of funding programs, including:

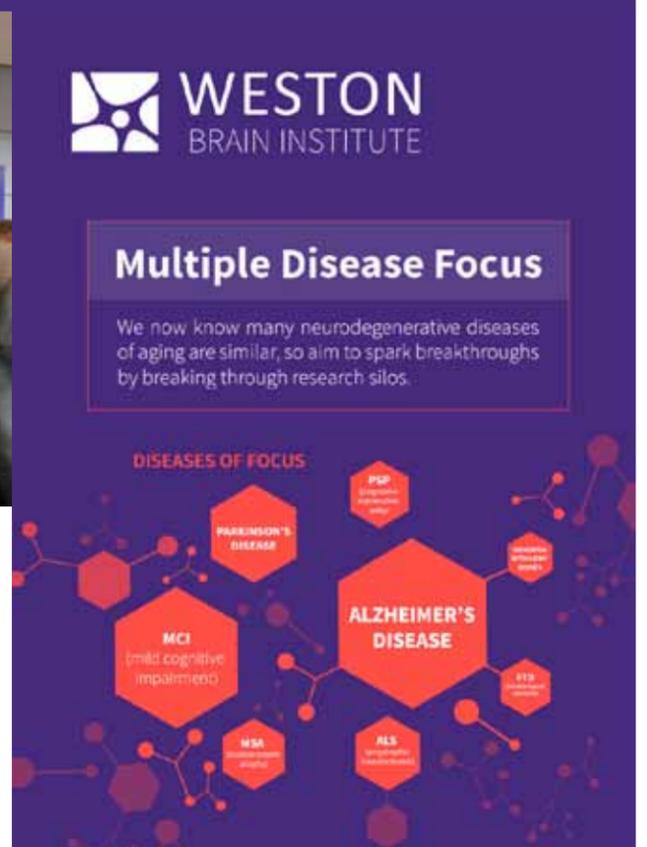
Rapid Response: Fast-tracked seed funding of up to \$150,000 for novel, high-risk, high-reward research;

Transformational Research: Longer, larger grants of up to \$1.5m for researchers to further develop work with outstanding early results and to enable collaboration with international experts; and

Targeted Topic: Support focused on particularly under-resourced scientific topics.

About The W. Garfield Weston Foundation

The W. Garfield Weston Foundation is a private Canadian family foundation, established in the 1950s by Willard Garfield Weston and his wife Reta. In 1924 Garfield inherited his father's company and during his life established bakeries and other successful enterprises throughout Canada and in many parts of the world. Today, these businesses include the George



Weston Limited and Loblaw Companies Limited, companies in food retailing, processing and distribution. The founders believed that as the funds are generated through the hard work and



The social and economic costs are huge and increasing

Cost to Canada of neurodegenerative diseases of aging



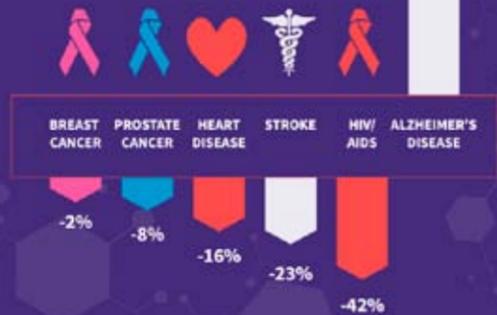
Multiple Disease Focus

We now know many neurodegenerative diseases of aging are similar, so aim to spark breakthroughs by breaking through research silos.



Research works but more funding is needed

Change in number of deaths 2000-2010 (U.S.)



success of these Canadian companies, grants should be given in Canada for the benefit of Canadians. For three generations, The W. Garfield Weston Foundation has maintained a family tradition of supporting charitable organizations across Canada. Today the Foundation directs the majority of its funds to projects in the fields of neuroscience, land conservation, education, and science in Canada's North.

For more information about the Weston Brain Institute, visit: www.westonbraininstitute.ca, or find us on Facebook at [facebook.com/WestonBrainInstitute](https://www.facebook.com/WestonBrainInstitute) or Twitter @WestonBrain.

SPOKESPERSONS BIOS:

W. Galen Weston: Chairman and President, The W. Garfield Weston Foundation

W. Galen Weston OC, OOnt, is the Executive Chairman of George Weston Limited, one of North America's largest food processing and distribution companies, which are operated by Weston Foods and Loblaw Companies Limited. Mr. Weston was the chief architect behind one of the most recognizable brands in Canada – "President's Choice®". He is also the Chairman of Selfridges Group which includes Selfridges & Co (U.K.), Holt Renfrew (Canada), Ogilvy's (Canada), Brown Thomas (Ireland) and de Bijenkorf (Holland). Further, he is the Chairman and President of The W. Garfield Weston Foundation (Canada), a family foundation that for over six decades has made significant charitable contributions in Canada in the areas of neuroscience, education, land conservation, and in the natural sciences in Canada's North. Mr. Weston holds a Bachelor of Arts and Honorary Doctor of Laws degree from the University of Western Ontario.

Mr. Weston was made an Officer of the Order of Canada and has received the Woodrow Wilson Award for Corporate Citizenship. A former chairman of Pearson College of British Columbia, Canada, he is the Founding Patron of Prince's Charities Canada.

Alexandra Stewart: Executive Director, W. Garfield Weston Foundation

Alex is the Executive Director of the Weston Brain Institute. She is responsible for the strategy and operations of the Weston Brain Institute.

Prior to this position Alex was Chief Operating Officer of Tribute Entertainment Media Group, a multimedia publisher, where she substantially expanded revenues and profits through the addition of

new product lines and built a new management team. She previously spent 7 years at McKinsey & Co. in the New York and Washington, D.C. offices, where she was a member of the Pharmaceuticals & Biotechnology practice. Her clients included C-suite executives from Fortune 100 as well as mid-size companies. She worked on a range of functions, but developed extensive expertise in business building, commercialization and R&D effectiveness. This work covered five continents, including work on the ground across the U.S., Europe, Latin America, and China. Alex has held other positions at Tribute and in the venture capital group at American Express.

Alex holds an MBA from Harvard Business School where she worked with the senior FDA officials on the use of surrogate endpoints particularly in Alzheimer's disease, and an Intensive B.Sc. with Distinction in Neurobiology – Biology and Computer Science from Yale University.

Her current volunteer activities include co-chairing the Emerging Leaders Network, and work with animals and disadvantaged youth. Alex is a Cordon Bleu certified chef, and enjoys traveling, golf and snowboarding. She is married to Roger Rudisuli, a partner at McKinsey. They split their time between New York and Toronto, where Alex grew up.

Dr. Andres Lozano: Chair of the Institute's Scientific Advisory Committee

Dr. Lozano is best known for his work in Deep Brain Stimulation (DBS). His team has mapped out cortical and sub cortical structures in the human brain by stimulating and obtaining recordings from single neurons. He and his colleagues have pioneered various aspects of DBS in the treatment of a number of disorders including Parkinson's disease, depression, Huntington's disease and Alzheimer's disease.

Dr. Lozano has over 400 publications in neuroscience and has edited five books. He serves on the executive board of several international organizations including the Michael J. Fox Foundation. He has been president of both the American and World Society of Stereotactic and Functional Neurosurgery and is on the international editorial board of more than 15 journals. A recognized leader in the surgery and patho physiology of Parkinson's disease and Functional Neurosurgery, he has given over 400 invited lectures throughout the world. He has received a number of awards including the Royal College award in Surgery, the Penfield award, the

Jonas Salk Award and the Olivecrona medal. He has also been elected a Fellow of the Royal Society of Canada and the Canadian Academy of Health Sciences and received the Order of Spain in 2007. He has trained over 50 fellows in functional neurosurgery who have gone on to be leaders in this area in their own countries throughout the world. Weston Foundation.

Dr. Sandra Black: Grantee, Weston Brain Institute

Dr. Black has had continual peer-reviewed funding since 1986. Her research has focused on the cognitive sequel of stroke and stroke recovery, the differential diagnosis of dementia, and the use of neuro imaging techniques to elucidate brain-behaviour relationships in stroke and dementia.

With funding from the Canadian Institutes of Health Research, the Alzheimer Society of Canada and the Heart & Stroke Foundation, she is currently conducting prospective studies on the utility of quantitative structural and functional imaging in diagnosis and monitoring of mild cognitive impairment, Alzheimer's disease, vascular and other dementias, and on the interactions of Alzheimer's and cerebrovascular disease.

Dr. Black also conducts collaborative research on sensori motor recovery after stroke using functional magnetic resonance imaging (fMRI) and on praxis, neglect and attentional processes in stroke and dementia. She was the co-principal investigator of a clinical trial on the efficacy of amphetamine with physiotherapy to facilitate motor recovery after stroke. She has over 300 publications and has been actively engaged in treatment trials for stroke, Alzheimer's disease and vascular dementia.

Dr. Black currently serves on the executive committees of the Alzheimer's Association International Society to Advance Alzheimer Research (ISTAART) and the International Society for Vascular Behavioural and



A huge problem for Canadians

For every 40 Canadians, those affected by these diseases



Dr. Sandra Black & Dr. Andres Lozano

Cognitive Disorders (VAS-COG). She is also the co-chair of the Alzheimer's Imaging Consortium (International Congress of AD) from 2009-2011. She is on the steering committee for the Alzheimer's Disease Neuro imaging Consortium and serves on the data publication committee. She serves on the Ontario Stroke Network (the governing body of the Ontario Stroke System) and was a member of the steering committee for the Canadian Stroke Strategy from 2005-2009. She was head of the division of neurology, department of medicine at Sunnybrook from 1995-2006. She has received outstanding mentorship awards from the Institute of Medical Sciences (2001) and the department of medicine (2009), University of Toronto.



J.M. Rajaratnam (December 23, 1927 - June 16, 2014)

J.M. RAJARATNAM: AN APPRECIATION

By Frank R. Seevaratnam

The late J.M. Rajaratnam was a devoted husband, a loving and responsible father, and a sincere friend to many. Whether in his workplace, home or among his numerous friends if there was one key factor that dominated his personality and influenced his behaviour it was his high standard of honesty and integrity.

He came from simple middle class origins. Through his high intelligence, diligence, scholarship, principled life and strong work ethic, he won recognition, assuming positions in international companies. His wife, who gave up her pursuit of a medical career to marry him was an excellent partner and a devoted mother to their five children. Together they guided their children, providing them best of education and opportunity to achieve success in their chosen fields.

In spite of their successes and achievement the Rajaratnams maintained their simple living, always conscious and sensitive to the needs of their fellow citizens in the community. He gave large amounts of money to charity without ever trying to seek recognition for himself. His demise was a loss to many.

On graduating with honours from the University of Colombo, he was awarded a Sri Lankan government scholarship to study in England to be a chartered accountant. At the intermediate examination, he was granted an honours pass and was placed 12th. out of 1400 candidates. After holding several high level positions he went to USA for training in Management for six months.

On his return, he became Group Accountant of the Browns Group of companies. After a year or so he became Financial Controller of the Singer Group and was a Director of Singer Group. He was elected a Director of the Employers Federation of Ceylon. He rose to the position of General Manager and Chairman of the Singer Group of Companies. He was later posted to Singapore and promoted as Vice President of the Far East Division of Singer covering India, Pakistan, Thailand, Bangladesh and Sri Lanka.

Subsequently he became Vice President of Finance and Accounting of the International Division of Singer Companies, USA. On retirement he became a Consultant to the World Bank. His achievement won recognition as "Honoured Member of Stanford" and mentioned in the "Who's Who Black Book" year 2010-2011.

His later years were spent doing charity work in needed areas. Amongst the many projects he was involved in, the biggest was the complete renovation of the Base Hospital in Manthigai, Point Pedro where he was born. This is the second largest hospital in the Jaffna District which services 120,000 people in the Vadamarachchi area. He also restored and re-equipped the Marathenkerney dispensary. This restoration and re-equipping won for it the second place in the island.

He has also provided computers to many schools in the peninsular namely Hartley, Methodist Girls High school, Point Pedro, Vembadi Girls, Jaffna Central, Nelliady Central, Velautham Vidyalayam, Vigneswara, and Kokuvil Hindu colleges.

His charity also included help to displaced women and young adults in Vavuniya and Killinochchi through vocational training.

His great grandfather Mr. Viswanather, an orthodox Hindu, a famous native physician and teacher donated land to the Church which was used to build a school for the community in Alvai.

Through his productive life, he enriched the life of many.

A MAN OF REMARKABLE SIMPLICITY, KINDNESS AND SPIRITED COMMITMENTS

By K. Thirukumarar

My recollection of Mr J.M. Rajaratnam dates back to the eighties. It was a time many of us arrived here in New Jersey on student visa. We lived in urban cramped apartments amidst the loss of leaving our parents, place of birth and homes families and friends.

Hearing about us new arrivals Mr Rajaratnam conveyed his liking to meet all at his home. It was in fact for first time many of us dined in a proper home headed by a father and mother. The entire family welcomed us with wide open arms and of love.

To date I can remember Mr Rajaratnam's kindness, his soft spoken words and eyes directly gleaming in giving the comfort of long acquaintance in his first glance.

The remarkable simplicity he showed then is the gracious hallmark that many will attest witnessing from him throughout his life of social endeavors he shouldered in service for the betterment of humanity, Tamils particularly.

His mere presence will make that we, us Tamils orbit away from our lands of birth to which we all owe our gratitude

and grace. For giving us all the spirited commitment, we mourn your departure in sadness while thanking you and celebrate your service.

RIP Mr J.M. Rajaratnam (This Tribute was read by K. Thirukumarar at the "Celebration and Service of Thanksgiving for The Life of Mr. J.M. Rajaratnam", Saturday June 21, 2014, Tenafly, NJ)

MAN OF INTEGRITY AND HIGH PRINCIPLES

By Aruna Amirthanayagam

I have known J.M. Rajaratnam for over 30 years since I became part of his family through my marriage to his daughter, Vathani.

I have some wonderful memories of him especially when he stayed or lived with us on several of our diplomatic postings around the world. I can remember experiencing an earthquake when the two of us made a trip to the rice terraces of Banaue in the Philippines.

I can recall many happy evenings attending carnatic music concerts that he loved so much in Chennai. When he lived with us for over 2 years in Kenya, we often chatted into the night about his journey from Alvai to the highest echelons of corporate America. We had a mutual love for

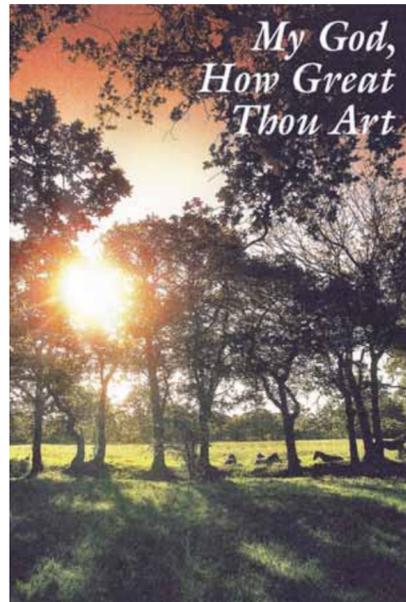
sports especially cricket and we spent many an afternoon watching games on TV or live at cricket grounds as far flung as New Delhi and Barbados.

To quote Dr. Martin Luther King, Jr., "an individual has not started living until he can rise above the narrow confines of his individualistic concerns to the broader concerns of all humanity."

My father-in-law was a man of integrity and high principles who cared deeply for his family, his community and his people. His family and friends will always treasure his memory in their hearts.

(This Eulogy was read by Aruna Amirthanayagam at the "Celebration and Service of Thanksgiving for The Life of Mr. J.M. Rajaratnam", Saturday June 21, 2014, Tenafly, NJ)

J. M. RAJARATNAM: SEEING THE HUMAN IN HUMANITARIANISM



By Dr. Nimmi Gowrinathan
Writer/Consultant. Deviarchy.com. | Formerly Director of South Asia Programs, Operation USA.

