

A parfait media publication

Monsoon

Journal

VOL 7

ISSUE 2

JULY 2012

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Indian Pressure mounts on Sri Lanka for quick solution to the Political problem

Siva Sivapragasam

India is deeply concerned over the slow progress the Sri Lankan Government has been making on finding a political solution to the ethnic crisis.

Political analysts feel that the recent visit of Indian National Security Advisor Shiv Shankar Menon was to express India's concern on the slow progress made by the Sri Lankan Government in finding a permanent political solution to the ethnic issue, demilitarization in the Northern peninsula and matters connected with rehabilitation and land

issues.

During his visit to Sri Lanka Mr. Menon met President Mahinda Rajapakse and his two brothers Gotabaya Rajapakse - Defence Secretary, Basil Rajapakse - Minister of Economic Development and members of the Tamil National Alliance.

India has also expressed the view that it's role in the forthcoming U.N. Human Rights conference coming November will depend on measures the Sri Government will take in the coming months on the pending issues related to resettlement of refugees, human rights etc. The Central

Government in India is also being pressurized by all political parties in Tamil Nadu to raise various issues with the Sri Lankan Government.

In a related development, the Indian Government has sent back Sri Lankan Air- Force men who were undergoing training in India due to protests from the DMK and the ADMK Government. A musical concert which was to be held in Sri Lanka and in which leading South Indian playback singer Hariharan was to participate has also been cancelled due to pressure from Tamil Nadu.

'Look forward to what we can do to ensure a better future'

- Rathika Sitsabaiesan MP

Statement by NDP's Rathika Sitsabaiesan MP (Scarborough - Rouge River) marking the pogrom of July 193 in Sri Lanka:

July is a time for Sri Lankans to reflect on the tragic anti-Tamil violence carried out in July 1983, known as Black July in our community.

Twenty-nine years later, we mark this sombre anniversary and remind ourselves how important it is to educate all Canadians, but especially Canadian Tamil youth, of the suffering faced by hundreds of thousands of people from the island of Sri Lanka throughout Black July.

As we remember the atrocities committed in 1983, as well as the brutality of the 30 year civil war, we must also look forward to what we can do to ensure a better future for those living on the island of Sri Lanka.

Canada must play its part in working to end the culture of impunity. We all must work together to build a sustainable process based on respect, dignity and justice for all of the victims of this horrific war.



Rathika Sitsabaiesan MP with Wayne Powell, President of The Royal Canadian Legion - Branch 258 on Canada Day, July 1, 2012.



'Despite the challenges we face, Canada is in many ways the envy of the world'
 - Right Honourable David Johnston, Governor General of Canada at Canada Day celebrations, July 1, 2012, Ottawa

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Preeti Saran, India's Consul-General in Toronto receives Indo-Canada Chamber's President's Award

Preeti Saran, who is a senior Indian Diplomat and India's Consul-General in Toronto, received the prestigious President's Award from the Indo-Canada Chamber of Commerce at the annual Awards Gala held at the Metro Toronto Convention Centre.

Mrs. Preeti Saran obtained her Masters Degree in English literature from Delhi University and shortly after joined the Indian Foreign Service in 1982.

Before taking up her assignment as Consul General of India in Toronto, Mrs. Saran was Joint Secretary in the Ministry of External Affairs, heading the Northern Division and handling India's bilateral relations with Nepal and Bhutan. She was Joint Secretary in charge of the South Asian Association of Regional Cooperation Division in the Ministry during the