He stepped in to stop the suffering, at a time when everyone was mulling over the political impact of aid. This was not aid -- it was a lifeline. Uncle's lifelong commitment to the struggle of the Tamil people meant that he cared about their daily lives as much as he did the political project that surrounded them. After all, it was a life he had lived. He trusted others with his funds, but he woke up every day at four am to read reports, follow their progress, and laboriously type out emails in a singular devotion to a cause that was deeply personal. He came up with the business plan, I was only the executor -- navigating a complex

environment to bring back evidence of even the smallest victory, in the battle against misery. In selecting the partners he relied on, Uncle could tell in an instant those who believed in the possibility of change from those who saw the possibility to take advantage of accumulated wealth. Had he not had the money to funnel into social justice, the passionate politics of Raja Uncle would have, in itself, changed the course of the Tamil struggle.

I. DISABLED REHABILITATION PROGRAM

Description: This project works with individual beneficiaries in the village to support the standard of living for disabled families. Working with families identified, the project will ensure the renovation of existing wells, construction of disabled-accessible toilets, and provide small funds for income-generating projects for disabled families. The project continues the earlier support to this region for livelihood support by the RFF Foundation.

II. VISWANATHER WOMEN'S CENTER

Description: The project was intended to build a center on land donated by the donor's grandparents to support women, girls, and the disabled in the village of Alvai. The center would renovate and extend the two existing building by ten feet. The newly renovated buildings would be used to provide computer and sewing skill and other forms of vocational training to make them independent. It was anticipated that the project be expanded to include local farming, production of locally produced materials (palmyrah) and other relevant vocations. This has not happened.

NGO: Operation USA

www.opusa.org
I/WOMEN'S PROGRAMS
Batticaloa

Women's Counseling and Training

This program will begin in June 2012, and will bring together experts who have worked as advocates for women and social workers to meet with and counsel women affected by all forms of Gender-based violence. This program was requested by women in the community feeling the trauma of these experiences, and not having a space in which to discuss/deal with them.

Killinochi, Jaffna, Mullativu

Women's Livelihood and Capacity Building
This program supports three distinct women's organizations, that have been engaged in

microfinance and community development work since 2006. Operation USA's support and advice will help them develop their own administrative capacity as they administer livelihood grants to women-headed households for income-generation projects determined by the beneficiaries themselves. Each women's organization will support 40-60 families with supplies and finance to run small businesses.

Batticaloa, Trincomalee Microfinance

Small loans have been difficult to obtain for women-headed households with minimal credit history, and some organizations are offering them with very high interest rates. This program worked with beneficiaries of other women's programs to secure low-interest loans to begin income-generation projects or savings programs.

II. DISABLED PROGRAMS

This population is largely under the care of government organizations and centers, however we are working to develop sports programs and livelihood support for those recently out of rehabilitation.

III. YOUTH/EDUCATION/ORPHANAGES Vanni Day Care Center

The land for this center was cleared in February 2012. As a part of Operation USA's comprehensive education support, this project includes the construction and support of a preschool attached to an integrated agricultural/feeding program that adopts a holistic approach to education. The gardening center attached will be cultivated by young mothers and widows in the community.

Jaffna Education Support Program

This project was completed in February of 2012. Individualized care by Academic Advisors, Nutritional support given for nutrition and motivational purposes, understanding the learning gaps, providing targeted interventions has made a profound impact on the performance of war ravaged youth in rural Jaffna

Results:

- 102 students varying from grade 2 through GCE (O) Level to GCE Advanced level Exam benefitted through the educational program.
- 12 students in grade 6-9 benefitted through the Math Remedial program.
- 12 students in grade 10 and 11 benefitted though the GCE (O) Level coach program.

- 54 of Grade 6 - 11 self motivated students benefitted through obtaining educational inputs.
- 24 self motivated students in the GCE Advanced level stream, benefitted through obtaining educational input.

Killinochi

Educational Assessment and Support Program

The education standard of the students in North and East region had declined over many years due to various factors as assessed by studies done by Universities, Ministry of Education and individual researchers. This project will conduct an assessment, using existing diagnostic tools, summative evaluation of in-school and National examinations, of the competence of the students in Mathematics, Science and English and identify the learning difficulties, strength and weakness of the students in 6 selected schools that had performed the lowest in the, Islands, Mullativu and Killinochchi Education Zones in the 2010 Grade 5 and Grade 11 National examinations. Based on the analysis appropriate modules and instructional materials will be developed by specialists in the chosen subjects using resources available locally. The students will be tutored after school hours, three days a week. Monthly assessment will be conducted and monitored.

Jaffna/Vanni

Public Health Training Program

Through the use of culturally appropriate educational materials and well-trained, skilled community health workers, adolescents ages 13 - 16 from 2 participating after-school programs in Jaffna, Sri Lanka will have increased knowledge of health transformations and challenges affecting growth stages of adolescents in their community. In turn, this will lead to improved physical, emotional, social, and reproductive well-being, enabling

A Celebration and Service of Thanksgiving for the life of Mr. Jesuthasan Mylvaganam Rajaratnam



Born: December 23rd, 1927
Entered Glory: June 16th, 2014

"Yes, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me.... my cup runneth over" Psalm 23: 4, 5

Saturday, June 21st, 2014

Barrett Funeral Home
148 Dean Drive, Tenafly, New Jersey 07670, United States of America



J.M. Rajaratnam, Tamil American leader and philanthropist, passed away on June 16th at the age of 86. Mr Rajaratnam is the loving husband of Rajes, father of five, and grandfather of ten.

He was born in Alvai, Sri Lanka and attended Hartley College before graduating with honors in Chemistry from the University of Ceylon. He proceeded to England on scholarship and was 5th in the world as a Chartered Accountant. He later became Chief Financial Controller of Browns Group and then General Chairman of Singer (Sri Lanka) before being promoted to head Singer's Asia operation.

adolescents to lead healthy and productive lives, contributing to an overall decrease in morbidity and mortality.

Program recipients from both after school centers in Oori-Karainagar and Kudathanai were identified. Through research conducted by the program manager and a medical student consultant, the participants themselves disclosed health concerns in their community. These topics included, but were not limited to, teenage pregnancy, personal hygiene, alcohol/drug usage, infectious disease (mosquito-borne and TB), sexual abuse and harassment. The program curriculum will be created to address the needs and concerns of our program recipients.

IV. FISHING

Operation USA is working with local fishing co-operatives to develop a needs assessment outside for groups mobilizing outside the available government resources. The goal is to provide refrigerated trucking as Operation USA has done elsewhere on the island to help promote direct sales and income for individual fishermen.

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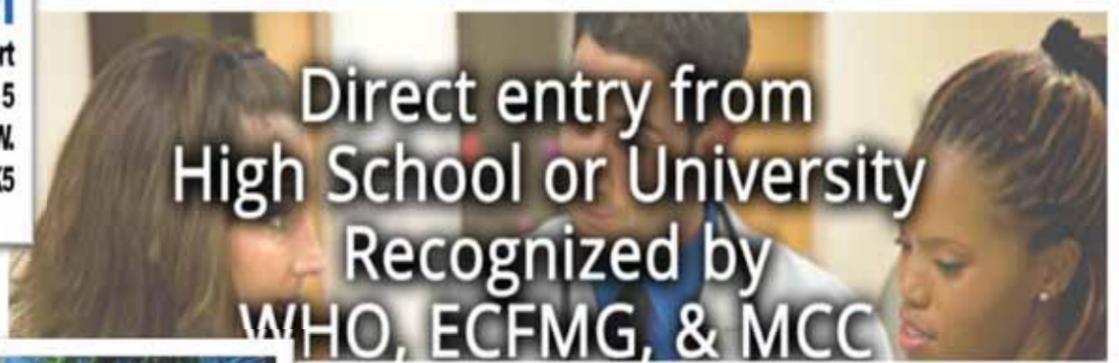
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YORK U CONFERS HONORARY DOCTORATE ON RATAN TATA

TORONTO, June 20, 2014 – York University conferred an honorary doctor of laws degree on Ratan Tata, a world renowned business leader and philanthropist, at the 2014 spring convocation of the Schulich School of Business on June 20.

Tata is among the 12 honorary doctorate recipients from York U this spring.

“Each of these diversely talented and principled leaders is distinguished in his or her field, and all have demonstrated a commitment to higher learning, social justice and service to society that makes them the best possible role models for our graduates,” said York University President and Vice-Chancellor Mamdouh Shoukri.

Upon receiving the honorary degree, Tata said, “I just want to tell you how deeply indebted and deeply moved I am to receive this honour that you have bestowed.” He continued to say, “I had no idea that this university and this business school had done the various things ... [and] moved beyond the shores of Canada to reflect the internationality of the world we live in today.”

The chairman emeritus of the Mumbai-based Tata Sons and chairman of the Tata Trusts urged the graduates to not only work toward their own success but the success of others so that they are remembered for their good work. “As you go out into the world, many of you will be leaders of countries and or businesses — just remember that there are millions of people who are less fortunate than you are and that hopefully one of the achievements you will make in your life will be making a difference.”

Speaking on the occasion, Dezső J. Horváth, dean of Schulich noted that Tata embodied core values

and principles taught at the business school, including a global mindset; an ingrained belief that business can help improve society; an unbending commitment to excellence in all aspects of business; and a spirit of innovation. He told the graduating class, “If there is an individual you should look to as a role model throughout the course of your business careers, it would have to be today’s honorary degree recipient, Ratan Tata.”

Horváth added, “For inspiration, you can look to RatanTata, who history will record as one of the great architects of modern India and one of the great global visionaries in business. The values and qualities he demonstrated — a desire to connect with the world, a drive for excellence, a quest for innovation — these are qualities that we at Schulich also aspire to.”

According to a citation read by Professor Dirk Matten, while there were many reasons to honour the industrialist, the most inspiring feature of his life and career has been that Tata has always gone beyond conventional wisdom, trusting his judgement, and worked very hard to turn his own vision into reality. Matten quoted him as saying, “I don’t believe in taking right decisions; I take decisions

“I just want to tell you how deeply indebted and deeply moved I am to receive this honour that you have bestowed.”



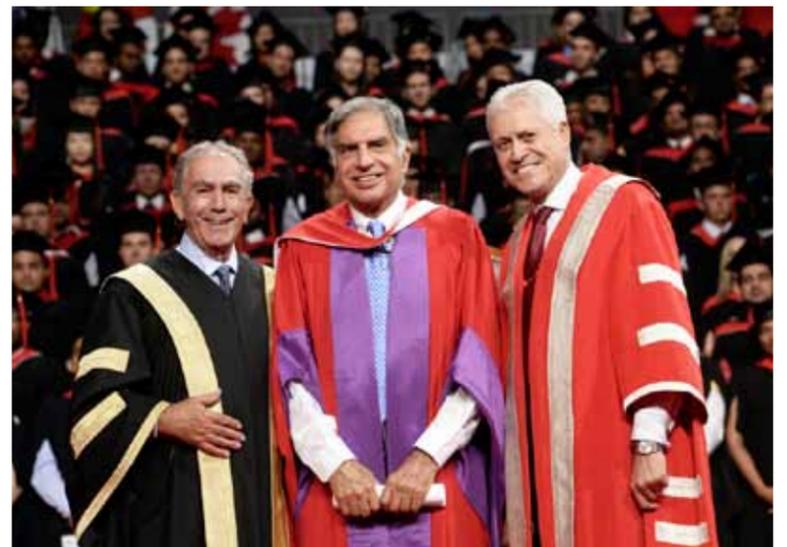
Honorary doctor of laws degree being conferred on Indian industrialist and philanthropist Ratan Tata on June 20 at Toronto’s York University spring 2014 convocation. From left: University Secretary & General Counsel Harriet Lewis, honorary doctorate recipient Ratan Tata, York U Chancellor Gregory Sorbara, and President and Vice-Chancellor Mamdouh Shoukri.

“I had no idea that this university and this business school had done the various things ... [and] moved beyond the shores of Canada to reflect the internationality of the world we live in today.”

and then make them right.” York University is helping to shape the global thinkers and thinking that will define tomorrow. York’s unwavering commitment to excellence reflects a rich diversity of perspectives and a strong sense of social responsibility that sets us apart. A York U degree empowers graduates to thrive in the world and achieve their life goals through a rigorous academic foundation balanced by real-world experiential education. As a globally recognized research centre, York is fully engaged in the critical discussions that lead to innovative solutions to the most pressing local and global social challenges. York’s 11 faculties and 27 research centres are thinking bigger, broader and more globally, partnering with 288 leading universities worldwide. York’s community is strong – 55,000 students, 7,000 faculty and staff,



Ratan Tata thanks York University for conferring an honorary doctor of laws degree on him, June 20.



Honorary doctor of laws degree being conferred on Indian industrialist and philanthropist Ratan Tata, June 20 at Toronto’s York University spring 2014 convocation on June 20. From left: York U Chancellor Gregory Sorbara, honorary doctorate recipient Ratan Tata, and President and Vice-Chancellor Mamdouh Shoukri.



Special Feature

It was a memorable trip to Kangaroo Island, in the coastal city of Adelaide, South Australia. Having heard and read about the island in a brochure, as a place of protection to huge population of native Australian animals as well as a place of pristine beauty, we planned for a trip and arrived at Cape Jeroise, 110 kilometers South of Australia. The passenger – cum – vehicle ferry, Sea Link operates daily between Cape Jeroise and Penneshaw, the Dudley peninsula of Kangaroo Island. Aware that the cruising takes only 45 minutes, all of us climbed on to the open upper deck, to have a panoramic view of the island that comes into view, as the ferry recedes from the mainland and proceeds towards Kangaroo Island. All of a sudden the ferry began to ‘see – saw’ violently, as it cruised through the turbulent waves. It began with a sudden jerk and all of us rushed down to the lower deck and sat in anxiety. When the chopping sea calmed, we stood along the sides of the lower deck and watched the spectacular sight of the

views that provided ample opportunities to click our cameras at will. As we proceeded further we came across two world famous natural landmarks, the Admirals Arch and the Remarkable Rocks, sculptured by nature over thousands of years.

The Admirals Arch



Arriving at Cape du Couedic in Flinters Chase Natural park, we saw the amazing forces of nature at Admirals Arch. Walking around a cliff along a viewing platform and boardwalk, we descended to sea level and witnessed the spectacular sight of the natural rock sculptured by forces of nature: strong winds, pounding waves, and

nature – The Remarkable Rocks. They are a cluster of granite boulders precariously balanced on each other. The erosive forces of nature: wind, sea spray and rain over 500 million years have shaped these boulders into impressive sculptures.

On arrival there, we descended along the boardwalks and reached the base of the huge rock on which the Remarkable Rocks rested. A short distance climb on the sloping rock took us close to the exhibits of nature. We walked around and stood enraptured on seeing each of the marvels of nature. These Remarkable Rocks were really remarkable to see. How fascinat-



Seals basking

tours to view the sea lions in their natural environment, at close range. As it was a lengthy tiresome walk, we descended along the boardwalks and had an aerial view of the sea lions frolicking and basking on the sandy beach. Sea lions being a breeding population, we were delighted to see sea lion pups playing and suckling from their mothers. Seal Bay is the only place in the world where one can walk through an



TRIP TO KANGAROO ISLAND

by C. Kamalaharan

coastline come into view.

After alighting from the ferry we began the tour in our vehicle, weaving through the arid bushlands, trails, open grasslands and arrived at Kingscote, the largest town in Kangaroo Island, where we lodged in a holiday home to spend two days of exciting adventure. Since arrival there we were bubbling with excitement to see animals in their natural habitat, aptly described as the ‘zoo without fences.’ We arrived with great expectations to see kangaroos in large numbers as the name of the island denotes. But on arrival we found that it was not the home exclusive for kangaroos but also the home for koalas, goannas, echidnas, wallabies, New Zealand fur seals, sea lions, penguins and birds. While browsing through the Visitors Guide book, I came across the history of the island which stated that the European explorer Captain Mathew Flinders sighted the island in 1802 and named it as Kangaroo Island due to the abundance of freely roaming kangaroos at that time.

Surrounded by sea, the island is isolated from the mainland, thereby protecting its flora and fauna from the rabbits and foxes from the mainland. Due to this the animals and birds population thrived and flourished, transforming the island into a true wildlife sanctuary.

The following morning we left on a full day adventure spree to Flinters Chase National Park, where we experienced breathtaking views of the spectacular coastline from rocky hilltops and cliffs. What amazing panoramic

sea erosion over thousand of years. Through the Admirals Arch we saw the shimmering deep blue sea lashing on the rocks. More amazing were the sights of stalactites (long tapering formations of calcium deposits) hanging down from the roof of the arch. The floor too was shaped into a smooth finish. We were delighted to see a colony of New Zealand fur seals from the viewing platforms and boardwalks playing and gliding on the rocks and basking in the sun. The seal pups playing near the rock pools beneath the arch provided more amusements.

The Remarkable Rocks

A ten minutes drive from Admirals Arch brought us to another wonder of



ing were they as they rested on each other, without slipping off, over million of years. Far below, the deep blue sea lashed on the rocks while the New Zealand fur seals came out of the crashing waves, to play and bask on the rocks. What wonderful moments to capture by our cameras!

Seal Bay



Seal Lion

A 45 minutes drive from our holiday home took us to another interesting tourist spot, the Seal Bay. Its a large white sandy beach and dune area, considered as the home for the Australian Sea Lions. There are regular guided

Australian habitat along the specially constructed 800 metre boardwalk.

Stokes Bay

Stokes Bay is one of the prettiest coastlines in Kangaroo Island’s north coast. The bay is a rugged coastline which is completely hidden by huge boulders. We trekked through a narrow winding rugged tunnel described as a ‘fun hole on the wall’ and arrived at the glorious swimming beach with a pro-



Goannas

tected rock pool for kids to swim. It’s a lively coastline, full of tourists frolicking, swimming and playing beach – ball. Stokes Bay was voted in 2005 as Australia’s 7th best beach by tourism Australia.

After viewing the aquatic animals along the coastal areas, we moved interior to view the terrestrial animals. While driving through a long stretch of deserted road, I shouted, “Look! a porcupine over there,” pointing to a porcupine moving in the shrubs. “Its not a porcupine but an echidnas,” replied a friend travelling with us. Continuing he said, “It resembles a porcupine. While both are mammals having mammary glands, porcupines give birth to young ones and echidnas lay eggs. In features



Echidnas



Koalas



Kangaroos



Wallaby

and behaviour too both have slight differences. But the only similarity is that both have no weapons or fighting ability, instead they repel predators by curling into a ball and attacking them with their spines." The most common threat to echidnas in Kangaroo Island

are the motor vehicles on the roads. While proceeding further, what struck us most were the sights of the koalas clutched on the branches of tall

eucalyptus trees, blinking and dozing. They lead a sedentary life and sleep about 12 hours per day. Like the kangaroos they are marsupials carrying the underdeveloped young ones in the mother's pouch. Koalas are not native animals of Kangaroo Island. They were introduced to Kangaroo Island in the year 1920 from Victoria as they faced extinction in the mainland due to hunting, disease, fire and extensive habitat clearing.

The monitor lizards are common sights along the roadsides moving about in thickets and bushes. The early settlers from Europe named them

as Goannas. They are carnivorous and predatory in nature feeding on spiders, scorpions, frogs, snakes lizards and small birds.

The kangaroos in the island are smaller and darker than the mainland species. We saw them in small family groups in open forests and open grasslands, mostly at dawn and at dusk when they come out to grace. Resembling the kangaroos are the wallabies seen in large numbers. They are smaller in size having fine features than the kangaroos.

There are many more places of interest to visit and also enjoy the penguins and pelicans show, we had to sadly miss them owing to our limited stay in the island.

Having thoroughly enjoyed the two days stay at Kangaroo Island, seeing the wonders of nature, the animals in their natural habitat and the glorious coastline views, the day arrived for us to depart. We were at a loss when we boarded the ferry and stood gazing at Kangaroo Island as it moved further and further away....

Welcome to All Saints University

All Saints University is committed to providing high quality education leading to a Doctor of Medicine (MD) Degree at very affordable fees.

The University strives to produce broadly and thoroughly educated graduates who realize that the medical profession is not simply a trade to be learned but that it denotes a sense of social responsibility.

All Saints University seeks applicants with demonstrated strong drive and desire to succeed and who are able to focus on the compassionate and the humanitarian aspects of the medical profession.

Our University encourages its students to actively engage themselves in the community and to respond to the needs of those they serve.

Accreditation

DOMINICA

All Saints University School of Medicine Dominica is chartered and recognized by the Government of the Commonwealth of Dominica. The University is authorized by the Government of Dominica to confer Doctor of Medicine (MD) Degree upon its students who successfully complete all the graduation requirements of the University. Graduates of All Saints University are eligible to practise medicine in Dominica.

UNITED STATES

All Saints University School of Medicine, Dominica (ASUSM, Dominica) is listed in the International Medical Education Directory (IMED) and recognized by ECFMG / FAIM-

ER. Graduates are eligible to sit for United States Medical Licensing Examinations (USMLEs).

ECFMG Certification is required of all international medical graduates to be able to start medical residency training in the United States. The recognition of All Saints University by the ECFMG allows graduates of the University to be eligible for ECFMG Certification and participation in U.S. medical residency training programs. For further information regarding practice licence in the United States, the individual state licensing board may be contacted.

CANADA

All Saints University School of Medicine, Dominica is recognized by the Medical Council of Canada (MCC). Consequently, graduates of the University are eligible to sit for Medical Council of Canada Evaluating Examination (MCCEE) and Medical Council of Canada (MCC) Qualifying Examinations (MCCQE, Parts I and II). These constitute a prerequisite for eligibility to apply for residency training and practice licence in Canada.

THE WORLD HEALTH ORGANIZATION (WHO)

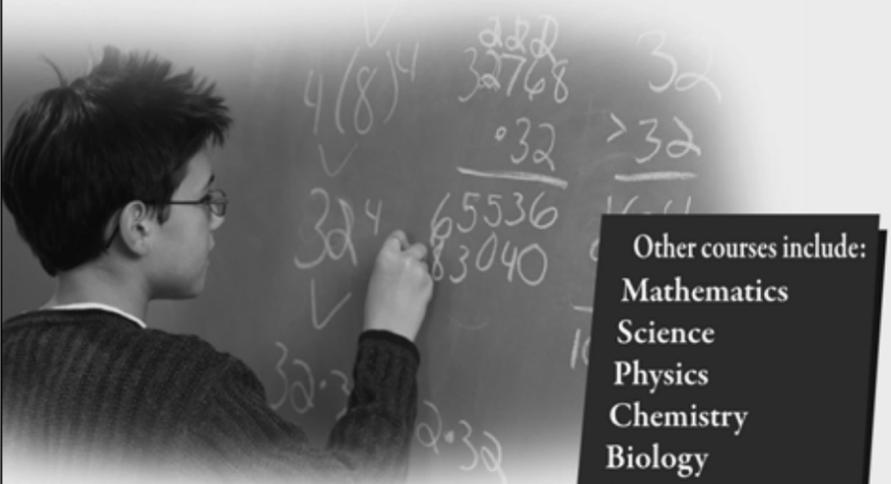
All Saints University School of Medicine, Dominica, is recognized by the World Health Organization. The University is listed in the AVICENNA/ WHO directory of medical schools. This recognition affords graduates of All Saints University, Dominica to be eligible to apply for practice licence in UN -member states.



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It is a wise father that knows his own child.

- William Shakespeare



Special Feature

Arjuna Ranatunga in Toronto to set up “Arjuna Ranatunga Cricket Academy” by “Sorkkam Indoor Cricket Nets”

Photo courtesy: Digital Gnane taken on Friday, June 27th, 2014





Canadian Tamils' Chamber of Commerce
கனடேடிய தமிழர் வர்த்தக சங்கமன்றம்

Photo Journal

Photo Courtesy:
Digital Gwane & Kugan Studio

Business & Finance



CTCC's Vaanipa Vasantham held on June 21st & 22, 2014





The shady secret of traffic control signal system is exposed by a researcher

A Ryerson academic wants to make a modern traffic control system to avoid delay, congestion, stops and emission in the City of Toronto



Uthayan Thurairajah

A Ryerson academic has found a way of maximizing the roadway capacity and reduces travel time, while decreasing the congestion, delay, stops, fuel

consumption and emission. This would be a success to Toronto's on-going battle against congestion, delay and pollution.

Uthayan Thurairajah is a lecturer at the Ryerson University and senior engineer and associate at MMM Group Limited invented a Microcomputer Based Intelligent Traffic Control System at the University of Windsor in 1995 as part of his final year thesis. This system can be used only for semi actuated intersection. His continued research and commitment over the several years has opened the door for several methods to control the traffic signal system. Finally, he derived a best method to control traffic signal system in order to avoid delay, gridlock, stops and emissions. He thinks that this method will transform the way vehicle traffic flow in Toronto busy streets.

It will count the number of vehicle present at each leg of the intersection and make intelligent decision based on the traffic demand. In philosophy, it's a big improvement over the city's current SCOOT (Split Cycle Offset Optimization Technique) system of managing traffic signals. Most traffic signals are relying on simple timers and loop detectors/sensors.

The SCOOT system is a 'responsive adaptive' system because it adjust cycles, splits, and offsets within some period of time based on data collected by detectors positioned in the corridor and lag behind the actual traffic demand. This type of system collects data over several minutes and transmits the data to a central computer system which compares the field data to a menu of predetermined options based on pre-set restrictions, and implements the selected option by uploading new timing plans to the field controllers. In principle, this responsive adaptive system respond to traffic within a time frame that can be 10 to 15 minutes after data is collected (Transportation Research Board, 2010), rather than real-time adaptive system. There is in-built response time delay in this responsive adaptive methodology that is reflected in the amount of time that it takes for adjustments. Sudden traffic congestion will not be resolved by this system.

A real-time adaptive system generally performs the same task using

more complex algorithms, but with less restrictions and no wait time. The real-time adaptive system requires a complete shift in the way signal timing is developed, analyzed, and considered. In particular, this system does not operate same ways as the traditional signal concepts of cycles, splits, and offsets. The current signal timing exercises are a direct reason of these issues.

The current traffic signal controller operates based on an analog system. This follows certain cycle/sequence to change the signals which cause unnecessary delay and stops. Basic timing concepts have remained largely unchanged for almost a century. The real traffic flow is not a sequence or cycle but random. The digital system does not require timing or cycle.

The system adjusts timing parameters in real-time based upon actual traffic demand which is gathered by detection devices each second. It can jump to any phase at any time based on traffic demand at an intersection. This logic is controlled by each intersection optimization and can be overruled by overall corridor optimization. The overall network is focused on creating traffic groups moving through a corridor known as 'green tunnel' with the highest level of efficiency.

When each time group of traffic reaches an intersection, the intersection will be green at that time. This may mean that the overall optimizer will force the start of the green phase or that it will ensure that an already green signal remains green for the approaching group. What each intersection signal does in between the time tunnels is up to the local optimizer.

A modern adaptive system do not need Traditional interconnected timing plans to coordinate all of the signals in the system. Therefore, a common cycle length and timing plans are also not required. As there are no timing plans to switch to and from, there is no transition time required for all of the signals in a system to return to coordination.

The each intersection optimizer allows each signal in the corridor to operate as a "smart" fully actuated controller during the time that the signal is not being controlled by overall optimizer. The fact that each signal runs using a digital architecture, which means that phases can be served multiple times between the overall group, something a traditional analog adaptive or non-adaptive system cannot do.

The manner in which the system operates means that traffic progression on the main street is optimized while allowing the each intersection to serve side street demand far more efficiently than typical coordinated systems as well as other adaptive signal systems.



A Modern Adaptive System Benefits – Maximize efficiency

- ❖ Reduce delay
- ❖ Reduce congestion
- ❖ Reduce stops
- ❖ Reduce travel time
- ❖ Reduce vehicle operating cost
- ❖ Reduce collision
- ❖ Reduce traveller frustration
- ❖ Reduce emission
- ❖ Reduce fuel consumption

Uthayan Thurairajah is a Senior Electrical Project Engineer with over 18 years of experience in the Electrical Engineering field at MMM Group Limited and an Instructor at Ryerson University in the Department of Construction and Design. He is also a Certified Construction & Maintenance Electrician, Traffic Signal Inspector, Traffic Signal Field and Safety Technician and Motor Vehicle Safety and Firearm Lighting Specialist. He is a member of several Canadian and international professional associations.

Uthayan presented this case to a group of professors in an instructor skill workshop at the Ryerson University on March 2014.

In 1994, he thought a research question. Can we avoid unnecessary traffic delays at an intersection? He developed a Microcomputer Based Intelligent Traffic Control System for a semi actuated intersection in order to avoid unnecessary delays. After two decade later, Uthayan has shown it can be done at all type of intersections.

One of the key concepts is the idea of converting a controller from analog to digital architecture. With such a conversion, cycle lengths, splits, and offsets are no longer part of the timing equation. Our existing tools for quick analysis of signalized intersections rely on having cycle lengths, splits, and offsets as set variables in their equations. Under a digital architecture or under modern adaptive control signal, these variables are no longer constant including traffic signal phasing. Therefore, rendering Highway Capacity Software and Synchro are no longer required.

Traffic congestion is an ongoing source of commuter pain in Toronto. According to the 2013 TomTom Survey, daily commutes in Toronto reflects a delay of 33 minutes for every hour driven in peak period. A Metrolinx 2008 report, Cost of road congestion in the GTHA (Greater Toronto and Hamilton Area), suggest that congestion cost commuters as much as \$3.3 billion annually in terms of delay and increased vehicle operating costs, while cost of local economy was an additional \$2.7 billion due to lost economic output and associated job loss.

It would cost approximately \$20,000 to install the new modern adaptive sys-



A Microcomputer Based Intelligent Traffic Control Signal was developed by Uthayan in 1995 at the University of Windsor

tem at an intersection including asso-



A Modern Adaptive:	Responsive Adaptive:
<ul style="list-style-type: none"> ❖ Digital System ❖ No common cycle length ❖ No timing plan ❖ No transition time ❖ No Highway Capacity software/Synchro ❖ Low restrictions ❖ Respond immediately for sudden traffic changes ❖ Increase capacity ❖ Save money 	<ul style="list-style-type: none"> ❖ Analog System ❖ Need a common cycle length ❖ Need a timing plan ❖ Need a transition time ❖ Need a Highway Capacity software/Synchro ❖ More restrictions ❖ Respond time longer for sudden traffic changes ❖ Will not increase capacity ❖ Will not save much money



Traffic demand monitoring of each leg of the intersection



Traffic Signal Display board was developed by Uthayan in 2007 for MMM Group Lab

ciated software and other components. The city of Toronto has around 2,200 traffic signals. All the intersection can be upgraded within two years with an approximate cost of \$44 Million. The City will get immediate payback if the system successfully implemented. The benefits are enormous when you compare the amount of money that we have to invest in the existing system.

This modern adaptive control method is capable of speeding up the flow of traffic far better than current system. We have to make paradigm shift from the conservative method to new way of controlling the traffic. Uthayan strongly believe that spending more on the current system does not going to produce the expected results because the current technology fundamentally has the limitation. Uthayan is in the process of consulting with various people in the traffic control engineering, in the possibilities of bringing this system to market.

By: John Robert



MANAGING YOUR MONEY

Five things to do post-grad



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

Congratulations graduate, you've done it. You've earned your degree or diploma and now it's time to get on with the rest of your life. Here are the five important financial steps you should take.

1. Manage your student loan: For the first six months, you don't actually have to make a payment but interest will accrue. Find out what your payment will be and include it in your budget. More is better but make at least the minimum payment each month. If you are unable to make payments, contact the loan provider right away. If you have a Canada Student loan, you may qualify for the Repayment Assistance Plan. If yours is a bank loan, you may be able to negotiate temporarily lowered payments.

2. Save for tomorrow:

Every day, Canadians are faced with spend versus save decisions that will have an eventual impact on their future financial life. Sure, it's difficult to think about a distant future plan (something intangible that is way down the road) when you can get something you want today, this is why many people don't set realistic goals.

While it is undeniably true that the earlier you start saving, the better – especially within a tax-reducing, tax-sheltered RRSP where the magic of compounding will enhance your investment growth over time – the first thing you need to know is what you are saving for. In other words, you can't mea-

sure a future need without knowing what that need will be. So start by carefully defining your objectives – some are straightforward, like your desire to buy a home at some future date; others require much more thought, like looking at your retirement from every angle and defining the level and duration of finances you will eventually need to achieve your dreams. Consider putting the power of compounding to work for you by contributing to investments held in a Registered Retirement Savings Plan (RRSP) because investing even a small amount each month can build considerable wealth over the years. Plus contributions to RRSPs are deductible from your taxable income for each year in which contributions are claimed. Another RRSP plus: If you're thinking about buying a home in the future, the federal Home Buyer's Plan allows eligible individuals to withdraw up to \$25,000 for a home purchase tax-free from their RRSP.

3. Save smart with a TFSA:

Start a Tax-Free Savings Account (TFSA). It complements your RRSP because a TFSA investment grows tax-free. You can currently contribute up to \$5,500 in a TFSA each year tax-free and get your money back out at any time, for any purpose, tax-free. However, there is no reduction to your taxable income for TFSA contributions.

There is a misconception that it is a savings account, but it is more than a savings account. Maybe, it should have been named Tax Free Investment Ac-

count. TFSA investments are the same as those available for RRSPs, including mutual funds, money market funds, Guaranteed Investment Certificates (GICs), publicly traded securities, and government or corporate bonds.

4. Avoid high credit card debt: Credit card interest rates can be 20% or more so limit their use, try to pay the balance in full each month, and pay on time to avoid late fees and additional interest. Credit cards are fairly easy to obtain – if your credit score is okay – and convenient. They can also put you in a world of financial hurt, especially when you run up big debt on high-interest-rate cards. You don't plan to do that, of course, but it can happen almost before you know it especially if you make only the minimum monthly payment. The minimum payment on credit cards is determined either by a percentage of your outstanding balance (usually 2-3%) or a small monthly fee (usually around \$10). These are relatively small amounts but if you only pay the monthly minimum, it will take years to pay off your credit card balance.

5. Develop a budget – and stick to it: Take a critical look at your income

and expenses and set realistic monthly budget that includes an amount for saving and investing. Budgets are a necessary evil. They are the only practical way to get a grip on your spending and to make sure money is being used the way you want it to be used. Creating a budget generally requires three steps: Identify how you are spending money now, Evaluate your current spending and set goals to take into account your long-term financial objectives, Track your spending to make sure it stays within those guidelines

By the way, it's never too early to enhance these first five fiscal steps to your financial success with an overall financial plan that will help you meet your objectives. Talk to a qualified professional advisor soon.

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.

David Joseph, M.A.,CFP, CLU. Financial Consultant

Investors Group Financial Services

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

david.joseph@investorsgroup.com

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Obituaries

SIVAPATHAM - C.

(Retired Senior Superintendent of Police),

passed away on Thursday, 26 June 14, in Perth, Western Australia. He is the son of the late Mr. and the late Mrs. K. Chinnaiyah of Puloly South, son-in-law of the late Mr. and the late Mrs. T. Ponniah of Navindil, loving husband of Balambikai (Rasaathi), father of Utharagoshamangai (Kosala) and Vadivambikai (Shyamala), father-in-law of the late Dr. S. Shanmugakumar and Dr. T. Skantharoopan and grandfather of Sharanya, Ganathipan & Kirthana. Funeral took place in Perth on Saturday, 28 June 2014. Mrs. B. Sivapatham, Unit 11, 2, Jacaranda Avenue, Mt. Claremont, Australia WA 6010.

JEYAKUMAR POORANAMPILLAI

Husband of the late Vilogini and Indra, father of Suthan, father-in-law of Dilakshi, son of the late Mr and Mrs K. Pooranampillai, brother of Shanti and Vasanthi. Funeral took place on 24th June 2014.

APPADURAI - AMY (BEECHI)

Loving wife of the late Jega Appadurai, loving mother of Suren, Maithran and Vatsala, mother-in-law of Bill Cline (USA), sister of the late Dorothy Rajasooriar, the late Sathiyawathy Anandanayagam, the late Pathma Rajaratnam, the late David Tambiah, the late Brig. R.T. Tambiah, the late Selvarajahtambiah, the late Justice H.D. Tambiah and the late Dr S.J. Tambiah, called to rest on Thursday June 5, 2014. Funeral took place on Thursday June 12th. at General Cemetery, Kanatte.

APPULINGAM - THURAIRATNAM

Retired Chartered Civil Engineer

passed away in USA on Tuesday, June 24th 2014. He was born in Araly West, Vaddukodai to the late Thurairatnam (Head Teacher) and late Selvaratnam, son-in-law of late Sathasivam (Overseer) and late Parameswary of Mallakam, beloved husband of Chandrakala, father of Arthiraiyan & Apiramy, father-in-law of Sinthu, grandfather of Easan, brother of Kathirgamakarthisgeyan (U.K.), Sivasaththivel (Australia), late Pathanchaly (U.K.) & Nagarajeswary (Sri Lanka). Funeral services and cremation were held in USA on Sunday, June 29th 2014.

CANAGASABEY

JOHN SYDNEY THIVIARAJAH

Son of the late Albert and Manon Canagasabey and grandson of the late A.S.T. Canagasabey (Batticaloa), loving husband of Radha, father of Angelina, Premi, Albert, Benjamin and Shammi, beloved brother of Suganthi, Chandra, Jeby, Sounthu and Ranja, entered Glory peacefully on 23 March 2014 in Sydney, Australia. The funeral service was held on 26 March 2014.

UN expert panel urges collective action to reduce global food losses, waste

2 July 2014 – A newly issued United Nations-backed expert panel report takes a close look at where and how food waste occurs and recommends a number of actions that could help reduce the 1.3 billion tonnes of food that are squandered worldwide each year.

Recently, global food losses and waste has become a high visibility issue and according to the UN Food and Agricultural Organization (FAO), “globally around one-third of food produced is lost or wasted along the food chain, from production to consumption.”

Food loss and waste not only impacts food security and nutrition but also the sustainability of food systems – that ensure sufficient, quality food for this and future generations, says the new report.

“FLW [food loss and waste] are consequences of the way food systems function, technically, culturally and economically,” explains the High Level

Panel of Experts (HLPE) of the Committee on World Food Security (CFS) in its report, Food Losses and waste in the context of sustainable food systems, which will see its official launch tomorrow at FAO headquarters in Rome.

Adopting a systemic perspective, the report analyzes FLW impacts on the sustainability of food systems, security and nutrition by reviewing the wide range of causes.

“Reducing food losses and waste are essential to improving food security and diminishing the environmental footprint of food systems,” the report affirms.

It also provides action-oriented recommendations for Governments, companies and individuals to tackle the problem, includes numerous examples and proposes a “way forward” for actors to build strategies to reduce FLW in diverse contexts and situations.

According to the report, “all stake-

HOT LISTINGS

 <p>Leased</p> <p>20 Croach Cres - McCowan/Finch Lease: \$1700</p>	 <p>1117 O'Connor Dr - O'Connor / St. Clair Sale of Business: \$99,000</p>
 <p>4849 Maple St - Niagara Falls, Victoria Ave/Maple St. \$164,900</p>	 <p>4090 Living Arts Dr #810 - Burnhamthorpe / Living Arts \$264,500</p>
 <p>8110 Birchmount Rd unit 203 - Birchmount/Enterprise \$359,000</p>	 <p>2230 Lakeshore Blvd unit 408 - Lakeshore / Parklawn \$369,900</p>
 <p>193 Stirton St - King St E / Stirton \$395,000</p>	 <p>195 Castle Oaks Crossing - Hwy 50 / Castlemore \$659,000</p>
 <p>91 Canmore Blvd - Conlins / Ellesmere \$699,900</p>	 <p>50 Town Centre Ct Unit 2409 - McCowan/Ellesmere \$294,900</p>



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holders should improve communication, coordination and recognition of efforts needed/made at one stage to reduce FLW at another (downstream or upstream).”

The Committee on Food Security (CFS) is the top international and intergovernmental platform for discussions and agenda-setting on issues related to global food security. Its membership includes Governments, UN agencies and other UN bodies, civil society and non-governmental organizations, research institutions, financial institutions and development banks, private sector associations and philanthropic foundations.

The High-Level Panel of Experts is an independent scientific panel that provides the CFS with scientific, knowledge-based analysis and advice on food security and nutrition policy issues.

- UN.org



FIFA World Cup Trivia

By: Raymond Rajabalan

Some Interesting facts and figures about the world's most watched sporting event

The 2014 World Cup is underway in Brazil featuring the globe's best footballers. Here are some interesting facts and figures about the world's most watched sporting event:

- Starting from 1930, World Cup has been held a total of 19 times. It couldn't be staged in 1942 and 1946 due to the World War II

- From 1930 to 1970, the Jules Rimet Trophy was awarded to the World Cup winning team

- It was originally simply known as the World Cup but in 1946 it was re-

named after the FIFA president Jules Rimet, the Frenchman, on whose initiative the first World Cup was held in 1930

- In 1970, when Brazil won the tournament the third time, they became entitled to keep the trophy permanently

- Since 1970, the teams have been competing for a new trophy called the FIFA World Cup Trophy. However, this trophy won't become a permanent possession of a country; no matter how many times it is won by any country

- Only two continents, Europe and South America, have provided the winners. Europe: Italy (4 times), Germany (thrice), England (once), France (once), Spain (once). South America: Brazil (5 times), Argentina (twice) and Uruguay (twice)

- Best finish for Asia: Fourth: South Korea in 2002

- Best finish for North, Central America and Caribbean: Fourth: USA in 1930

- Best finish for Africa: quarter final: Cameroon (1990), Senegal (2002) and Ghana (2010)

- Best finish for Oceania: 2nd round: Australia (2006)

- Only two countries have been successful in retaining the title: Italy (1934 & 1938) and Brazil (1958 & 1962)

- Netherlands has appeared in most

finals without winning: 1974, 1978 and 2010

- From 1930-78, a total of 16 teams appeared in the final round except in 1930 (13), 1938 (15, as Austria, after having qualified was absorbed in Germany), 1950 (13, as India, Turkey and Scotland withdrew)

- In 1982, the number of teams was increased to 24 and then to 32 in 1998

- Brazil is the only team to have appeared in all the editions of the World Cup

- Brazilian Pele is the only player to be part of three World Cup winning



Miroslav Klose, centre, taps the ball in to score against Ghana and match Ronaldo's World Cup record

squads: 1958, 62 and 70

- Brazilian Cafu is the only player to play in three successive final matches: 1994, 1998 & 2002

- Vittorio Pozzo is the only person to be the head coach of two World Cup winning teams. He guided his native Italy to World Cup triumphs in 1934 and 1938

- Germany's Franz Beckenbauer is the only person to win the World Cup as captain (1974) and as the head coach (1990)

- Brazil's Mario Zagallo won the World Cup as player (1958 & 62) and as the head coach (1970)

SCORERS

- The fastest goal of all-time was scored by Turkey's Hakan Sukur, who scored in the first 11 seconds in 2002 against hosts South Korea and Japan,

- Brazilian Ronaldo with 15 goals (1998, 2002 & 2006) was the all-time top scorer till 2006 FIFA. Germany's Miroslav Klose, who is making his fourth World Cup appearance in this year's edition, has already scored 15 goals and has equaled Ronaldo's record.

The former Brazil striker Ronaldo congratulated Miroslav Klose after the German equalled his record of 15 World Cup goals on Saturday June 21st. Klose came on in the second half against Ghana and scored the equalizer in a thrilling 2-2 draw

- In a single edition: Frenchman Just Fontaine, with 13 goals in 1958, holds the record

- In a single match: Russian Oleg Salenko scored five goals against Cameroon in 1994

- Three players have scored in two World Cup finals:

Pele: two in 1958 and one in 1970 (Brazil won both).

Paul Breitner: one in 1974 (West Germany won) and one in 1982 (West Germany lost).

Zinedine Zidane: two in 1998 (France won) and one in 2006 (France lost)

- Four players have scored two hat-tricks in World Cup matches: Sandor Kocsis of Hungary (both 1954), Just Fontaine of France (both 1958), Gerd Muller of West Germany (both 1970), and Gabriel Batistuta of Argentina (1994 and 1998). Batistuta is the only

person to score hat-tricks in two World Cups

- Only one player has scored a hat-trick in a World Cup final. Geoff Hurst scored three goals for England against West Germany in the 1966 World Cup final

- Two players share the record for playing in the most World Cups: Mexico's Antonio Carbajal (1950-1966) and Germany's Lothar Matthaus (1982-1998) played in five tournaments

- There was no official World Cup final match in 1950. The tournament winner was decided by a final round-robin group contested by four teams (Uruguay, Brazil, Sweden, and Spain)

- 2002 World Cup held in Japan and South Korea was the only one to be hosted jointly by two countries

- 715.1 million individuals watched the final match of the 2010 World Cup (a ninth of the entire population of the planet)

AWARDS

- The Golden Ball for the best player determined by a vote of media members (since 1982)

The Silver Ball and the Bronze Ball are awarded to the players finishing second and third in the voting, respectively

- The Golden Boot for the top goal scorer (first awarded in 1982, but retrospectively applied to all tournaments from 1930). In recent times, the Silver Boot and the Bronze Boot have also been added

- The Golden Glove Award (formerly the Yashin Award, in honour of the legendary Russian goal keeper) for the best goalkeeper, decided by the FIFA Technical Study Group (first awarded in 1994)

- The Best Young Player Award for the best player aged 21 or younger at the start of the calendar year, decided by the FIFA Technical Study Group (first awarded in 2006)

- The FIFA Fair Play Trophy for the team with the best record of fair play, according to the points system and criteria established by the FIFA Fair Play Committee (first awarded in 1978)

- The Most Entertaining Team for the team that has entertained the public the most during the World Cup, determined by a poll of the general public (first awarded in 1994)

- An All-Star Team consisting of the best players of the tournament has also been announced for each tournament since 1998

2014 FIFA World Cup

With just a few more days to go, the intense battle to win the World Cup has already begun. Four teams including the reigning champion Spain has already been eliminated and it is hard to predict the winner of this year's edition of FIFA. Brazil has won the world cup five times Italy four times while Germany has won the cup three times.



World Cup 2014 is underway in Brazil



Brazilian Pele in action

named after the FIFA president Jules Rimet, the Frenchman, on whose initiative the first World Cup was held in 1930

- In 1970, when Brazil won the tournament the third time, they became entitled to keep the trophy permanently

- Since 1970, the teams have been competing for a new trophy called the FIFA World Cup Trophy. However, this trophy won't become a permanent possession of a country; no matter how many times it is won by any country

- Only two continents, Europe and South America, have provided the win-



June is Seniors' Month

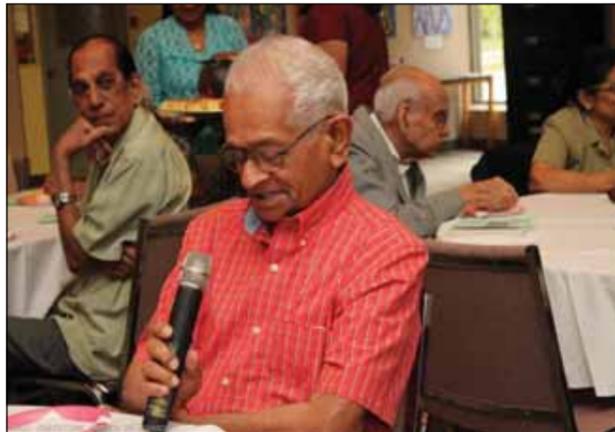
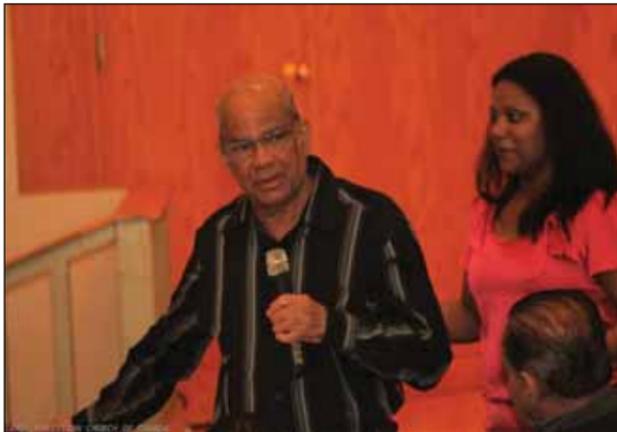
The Canadian Mental Health Association has assigned June as the senior's month. The older adults with physical changes, bereavement, loneliness, retirement and other associated stresses need the help of the community to keep healthy in mind. Besides, the Mother's Day and the Father' Day too highlighted the needs of the seniors in their celebrations.

The Family Ministry of The Tamil Christian Church at Bridlewood, Scarborough organised a 'Hopper Sing Song Night' to entertain their seniors. Music is a balm to the mind and soul and the seniors enjoyed the sing-song sessions thoroughly. They were treated to instant delicious hoppers in their va-

riety-which is a much sought after item from the traditional homeland cuisine. There were also group and individual performances by seniors which included skits with a traditional flavour.

Mrs. Emerson's Sinappoo's Bride was well received by the gathering. Messrs. Balarajah and Jackie Ratnam led the gathering in a series of party songs which added to the attractions of the event. Co-ordinators of the Family Ministry, Suresh Selvarajah, Christine Jebaselvan and their enthusiastic helpers did their very best to make the event a memorable one.

Photos taken at the event can be seen here.





Annual General Meeting of "Scarborough Senior Tamil's Association"

In the annual general meeting held by the Scarborough Senior Tamil's Association recently, officer bearers to the executive board of the association and to the posts of patrons and auditor for the ensuing year were elected unanimously. Those elected are seen in the picture below.



Standing: (L-R) Mrs. S. Uthamalingam, Miss K. Gnanasubramaniam, Mrs. J. Innasithamby, Mrs. J. Arumainathan, Mr. M. Karunakaran, Mr. G. Gnanasabapathy, Mr. K. Karalasingam, Mr. M. Ariyarajah.

Seated: Mr. V. Mahalingam, Mr. S. Poopalasingam, Mrs. A. Kandasamy, Mrs. J. Poopalasingam, Mr. K. Muttulingam, Mr. K. Rukmanykanthan, Mrs. M. Pathmanathan, Mr. S. Kathiravelu.

Tamils Guide Senthilathan wins Top Canadian Immigrant Award 2014

By Siva Sivapragasam

He is diminutive in size but stands tall in his accomplishments.

Chelliah Senthilathan, better known in his community as Senthil, is one of the recipients of the Top Canadian Immigrant Award for 2014. The Awards are sponsored by the prestigious RBC Royal Bank and conducted by the Canadian Immigrant publication.

At a time during the early nineties when the new and emerging Sri Lankan Tamil community was gathering roots in Canada there was limited Tamil media to inform the community of what was happening in their country of origin, Chelliah Senthilathan's innovative idea of a 24 hour telephone hotline was an instant success to disseminate news and make the community connected.

Chelliah Senthilathan fled Sri Lanka with his family with just one goal — to stay alive and safe. Now, the President and CEO of Athavan Publications Inc., which publishes an annual business directory, known as Tamils' Guide, Senthil has come a long way. But it is the way he has helped and inspired other newcomers that has made him a popular figure in the tightly knit Tamil community. His Business and Information Directory titled "Tamils Guide" is published on an annual basis. It is now a tremendous growth from 174 pages when it was first published in 1996. This publication became the largest is-

sue in size among such directories among the Tamil diaspora. This information book provides details of business establishments among the Tamil community and other useful information needed for the community on a day to day basis. The Directory acts as a bridge between the Tamil business sector and the community providing business and other information.

Canadian Tamils eagerly await for Tamils Guide's new issue every year because they know how much it helps them in their daily life. Information about embassies, employment centers, community services, media and many more are available in the directory. Businessmen want information about their enterprises conveyed to the community and these appear in it. Both consumers and entrepreneurs benefit immensely from the Directory. People have a comprehensive directory in their hand and businesses which want to be successful find their place in Tamils Guide.

Senthilathan also ran a South Asian Trade Show yearly to showcase products and services of South Asian



Picture shows Senthil receiving the Award and seen in the picture are his wife Vigitha and others including Citizenship & Immigration Minister Chris Alexander standing behind

business persons. He was also instrumental in publishing the first Tamil translation of the Canadian Charter of Rights and Freedoms. He is also an avid participant in social, community and sports events.

Hard working, prudent decision making and his ability to deal with people pleasantly put him where he is now. The success story of Chelliah Senthilathan is one among many such immigrants to this country proving to the world that Canada offered a level playing field to them irrespective of their race or religion.

The success stories of immigrants

also reminds us of the words of Canada's first French Prime Minister Sir Wilfrid Laurier as what is expected of these immigrants in his speech on the occasion of Alberta and Saskatchewan entering the Confederation:

"We do not anticipate, and we do not want, that any individuals should forget their land of their origin or of their ancestors. Let them look to the past, but let them also look to the future: let them look to the land of their ancestors, but let them also look to the land of their children. Let them become Canadians."

NORTHERN SRI LANKA MICRO-ENTREPRENEURS' EXHIBITION HELD IN COLOMBO

NORTH MEETS SOUTH

By **Thulasi Muttulingam**

A mass-scale exhibition of products / tourism on offer in the North viz. Jaffna, Killinochchi, Mullaitivu, Vavuniya and Mannar, was held in the Southern Province, Colombo recently.

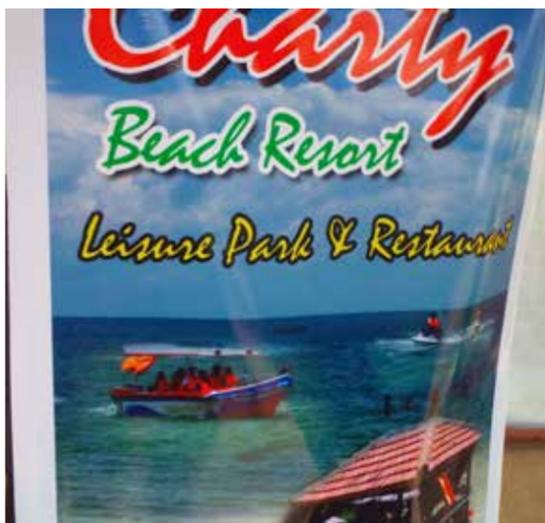
Organized by the Nucleus Foundation in collaboration with the Good Market Project and USAID, it was held over two days at the Battaramulla Diyatha Uyana and the Colombo Race Course. Its organizers claimed that the event was designed to promote tourism as well as products / services from the North to the South, as well as forge economic and business partnerships between the provinces. Apparently 230 micro-level entrepreneurs (small / micro businesses) travelled to Colombo from across the Northern Province to showcase their wares.

It proved to be an interesting experience strolling across the stalls, where many artifacts and traditional crafts of the Northern Province were on display. It was also nice to see that quite a few of them had taken the trouble to modernize their designs and products to suit modern tastes and needs.

Thus one got to see prettily designed winnowing fans or hats made out of Palmyrah fronds, and bottle holders and shopping baskets made out of banana twine.

The advantage of banana twine products as opposed to palmyrah products, say their promoters, is that banana twine is hardier and less prone to fungal attack, and therefore more durable – although in the long run, also eco-friendly and bio-degradable.

There were however also a multitude of palmyrah products to choose from. Not just the traditional wide brimmed hats but also caps – as well as baskets, mats and popular kitchen items like winnowing fans and pittu steaming containers (Neethu petti). A popular



Hotels showcasing the various services / views

palmyrah product trend in the North now are decorative items like colourful flower arrangements and wall hangings, which unfortunately were not displayed at this exhibition.

There were other innovative items

like deep-fried tender jackfruit and bitter gourd bhajis that were selling like hot cakes.

The much famed 'Alpha Mixture' of Jaffna – which sells a variety of snacks apart from the mixture, also had a stall. They are probably the most popular savoury snacks industry operating in the North right now.

What is the secret of your success amongst so many similar competitors, I asked the Alpha Mixture sales reps. "Our attention to quality" responds one. "Our unique taste, geared to appeal to our customers" responds the other. Alpha Mixture is known for a unique combination of salt and chilly in its products which do appeal to many a Northern taste-bud. They seemed to resonate well with Southern taste-buds too, if their sales were anything to go by.

Also on display were several hotels showcasing the various services / views and tours of the areas that they covered.

"Most Southerners who visit wish to see landmarks of war on tours," said a tour operator who did not wish to be named. "There is little of that visible now, though!"

Instead what's being touted now are sand, sea and water – as well as water sports!

And then, there were the various micro-entrepreneurs. The Northern economy still hasn't grown sufficiently to boast a vibrant private sector. Many people not absorbed into the government workforce therefore are compelled to be self-employed.

All are victims of war and still traumatized but some are more tenuous and strong-willed than others. Sajirani Krishnathas from Mullaitivu is a prime example. Or an exception, depending on how you look at it. She is what is known of as a 'female headed household (FHH)' in postwar Sri Lanka. A widow with a family to support, who lost her husband to the war. FHH are often considered by Aid Agencies to be one of the most difficult, even though most deserving sections of the population to be made financially stable. Their dual duties of care-giver at home and breadwinner who has to work away from home, often clash; in addition to which the culture is heavily stacked against them – doubly as women as well as widows.

Sajirani however was probably the most successful micro-entrepreneur present at the exhibition. She had even won a presidential award for her entrepreneurship skills the last Women's Day on March

8th. "I experimented with the produce from my garden to make some vegetable based snacks" says Sajirani. "I actually wanted to make something similar to the Tipitip (popular Sri Lankan crispies) but



How durable are these footwear? I asked one rep

that needed expensive packaging, so I turned them into papadam instead."

According to Sajirani, students at the University of Jaffna have tested her products and confirmed them to be more nutritious than normal papadam. Rather surprisingly, the samples she gave out did taste like papadam – in addition to being crispy and crunchy. She also proudly shows off her three wheel driver license. "I learnt to drive the three-wheeler in order to travel and market my products. Several shops in Mullaitivu now carry my papadam. And at this exhibition, a few southern supermarket reps have also left behind their cards, asking me to contact them. They are interested in carrying my products too."

Other innovations on display included ornaments made from seashells. Tamil households are addicted to ornaments, mostly figurines made out of plaster or china. A group of young women in Mannar however have got together to produce ornaments in the same vein – except these are produced from locally available sea-shells.

Also on display at several stalls were handbags, purses and footwear – mainly leather products, produced by groups of self-employed young women. The advantage with them is that they also take on custom orders.

And then there were the soft toy-makers. These were not self-employed. They worked in a factory in Jaffna. Where did they learn the art of soft toy making? "At an Internally Displaced Persons (IDP) camp we were located in during the war," they recall.

And how much of a salary do they get?

"Rs 8000 – 10,000."

Is that enough for a sustainable livelihood?

"No", they respond. "But what to do? This is better than nothing."

The toys they make sell from Rs.1000 – Rs.3000 each, and they produce several such toys a month. Do they get overtime payments, off day payments (they are supposed to work full days on Saturdays and even statutory holidays), or annual leave?

"Where in Jaffna," they laugh, "do you get such benefits?" Well yes. And that is perhaps why, in the Northern Province, more people prefer to be self-employed rather than be employed in whatever private sector there is. But that is a tale for another day.

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



Well, she answers, I make mine myself and these have lasted for 6 months now



The difference between a normal land based hotel and a seaside hotel can be up to Rs.4000 a day

NORTHERN SRI LANKA MICRO-ENTREPRENEURS' EXHIBITION HELD IN COLOMBO



Sajirani with a sample container of her prized papadam. "I experimented with various vegetables before settling on carrots, beetroots and gotukola as the best fits. The colours of orange, red and green are all natural, not dyes."



The Palmyrah stall rep's answer as to what new item they have to offer: a garland made out of palmyrah fronds rather than easily wilted flowers



Packeted snacks by a women's self help group - Mullaitivu



Decorative Candles



Banana twine Bottle-holder aimed at school-going children



One of the reps from Mannar proudly holding up her creation, made entirely of seashells



Palmyrah hats, caps and baskets on display



Soft toys for sale



BHARATHANATYAM ARANGETRAM OF ANJALI RAVICHANDRAN IN NEW JERSEY, USA

By K. Thirukumaran

It's a form of art that vividly expresses an inner soul's closer connection to a divine power. The rendering of it in the perfect sense must embody a powerful physical attribute and emotion during the execution of the art.

A brilliant such presentation of Bharathanatyam Arangetram performance was rendered by Anjali Ravichandran on Saturday, June 28th 2014.

Anjali herself summed it up in delivering her vote of thanks as "My Dance and Me",



many vital outings.

"Today as Anjali debuts her talent and asks for your blessing, her dedication and hard work will only enable Anjali to be a true testament to the future of this ancient art of movement and expression as she becomes the vehicle to teach it to her future generation", said Anjali's parents Nilani and Ravichandran in congratulating the proud achievement of their daughter.

Anjali's Arangetram was emceed by Shankhri Balaji, who just completed her sophomore year at Rutgers University in New Jersey. She studied the evening's program and dance performances as one who had her own Bharathanatyam Arangetram in 2010 by riveting the overall details of the lineup. Shankhri also introduced the co-hosts – extended family members of Anjali who also took turns to detail the upcoming presentations.

In her rendering of Padam, describing the divine beauty of the goddess from head to toe through dance steps and emotions, Anjali embodied the goddess one would tranquilize in closed eyes while listening to the song which she danced for – "Chinanchiru penn pole".

Anjali's cousin Niran Yoganayagam introduced Thillana, the pure dance form that combines a number of alluring sculptures, poses and varied patterns of



Kolam art work of Lord Ganesha at the entrance to Anjali Ravichandran's Arangetram

her thoughtful experience in a passionate journey to hold Arangetram and celebrate the achievement. She thanked her Guru Selvi Chandranathan for an inspirational teaching and instilling of the meanings to the fullest extent, like a "second mother" would do. Smt. Selvi Chandranathan showered praise for Anjali's devoted enthusiasm and parents - Nilani and Ravichandran's passionate support since the time Anjali began to dance at the tender age of 4 under her guidance.

The Arangetram was held to a captive audience as diverse as the State of New Jersey, at the Edward Nash Theatre in Raritan Valley Community College, situated in lush surroundings of the Township of Branchburg.

Nishan Ravichandran, Anjali's brother gave the welcome speech and introduced the Arangetram star of the night to the audience.

Anjali just completed her freshman year at Montgomery High School in Skillman, New Jersey. She is recognized as an outstanding student, an active participant of the varsity track team and an avid lacrosse player. She was elected vice chair for general assembly council, leading a delegation of 140 constituents and is only the second freshman to receive such a nomination to date.

The evening programs' glittering guide explained the lineup of Pushpanjali, Jathiswaram, Padam (divine beauty of goddess), Varnam, Padam (dedicated to lord Murugan), Shiva Thandavam, Thillana and Mangalam for the enthrallment of the audience. The program guide ended with the quote from Mahatma Gandhi - "Strength does not come from physical capacity, it comes from an indomitable will". Anjali worked hard and dedicated time this past year in its entirety to dance, school work, clubs and athletics with the pain of leaving her company of friends and

movement. Niran is a second year medical student in England and had his Mridangam Arangetram in London in 2010.

The commitment and support from aunts and uncles and others in the family and friends were remarkable. They conveyed the unconditional love and divine generosity that the ancient art of Bharathanatyam itself intends to demonstrate which were all abundant in Anjali's spectacular presentations.

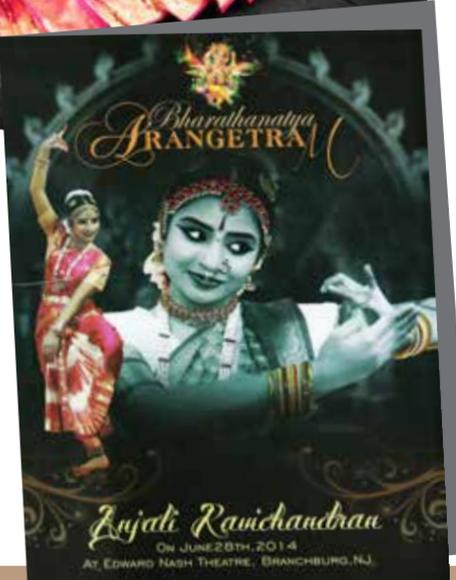
During the vote of thanks Anjali ushered remembrance in seeking blessings from above from her grandmother-Ranee Kumarasamy for the inspiration to indulge in the journey of Bharathanatyam.

The orchestra of the evening consisted of lead by Smt. Selvi Chandranathan at Nattuvangam, vocalist Bama Visveswaran, Mridangam artiste Mayuram J Shankar, Veena by Mudikondan Ramesh and flute by P. Venkata Ramanan.

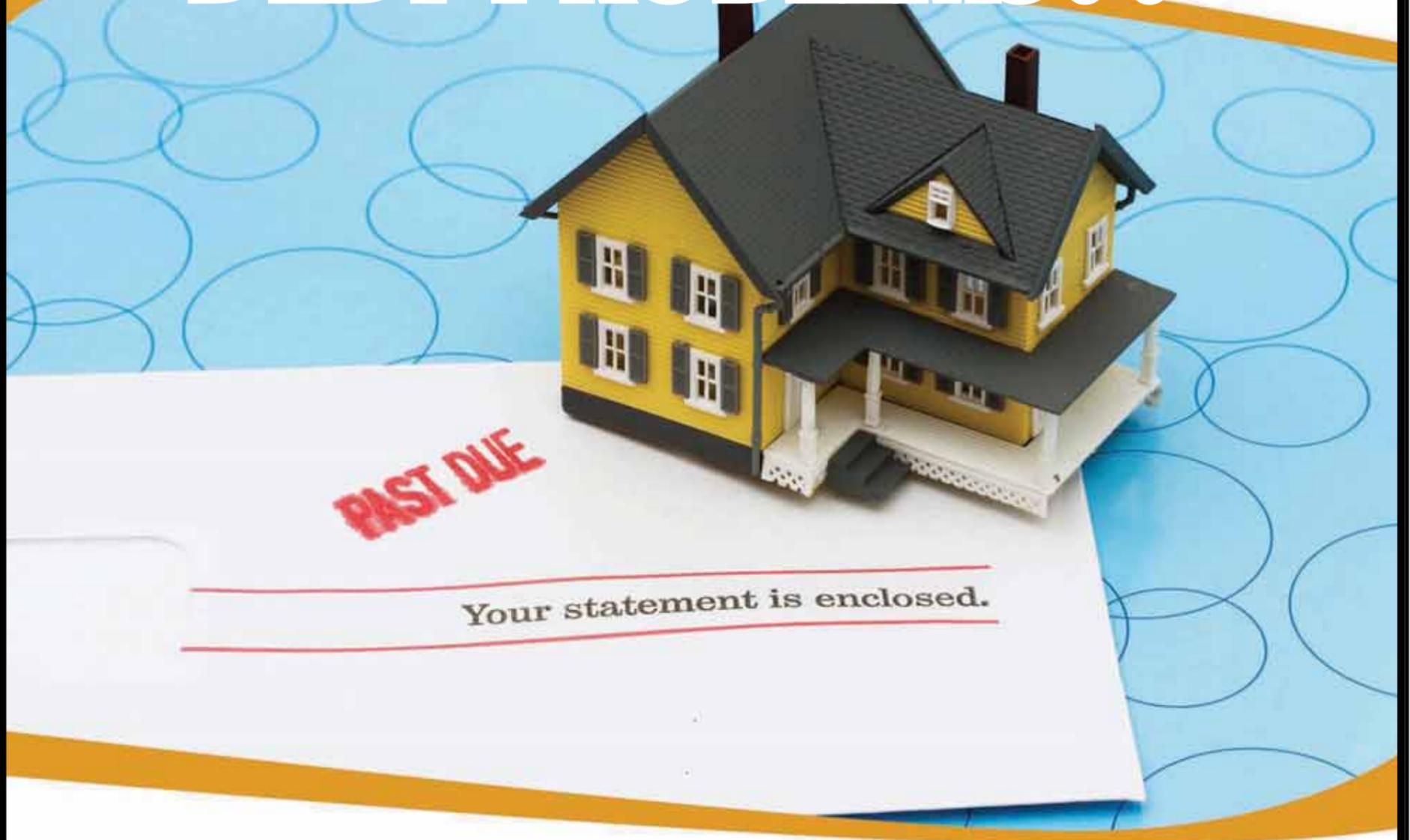
At the conclusion of dances everyone enjoyed a sumptuous dinner to call it a night of revered Bharathanatyam Arangetram of Anjali Ravichandran.



"Anjali has shown a sincere and rooted understanding for the art of Bharathanatyam and the ethnic heritage that resonates with this beautiful art form"



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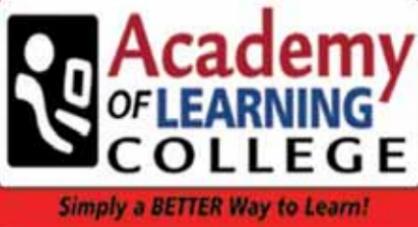
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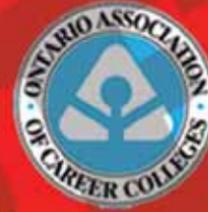


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CHARITY ARTS NIGHT:

Early in 2014 a handful of youth came together to create Youth Empowering Youth, a non-profit organization aimed at bringing together youth within the community to help children and youth who are underprivileged around the world. We encourage youth of all backgrounds to come together and become involved, as it is our goal to create an organization that is as diverse and inclusive as our community.

As an organization our objective is to help as many individuals in as many countries, directly and through trusted and well-established NGO's and humanitarian groups within each country, such as Yarl Aid. Youth Empowering Youth was motivated and essentially created because of Yarl Aid's objective, to encourage students of all ages to continue and excel in education. Therefore, it goes without saying that our first event was dedicated to Yarl Aid, having all proceeds going to this particular organization.

YarlAid, is a small organization that strives on providing education to students of all ages in the rural parts of Sri Lanka. It is currently run by two 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 Kilinochi and Kireemalai. The members of Yarl 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 that the donations are not wasted, and that each child strives to achieve an education. Yarl 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 enroll them in a college, as well as provide for their tuition and expenses. Again, what separates Yarl Aid from other groups is that they monitor the progress and livelihood of each student. The members of Yarl 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 in rural areas. Yarl Aid has no political agendas and only strives to strengthen the children and enhance the minds of the younger generation. The children are the future of tomorrow, so let us work together to build a good future.

Charity Arts Night 2014 was held on Saturday, June 14, 2014. It focused on showcasing the artistic talents of youth within the GTA. There was a wide range of performances such as: Bharathanatyam dances, fusion dances, folk dances, Carnatic vocal programs, flute programs, Veena (South Indian string instrument) program, and Western singing. For our finale program, a few of the singers and dancers from the individual programs came together to perform two Bharathanatyam dances pieces with live music. This finale program took weeks of late night practices, a clear indication of commitment and unity that the youth have to take Youth Empowering Youth onto greater heights and more success.

Charity Arts Night 2014 was not only a success because of the outstanding performances given by all our youth, but also because of the great audience turnout. In total we were able to bring together \$8500.00, which includes ticket sales, donations, sponsors, and food sales.

Youth Empowering Youth would like to thank all the support and encouragement we have gotten from everyone. It could not have been possible, let alone so successful without all the hard work put in by several individuals. Our sincere thanks to Tamil One TV, Monsoon Journal, and Tamil Mirror for providing us with media coverage. We hope to continue with this momentum towards our next project!

For the youth that are interested in joining our initiative and participating in upcoming events, please connect with us via Facebook

(www.facebook.com/youthempowering123) or email (youthempoweringyouth.info@gmail.com).

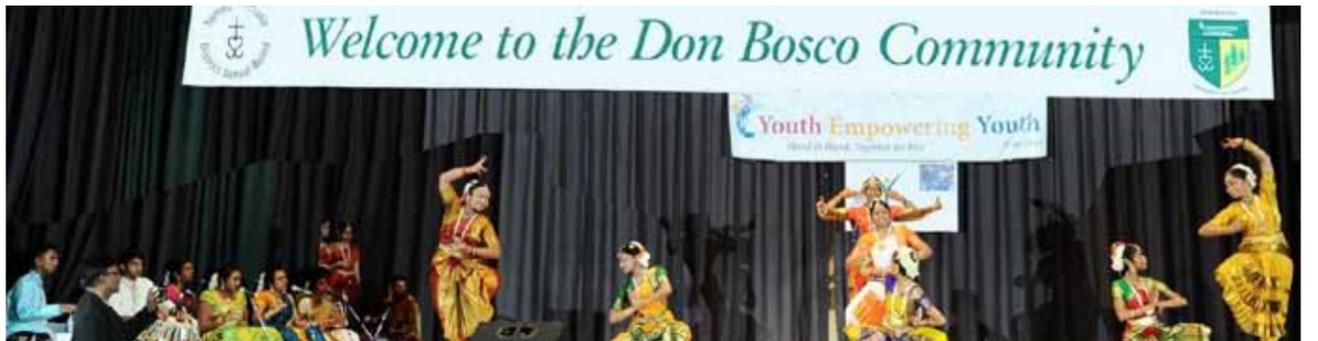


Photo Courtesy: Tamil Mirror



DTA involved in the Whitby World Fest

On May 3rd, McKinney Centre transformed in to a magical kingdom showcasing an amazing event called World Fest-Whitby. The event was well organized hosted by Optimist Club of Brooklin, Ethno-Cultural & Diversity Committee, Whitby Youth Council and the Town of Whitby. DTA helped co-ordinate participation of numerous community partners including Chinese, Pakistani, Afghani, Guyanese, Filipino, Bangladeshi and Albanian Community. This made it a colorful event.



Sarika Navanathan



DTA's Bharathanatyam Dancers with Mayor Pat Perkins

DTA Youth and children proudly showcased their talents in various art forms. Students of Kalai Natiyalaya Fine Arts performed classical dances choreographed by Mrs. Kalaimathy Vageeasan. Colorful costumes and artistic expressions of these talented kids awed the audience. In addition, DTA's Proud Icon Sarika Navanathan entertained the audience with her sweet voice. Sarika has recently won the Whitby Idol Title for 2014.

Finally, DTA's vibrant Bronze Steppers Youth Group presented a colorful upbeat remix dance in Bollywood style. Duja Swiss, Uma Suresh along with youth volunteers Neraja Thillairaja & Abishna Jayasundararajah drew Henna for many guests.

Mayor of Whitby Pat Perkins, Councillors and community members appreciated DTA for their help and support.



DTA's Bronze Steppers Group with Mayor Pat Perkins

Durham Tamil Association's participation in the Easter Parade

It was a beautiful day of this spring season when residents and children of all ages gathered in Annlands Street in Pickering to take part in the 10th Annual Easter Parade which was organized by the Ladies Auxiliary Unit of the Royal Canadian Legion - Branch 606. The colorful parade commenced at Annlands Street, proceeded through Krosno Blvd and ended in the Legion Branch on Bayly Street. MP Corneliu Chisu walked with TEAM DTA Youth who were the mascots for the event. The youth handed out Easter treats to children who were witnessing the parade.



TEAM DTA Youth during Easter Parade



TEAM DTA with MP Corneliu Chisu during Easter Parade



DTA celebrates Asian & South Asian Heritage Month

South Asian & Asian Heritage month provides an excellent opportunity for Asian & South Asian Canadians to come together to celebrate and share their heritage and culture, while providing an opportunity for Canadians across the country to reflect on and celebrate the contributions of Asian & South Asian Canadians to the growth and prosperity of Canada. The Asian & South Asian community has enriched the Canadian society with skills, knowledge and talent, and continues to contribute to the social, economical, cultural and political fabric of our country.

On Saturday May 17th, the Indo-Canadian Cultural Association of Durham, in partnership with Town of Ajax, presented the Asian & South Asian Heritage Event in St. Francis Centre in Ajax. Along with the heritage display and the taste of South Asian cuisine, the cultural showcase was presented by the BCS (Bangladesh), CAC (Afghan), DACA & DCCC (China), DTA (Tamil),

FCHRD (Philippines), Friends Indeed (Pakistan), ICCAD (India), IDI (Turkey), LAO (Laos), NCCS (Nepal) & TCASD (Tamil).



Dancers of Kalai Natiyalaiya



Shashi Bhatia (ICCAD), Tracey Vaughan & Robert Gruber (Town Of Ajax), Josh Suresh & Uma Suresh of DTA

Dignitaries including MP Corneliu Chisu, MPP Joe Dickson, Mayor of Pickering Dave Ryan, Deputy Mayor of Ajax Councillor Renrick Ashby, Deputy Judge of small courts Todd McCarthy and Tracey Vaughan, Director of Recreation & Culture for Town of Ajax were in attendance.

The evening showcase was curtain raised with a welcome address by Mrs. Shashi Bhatia, Chairperson of ICCAD. Young artists of Durham Tamil Association who are the students of Kalai Natiyalaiya Fine Arts welcomed the guests with their classical Bharathanatyam, which was choreographed by Mrs. Kalaimathy Vageesan. The young kids bagged loud applaus for their expressive dance that was packed with Mudras. This was followed by the mesmerizing semi-classical vocal presentation by DTA's Proud Icon Sarika Navanathan, who is the VP of DTA's youth wing. She was accompanied by Abishna Jayasundarajah, who is the Secretary of DTA's youth wing. Abishna gracefully presented a semi classical dance for Sarika's song. The duo's presentation was a unique program. In addition, DTA applied Henna Tattoos for the guests while DACA demonstrated Calligraphy art. The event was a huge success and was appreciated by all.



TEAM DTA with MPP Joe Dickson @ the South Asian & Asian Heritage Month Event



TEAM DTA with Mayor of Pickering Dave Ryan

Durham Tamil Association Supported Hearts Of Durham

It was truly a proud moment for Durham Tamil Association to take part in the fundraising that was hosted by Hearts Of Durham in support of Children Aids Foundation. This Annual Gala was held in Deer Creek Banquet Hall in Ajax. DTA was invited to contribute to this historical event by applying Henna for the guests. President of DTA's youth wing Neraja Thillairajah, Secretary of the youth wing Abishna Jayasundarajah and Uma Suresh applied Henna Tattoos for the guests who appreciated the members of DTA for their dedication to the community.



DTA's Neraja, Uma Suresh & Abishna with organisers Angela Drover Smith & Roxanne Serra



Neraja decorating guest hands with Henna Tattoo



Abishna decorating guest hands with Henna Tattoo

DTA's contribution to Celebrate Yourself

Durham Tamil Association was invited by The Student Association of UOIT to help and take part in their "Celebrate Yourself" event. This was held in UOIT campus on April 2nd. This event focused on promoting self-care and to encourage women to engage in self-care activities



DTA Volunteers with Celebrate Yourself organisers of UOIT



Nivi of DTA applying Henna for a guest in UOIT

including Henna, Yoga, Makeup, Hair Do and Massage Therapy. TEAM DTA volunteers applied Henna and nail art to all the young guests of UOIT.



DTA in How-To In 10 Festival



How-To In 10 Festival - Pickering

There were many stations offering 10 minute information session to teach new skills.

The event organizers appreciated DTA's support and complemented our energetic youth for their commitment and contribution. DTA is committed to making a difference in our Durham Communities and sincerely appreciates the support of our numerous community partners.



TEAM DTA with Sarah White of Scugog Library



DTA's Archana, Ashley & Abishna decorating applying Henna for young guests in Scugog Library



How-To In 10 Festival - Whitby



DTA's Dujavanthi applying Henna to a guest



DTA's Sumi tying saree for a guest



How-To In 10 Festival - Oshawa

The ladies among attendees flocked to DTA Booth to learn how to wear our cultural 6 yard saree in 10 minutes. It was truly an exciting moment to see all ladies draped in colorful sarees and taking pictures of themselves. DTA also drew Henna on women and children and as a result the booth was as busy all day long. Everyone enjoyed the service we offer to our local communities.

Durham Tamil Association was an active participant in the How-To In 10 Festival that hosted by libraries in various Cities of Durham Region. DTA appreciates new ideas and this event was one of a kind. The program was designed for the local residents who love to learn new things and useful skills in easy, fun and convenient way.

The Organizers invited DTA to set up booths in Pickering, Oshawa, Whitby and Scugog to teach "How to Tie A Saree" and "How To Apply Henna".



DTA's Uma Suresh applying Henna for the guest

RCMP Council recognized the youth of Durham Tamil Association



DTA Youth during RCMP Workshop

DTA Youth participated in Youth & Social Media workshop organized by RCMP Council for Partnership In Diversity Workshop on May 10, 2014. The objective of the workshop was held in support of RCMP's commitment to initiate and encourage dialogue with youth. DTA thanked Event Co-Chair Zul Kassamalli, Asst Commissioner Stephen White (Commanding Officer for Ontario), Doug Best (Superintendent National Security), Sergeant Derek McDonald (RCMP Diversity Council) and Raja Kanaga (RCMP Diversity Council) for organizing an interactive informative workshop. Numerous Youth Groups from GTA participated in the event. DTA Youth were honored to represent Durham Region. It was a great opportunity to engage in direct dialogue with the RCMP council members about how to stop bullying and various other Youth related matters.



Magician Raj donates his Magic show to raise fund for Brampton fire victims

Mississauga Magician Raj enthralled Brampton audience at Ardglen Fundraising. The long-cherished dream of children in the Lions hall to see a magician in action was fulfilled on last Saturday. Many clapped while others were left speechless, with their mouths agape. Squeals of laughter filled the crowded hall when the magician pulled out a Umbrellas from thin air, and when the illusionist showered confetti on them, fire to \$5 Bill, everybody was on their feet cheering the act. Magician Raj requested audience to donate generously. It was organised by

Sarah Lewis and many other Volunteers. Lions Banquet Hall 45 Avondale Blvd, Brampton, Ontario L6T from 4-5 PM. Nicolas, known as Nick to his friends, died in a fire early Sunday morning that ripped through an Ardglen Drive townhouse complex, destroying or damaging 18 units. He was sleeping over at a friend's home when the fire broke out around 3:15 a.m. Around 100 people became homeless.

Some photos from the event can be seen here.





Local family's harrowing history inspires novel

Mathew McCarthy,
Record staff

Tasneem Jamal's family were among thousands of South Asians who were expelled from Uganda in the 1970s under Idi Amin's regime. The Kitchener author drew from her family's story to write her debut novel, *Where the Air Is Sweet*.

Where the Air Is Sweet Is a work of fiction by Kitchener author Tasneem Jamal.

By Anam Latif

KITCHENER — In the 1970s, Tasneem Jamal told her elementary school classmates that she was born in Mbarara.

The responses she got were: "Huh? What? Where is that?" No one could pronounce it. Kids thought it was weird. It confused her.

She wanted to say "I was born in Kitchener" just like everyone else in her class, but her past was more complex than she knew at the time.

Jamal didn't realize how interesting her family's history was until a friend pointed it out in high school. "You should write a book about that," Jamal recalls her friend saying to her.

And that is just what she did years later.

Jamal's debut novel, *Where the Air Is Sweet*, is based on her family's history as South Asians in the small Ugandan city of Mbarara — generations of people were born, lived and died in the African nation only to be expelled by the president in 1972 for being "traitors."

Idi Amin was the president of Uganda at the time and declared that the 80,000 South Asians living in the country were an economic threat.

"These people didn't have one foot in Africa and one foot in India, these people lived there for generations and the loss was very real," Jamal said.

They had 90 days to pack up their belongings and leave their home. Jamal was three and her family was one of the hundreds who were left stateless.

It is a story that not many people know. And one Jamal was determined to tell.

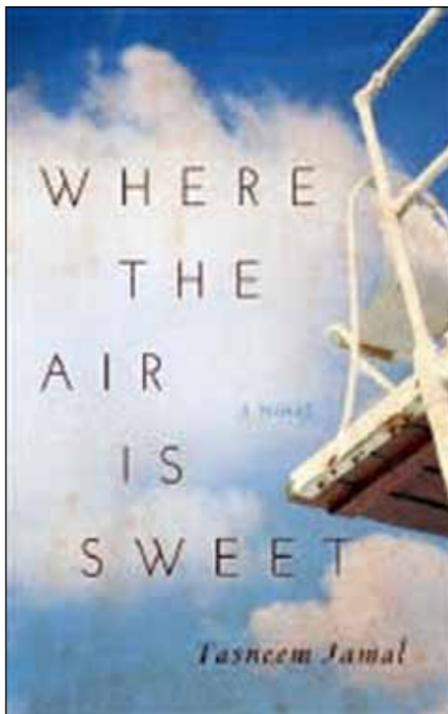
"I started consciously thinking, if I want someone to understand the experience of South Asians getting kicked out of an African country, they need to understand the emotional costs and the real ties that people had with that place," she said.

The former journalist and her husband quit their jobs at *The Globe and Mail* in 2006 to focus on what they really wanted to do.

She finally wanted to write the book



Tasneem Jamal



that had been forming in her mind for years — a story of an entire group of people who lost everything they knew.

Her husband, Craig Daniels, always wanted to be a pilot.

So they sold their house, packed up their kids: a three-year-old and nine-month-old, and moved to Dar es Salaam, Tanzania, for a year with car seats and strollers in tow.

"I almost had to be that bold, I had to commit to the writing," Jamal said.

It was when she was back in Africa that the floodgates of memories and impressions opened up and allowed her story to flow.

She visited the house her grandfather built — the man whose move from India to Uganda in 1921 laid the roots of Jamal's family for generations to come.

"I wanted to tell the story of the people, it's not about Idi Amin, it's about the people who were forced to deal with this situation," Jamal said. "What had almost been erased was resurrected in a sense."

All her own father knew was Africa. When her family first came to Canada, he was determined to go back. "He couldn't let go," Jamal said.

He took them back to Africa shortly after they were expelled. They lived in neighbouring Kenya for almost a year, but it was the same. South Asians were just not safe in Africa anymore. That was when they came back to Canada

Fife holds on to Waterloo

By James Jackson
Chronicle staff

Photo By: James Jackson

Kitchener-Waterloo NDP MPP Catherine Fife defended her seat against the Liberal wave as the Grits won a majority government last Thursday night.

After early poll returns had Fife running third behind PC candidate Tracey Weiler and the Liberal's Jamie Burton, Fife surged ahead to win by nearly 4,000 votes over runner-up Burton. Green candidate Stacey Danckert finished fourth with 2,800 votes.

"This is a NDP riding now," Fife shouted from the stage of the Royal Canadian Legion Branch No. 530 on Regina Street in Waterloo.

"You all brought me to this place. Nobody gets anywhere by themselves."

Fife was first elected during the 2012 byelection that saw PC MPP Elizabeth Witmer step down to become chair of the Workplace Safety Insurance Board.

More voters (20,034) supported Fife during this general election than during the byelection (18,599) and voter turnout increased from 46,653 to 53,554. Fife prevailed with about 37 per cent of the vote, with voter turnout a little higher than 50 per cent in the riding.

Across the province the Liberals defied the predictions of pollsters, who were calling for a tight race between the PC party and the Liberals and gave the NDP credit for some late momentum.

The Liberals ended up with a 58-seat majority government, an increase of ten seats from before the election, while the PC party lost nine seats and the NDP maintained their 21 seats.

Fife told reporters this most recent election win feels "more real" than the byelection win and she is looking forward to returning to Queen's Park so she can help pressure the government on many of the promises made to local voters during the campaign, including increased two-way GO train service.

"My responsibility as an MPP is to go into the house and bring the interests of the people of Kitchener-Waterloo and try to get the best results for them," she said.

The way the election turned in fa-



vour of the Liberals was surprising, Fife said.

"To see the PC vote collapse so strongly I think everyone is surprised by that," she said. "It was a frustrating election for me because I was discounted as the incumbent very early but we just ran a strong ground game and I knocked on doors eight hours a day."

While many revelled in Fife's win, not everyone was happy with how the NDP and leader Andrea Horwath campaigned. Some said the party had moved away from its traditional base.

"I'm glad, I personally like (Fife), but I had to hold my nose to vote NDP this time," said Fife supporter Martin Suter. "I'm really upset with Andrea Horwath. The NDP moved too far to the right for the campaign."

It was a tight race in the two Kitchener ridings, and not even the incumbents rested easily in their seats. Liberal candidate Daiene Vernile pulled out a solid win in Kitchener Centre. Staying ahead in the polls from early on, she was the first candidate in Kitchener's three ridings to be declared and eventually beat the PC candidate and former MPP, Wayne Wettlaufer, by nearly 7,000 votes.

"I'm ecstatic, and I'm actually thrilled for our awesome team of volunteers . . . we all worked together and I'm so happy for them too," she said.

Despite the loss, Wettlaufer said he isn't licked yet.

"I think I will stay in the political game until the day I die. I'm not ready to die yet," he said with a laugh.

The Kitchener-Conestoga riding proved to be too close to call with Conservative Michael Harris and Liberal Wayne Wright neck and neck throughout the evening. In the end, Harris, the incumbent, prevailed by about 1,500 votes.

-with files from the Kitchener Post

permanently, in 1975, when Jamal was six years old.

Her early memories of Uganda were vague impressions that she could not articulate.

"We never really talked about it as a family because it was just life, that expression of 'back home' would come up, but it didn't mean anything to me," Jamal said. "I just wanted to be like everyone else."

In 2004, Jamal visited Uganda with

her husband (then boyfriend) for the first time since she was a child. "It was magical," she said.

They took a taxi from Kampala to her birthplace, Mbarara, her family's home for decades. Her first glimpse of the city's signs filled her with a sense of belonging, a sense of completeness.

"I felt real, like a real person instead of this past I had tried to erase," she said.

Contd. next page ...



Multicultural Festival brings the world to Waterloo Region

WATERLOO REGION — The choices were endless: from Sri Lankan Spring Rolls and Greek souvlaki to Middle Eastern kabobs.

A big hit at the Kitchener-Waterloo Multicultural Festival were the jumbo-sized grilled turkey legs, known as “dinosaur” legs to vendor Issmaeel Lawendy, whose family, along with the K-W Islamic Association, has been part of the downtown festival for years.

“Come on down, come and get it,” shouted Lawendy to potential customers who were attracted to the grill by the wafts of barbecued meat.

The lineup for Sri Lankan Rice & Curry was continuous, just as it was at the tent by the Tamil Cultural Association of Waterloo Region. Indian Samosa and Sri Lankan spring rolls were the popular snacks among the guests.

Volunteers from the local Tamil community were tirelessly serving food till dawn. Rajivi Nadaraja, the President of the association was drumming up the business behind the counter.

Anna Melendez spent most of the day behind a hot griddle cooking pupusas, a pancake-like corn tortilla made of pork, cheese and beans.

“My mom has been making them all day. We are busy,” said her son, Rober-

to Cruz of Kitchener.

A perfect summer weekend, the festival enjoyed record crowds. The first weekend of summer was also marked by other events across the region, including the Cambridge Arts Festival and the Summer Lights Festival.

Kitchener-Waterloo Multicultural Centre executive director Lucia Harrison said the festival hadn’t seen such large crowds in years.

“We haven’t had a weekend like this with no humidity and no rain in about 10 years,” she said.

The festival, held at Victoria Park, featured 20 different food groups, 40 local performers and more than 100 arts and crafts vendors, along with community agency booths.

“The park is so full. It couldn’t be better,” Harrison said. “At dinner time, we were jammed from one side of the park to another.”

Louise Jensen took a break from the sunshine, sitting on the grass under a tent with her dog Koko as her husband and children went scanning the food booths.

“We were looking for something to do together as a family,” said the Breslau woman.



Local family’s harrowing history inspires novel

Contd. from previous page...

That was when she knew she had to go back to live there, even if it was just for a year or two. “Africa has this thing about getting under your skin.”

She said it was so strange being in an Africa with little trace of South Asian people — only streets and buildings with South Asian names, masala tea served up in cafés, maybe some parathas with your lunch.

“The young people there hardly have a sense of their own history,” she said. “It is African to them, a part of their culture.”

Life was ordinary when her family first moved to Kitchener in 1975. Ugandan South Asians came in hoards — they settled in as a community, ready to work, fluent in English and with an ingrained British sensibility that gelled well in Canadian culture.

Jamal spoke to immigration officers who remember the surge of South Asians from Uganda in the 1970s.

“These people just came and disappeared,” they told her. They assimilated well — but part of them would always feel lost.

When Idi Amin died of illness in 2003, Jamal said that no one really cared. No one was upset. “We just thought ‘we’re happy living our lives.’”

She lives in Kitchener with her two young daughters and husband working in communications at a local non-profit. She never liked reporting despite loving the news. “I always wanted to write fiction,” she said.

She has been back in Kitchener for four years and plans to write another book.

“For me this is home, I imagine it always will be home, but there will always be something about that place that grabs me.”

alatif@therecord.com ; Twitter: @LatifRecord

Waterloo Regional Police Service recognized by Ontario Association of Chiefs of Police

Waterloo Region, ON – The Waterloo Regional Police Service is the proud recipient of two awards presented by the Ontario Association of Chiefs of Police during their Annual General Meeting last week.

The Community Safety and Crime Prevention Award recognized the Service and our partner agencies for the 2014 St. Patrick’s Day Community Safety Operational Plan. “Through our community partnership, we were able to develop a unique plan that helped make this year’s event the most successful to date,” said Staff Sergeant Tom Berczi, Neighborhood Policing Command, North Division. “There were no significant disturbances and the number of revelers on Ezra Street was reduced by almost half.”

The community partners on this initiative were the City of Waterloo, Wilfrid Laurier University, WLU Students Union, Waterloo Fire Rescue, Waterloo By Law Enforcement, EMS of Waterloo Region and University of Waterloo.

Waterloo Regional Police are also proud to be awarded the Certificate of Merit for Outstanding Liquor Enforcement. This award, presented to the members of the 2013 Oktoberfest Policing Unit, recognizes excellence and innovation in liquor enforcement. As a result of the ongoing efforts by police and our community partners, arrests and charges were the lowest ever and there were no major disturbances at any Festsall. This is the second time that Waterloo Regional Police have received provincial recognition for this award, also receiving the Outstanding Liquor Enforcement award in 2012.

Both awards highlight the leadership demonstrated by members of the Waterloo Regional Police Service in the key areas of public safety, community safety and major event management.

For more information, please contact Staff Sergeant Tom Berczi, (519) 650 8500 ext. 6302 | tom.berczi@wrps.on.ca.



The Third Annual Ajax Home Week

“Peace and Community Harmony Concert” – Towards A Global Society

Staged on Tuesday, June 10, at J. Clarke Richardson Collegiate in north Ajax, the Concert was attended by 225 people. It featured 60 singers; including 2 choral choirs; 50 dancers, styles performed included, Highland dance, Bollywood and Bharatanatyam.

Musicians included percussionists, a saxophone and clarinet player, and a violinist. There were two youth social justice presentations. All performers and presenters, including Emcees,

shared their passion and commitment for the performing arts, and their perspectives, for “being the change” they would like to see in their communities.

Let’s meet the Concert organizers, HW. Ambassadors, Emcees, performers presenters and guests:

As in previous years, the Concert was staged to commemorate, and raise awareness for National Aboriginal Day, June 21 and Canadian Multicultural Day June 27.

“There was a spirit, and vitality to the Concert,” was the comment of several youth guests. The Aboriginal speaker, and presentations, by the Metis dancer, and the All My Relations Drumming Circle, were “very moving,” was a comment organizers received.

There were many Concert highlights! Organized by Home Week Multicultural Co-Chairs, and Home Week Youth Goodwill Ambassadors, the Peace and Community Harmony Con-

cert, was promoted as a “Celebration of Unity in Diversity, and to acknowledge the Strength of the Human Spirit.”

It was designed to show-case the talent of children, pre-youth, youth and adults, both up and coming, and that of established performers.

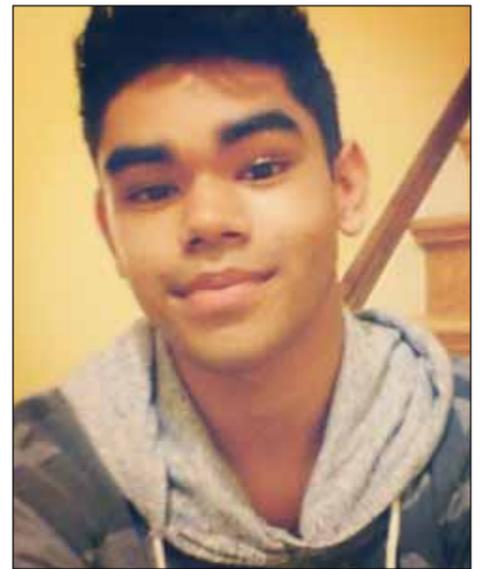
Other Concert performers were: the Tasa Drum Band, from the Sankat Mochan Hanuman Mandir, Ajax.



Vashine Kamesan: Concert Emcee, University of Western Ontario



HW Multicultural Co-Chairs, Youth Ambassadors, performers, presenters and guests



Robby Misir: Concert Emcee, J. Clarke Richardson Collegiate



The Young Singers. “Durham’s Choral Choir Ambassadors.”



Oshawa Durham Region Metis Council: All Our Relations Drumming Circle



Auriele Diotte: Motivational Speaker, Dancer with the Olvine Bousquet Metis Dance Troupe



Sarika Navanathan: Singer, Durham Tamil Association



Tyler Dewar - Watson: Highland dancer



Jordan Myers and Joshua Lucas. “Steel & Rhythm.”



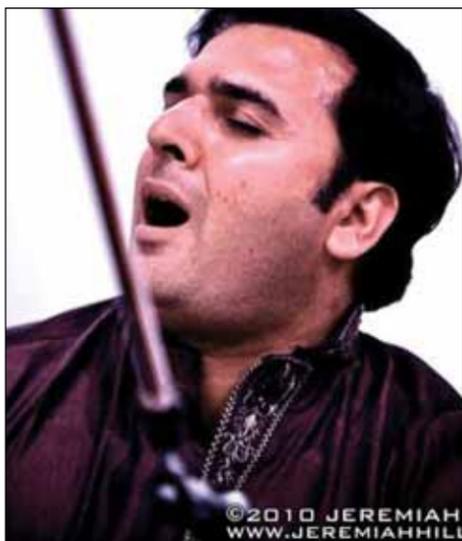
Krishan Thananjeayan: self taught singer and violinist. Krishan, who is on the Autism Spectrum, is with the DTA



J. Clarke Richardson Collegiate Concert Choir



Abishna Jayasundarajah: Bharathanatyam dancer, J. Clarke Richardson Collegiate student



Tariq Hameed: Internationally known Sufi singer



Rufi: Tabla player



Shamari Prabakaran: Bharathanatyam Dancer, Ajax High School



Haifa Behani: Singer, Durham Baha'i Community



Netu and Soni Ramvharak: Singers, with the Devi Mandir, in Pickering



Ashley Murphy: Internationally known motivational speaker, and Aids educational advocate. Student, from Dennis O'Connor High School



Iswarya Thayaparan: Dancer, from the Tamil Academic and Cultural Society of Durham



Academic and Fine Arts of Durham Dancers: Sashana, Abi, Reshali, Apaarana, Pathumitha, Rukthi, Shajahi, and Olivia



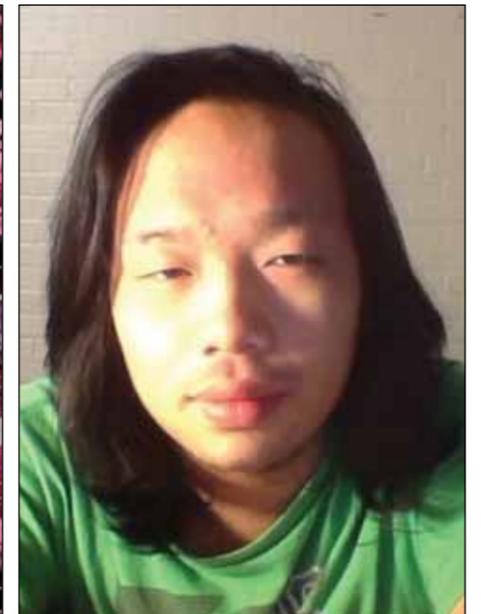
Selvy Sathieswaran: Singer, from the Tamil Academic and Cultural Society of Durham



Jonathan Bain: Musician, Ajax High School



Shoba Talent and Cultural Centre: Dancers



Alan Man: song writer, and classically trained guitar player



Whitby 2 Me Diversity Art Event Promotes Inclusivity



Robert Syer

Whitby's Ethno-cultural and Diversity Advisory committee sponsored an Art Exhibition for Whitby students. Students were asked to create expressions of diversity in our community illustrated through their art.

The selected art was on display at the Whitby Public Library, Central Branch, for the month of May. Robert Syer won first place for his painting entitled 'Roots Run Deep.'

Whitby's Ethno-cultural and Diversity Advisory Committee is pleased to partner with students and staff to increase awareness about diversity in our community.

For more information, please visit www.whitby.ca/diversity.

Splash Pads

The Town of Whitby operates 14 splash pads to help families stay cool and beat the summer heat. Splash Pads are open seven days a week from 9:00 a.m. to 9:00 p.m. and operate from mid-June until early September.

These Splash Pads are located within the 125 parks maintained by the Town of Whitby. There are also over 60 km of trails for you to discover this summer.

For more information, please visit www.whitby.ca/splashpads.

Dog Parks

The Town of Whitby's two new off leash Dog Parks are located at Cochrane Street south of Winchester

Road West and at Jeffery Street north of Victoria Street West. They are expected to open in July after paving and seeding are completed.

For more information, please call Whitby Parks at **905.430.4310**.

Recreation for All Ages

The Town of Whitby offers a variety of recreation programs for all ages that promote an active and healthy lifestyle, including:

- ▶ Camps (preschool-teen)
- ▶ Youth programs
- ▶ Seniors activities, classes and workshops
- ▶ Swimming
- ▶ Sports and drop-in programs
- ▶ Fitness
- ▶ Health club

For more information, please visit www.whitby.ca/recreation.

July Events

www.whitby.ca/calendar

Event Name	Date	Time
County Town Carnival, Canada Day and Fireworks	July 1	Noon-dusk
Whitby Music in the Park	July 2	7:00-8:30 p.m.
Newcomers Welcome Program for Seniors	July 3	1:00-3:30 p.m.
Brooklin Music in the Park	July 3	7:00-8:30 p.m.
Movie in the Park - Frozen	July 4	9:00-10:30 p.m.
Culture in the Square	July 8	7:00-8:00 p.m.
Whitby Music in the Park	July 9	7:00-8:30 p.m.
Newcomers Welcome Program for Seniors	July 10	1:00-3:30 p.m.
Brooklin Music in the Park	July 10	7:00-8:30 p.m.
Free Swim at IPSC sponsored by Wendy's Restaurants	July 12	1:00-3:30 p.m.
Culture in the Square	July 15	7:00-8:00 p.m.
Whitby Music in the Park	July 16	7:00-8:30 p.m.
Newcomers Welcome Program for Seniors	July 17	1:00-3:30 p.m.
Brooklin Music in the Park	July 17	7:00-8:30 p.m.
Movie in the Park - The Muppets Most Wanted	July 18	9:00-10:30 p.m.
Whitby In Bloom Garden Tour	July 19	10:00 a.m.-4:00 p.m.
Culture in the Square	July 22	7:00-8:00 p.m.
Whitby Music in the Park	July 23	7:00-8:30 p.m.
Newcomers Welcome Program for Seniors	July 24	1:00-3:30 p.m.
Brooklin Music in the Park	July 24	7:00-8:30 p.m.
Harbour Day	July 26	Noon-dusk
Culture in the Square	July 29	7:00-8:00 p.m.
Whitby Music in the Park	July 30	7:00-8:30 p.m.
Newcomers Welcome Program for Seniors	July 31	1:00-3:30 p.m.
Brooklin Music in the Park	July 31	7:00-8:30 p.m.

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2014 Municipal Election

Make your vote count
www.whitby.ca/vote2014

Voting Day
October 27, 2014. Polls will be open from 10:00 a.m.-8:00 p.m.

Vote Anywhere
New for the 2014 Municipal Election, residents can vote anywhere, at any designated voting location within the Town of Whitby.

Registered Candidates
The current list of 2014 Municipal Candidates for all positions can be viewed at www.whitby.ca/candidates.

Advance Vote Dates
For those who are unable to vote on Voting Day, there will be advance voting opportunities from October 16-19, 2014, between 1:00-8:00 p.m. inclusive. Visit www.whitby.ca/vote2014 for a list of locations.

Question on the Ballot
The following referendum question will be on this year's Municipal Election Ballot:
Are you in favour of the Council of the Town of Whitby passing a resolution requesting that the Council of the Region of Durham take the necessary steps to reduce the size of Regional Council by distributing the seats based on the population of each municipality?
Yes No

Direct Election of Regional Chair
New for 2014, residents will have the opportunity to directly vote for the Office of the Regional Chair of the Regional Municipality of Durham.

Town of Whitby Office of the Town Clerk
Phone: 905.430.4315 Email: elections@whitby.ca
Web: www.whitby.ca/vote2014

MARKHAM



Regional News

MARKHAM'S LIBRARY SERVICE RECEIVES IPAC GOLD AWARD FOR INNOVATION



STOMER SERVICE REVOLUTION STRATEG IMPROVES SERVICE DELIVERY AND EFFICIENCY

The City of Markham has received the Gold Award for Innovative Management from the Institute of Public Administration of Canada (IPAC) for the Markham's Library customer service improvement project.

The award recognizes Markham Public Library's Customer Service Revolution (CSR), a comprehensive staff-driven strategy to find ways to meet increasing customer expectations for responsiveness, effectiveness and efficiency in public service delivery. In rethinking the Library's vision for public service, a new Customer Service Promise was developed, policies and procedures were rewritten and new training programs developed that empowered staff to create exceptional experiences for the community. The project resulted in improved customer satisfaction and helped make the City a leader in innovative service delivery.

"Markham's Public Library service has a long standing record of innovation, achievement and excellence", said Markham Mayor Frank Scarpitti. "They were the first library in Canada to introduce RFID technology. And, with the highest circulation level per capita of any library service in the Greater Toronto Area, their unique programs continue to attract and engage residents in the joy of reading and learning. This award is another great achievement for our library and the Markham Library Board and staff are to be congratulated for their continued commitment to excellence."

"The Markham Public Library Board, and staff are proud to receive this award for our customer service initiatives", said Library Board Chair Ted McDermott. "We are dedicated to providing the Markham residents exceptional customer service. Our new customer service revolution strategy, for which we have received this significant award, is recognition of the high standard of customer service we have adopted and implemented in order to ensure the delivery of excellent library experiences to all members of our community."

The Innovative Management Award, co-sponsored by IBM Canada, recognizes and celebrates creative and effective initiatives that foster innovation and enhance the image of the public sector. This year IPAC received more than 80 submissions for the award and judged each on execution, impact, innovation, results and whether the project could be replicated by other organizations.

Markham Public library CEO Catherine Biss said, "This award is a fantastic accomplishment and a testament to the work of staff across the organization. We could not have achieved this award without the commitment and passion of our staff that embarked upon a revolutionary journey to improve customer experience."

The CSR is a component of a City-wide Enhancing Customer Experience project designed to create consistent and customer-focused service standards across all City service areas.

The Second Annual Gala for Giving Raises \$200,488.43 for 12 Local Charities



At the June 11 cheque presentation at the Markham Civic Centre are (from left to right): Elisa Lau, Markham Symphony Orchestra; Kate Collins, Big Brothers Big Sisters of York; Rhonda Flanagan, Big Brothers Big Sisters of York; Cathy Dai, Cherish Integrated Services; Laurie McClelland, The Markhaven Foundation; Annie Leung, Cherish Integrated Services; Brittany Wilson, 360° kids; Heidi Wong, City of Markham; Councillor Logan Kanapathi; Regional Councillor Gordon Landon; Pamela Deveaux, CNIB; Virginia Bidwell, Evergreen; Rebecca Simkin, Evergreen; Tammy Mok, Committee Volunteer; Eric Li, Vision Youth Leadership Program; Nancy Tye, Markham Symphony Orchestra; and Rachel Leung, Vision Youth Leadership Program.

The second annual Gala for Giving raised \$200,488.43 for 12 local charities. Almost 1,000 people attended the April 24, 2014, event held at Le Parc Dining and Banquet in Thornhill.

"I am delighted at the community response to the Gala for Giving," says Mayor Frank Scarpitti, Honorary Chair of the event organizing committee. "It proves, once again, that Markham is a community that cares. My sincere thanks to the many companies that sponsored this evening, including our Platinum sponsor International Music Academy and our Diamond sponsors Cadillac Fairview Corporation Ltd. and Upper Unionville Inc."

Gold sponsors were Concord Adex Inc., H&W Development Corp. and TD Bank. Silver sponsors included Foodymart, HS Nouvel Developments Inc., Kylemore Communities, Markham Honda, PVX Plus Technologies Ltd., Scotiabank, The Monopoly Group and The Remington Group.

The Gala is the brainchild of Regional Councillor Gordon Landon, who chaired the 2014 organizing committee. Ward councillors Alan Ho, Logan Kanapathi and Carolina Moretti served as vice-chairs.

"We were fortunate to have dedicated committee members who worked extremely well together," said Regional Councillor Landon. "Thanks to their efforts, more than \$200,000 was raised – 75 per cent of which will go directly to 12 community organizations. The remainder covered event expenses."

The 12 organizations involved are:

- ▶ 360kids
- ▶ Big Brothers Big Sisters of York
- ▶ Canadian Human Rights Voice
- ▶ Cherish Integrated Services
- ▶ CNIB
- ▶ Evergreen
- ▶ Kindred Spirits Orchestra
- ▶ Markham African Caribbean Association
- ▶ Markham Arts Council
- ▶ Markham Symphony Orchestra
- ▶ The Markhaven Foundation
- ▶ Vision Youth Leadership Program

Representatives from each organization joined the organizing committee for a cheque presentation at the Markham Civic Centre on June 11, 2014.

MARKHAM LAUNCHES VOLUNTEER RECRUITMENT WEBSITE TO SUPPORT 2015 PAN AM / PARAPAN AM GAMES

Local volunteers needed for July 13, 2014 One Year Countdown Celebration and future Markham events as part of the Canada's largest sports competition

Markham, ON ~ June 5, 2014 ~ The City of Markham is issuing a call for volunteers to support various community events and celebrations in support of the Toronto 2015 Pan Am / Parapan Am Games.

These games will be the largest international sporting event ever held in Canada, bringing together over 7,000 athletes from 42 countries to the GTA, along with 250,000 visitors, from July 10 to August 15, 2015.

Markham will be the host city for the badminton, table tennis, para table tennis, and water polo competitions at the new Markham Pan Am Centre currently being constructed, while the golf competitions will take place at the prestigious Angus Glen Golf Club

Markham is hosting a series of community sports and cultural events that require volunteer support. The first event that requires volunteers is Markham's One Year Countdown Celebration taking place next month, on Sunday, July 13, 2014.

"I am thrilled that Markham has been selected to be a host city for the Pan Am Games," says Markham Mayor Frank Scarpitti. "It's an exciting opportunity to

host international athletes, encourage tourism, and showcase our beautiful city and amenities on the world stage."

"The games bring together dozens of countries, cultures and languages in athletic excellence. Volunteering is a great way for our residents to get involved in the sports, cultural and festival events. Our new Pan Am centre creates a lasting legacy for our community," he added.

All volunteers are asked to register online at www.markham.ca and select either the "Pan Am" or "VIVA Markham Pan Am" buttons. Volunteers must be 16 years of age or over and secure their own VSS (Vulnerable Sector Screening), available through York Regional Police. Volunteer roles will include helping set-up, deliver and taking down special events related to sports and culture and acting as onsite ambassadors by providing general information about events and locations, even language translators.

In addition to Markham's call for Pan Am Volunteers to help with community events and celebrations, the T02015 Team is seeking volunteers to support the competitions taking place in 50 different venues. More information about volunteering for TO2015 can be found at www.toronto2015.org.



Pan Am Games 1 Year Countdown Celebration

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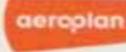
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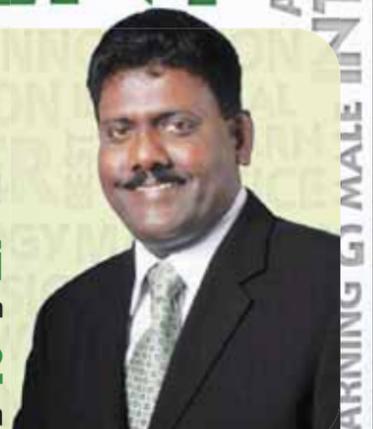
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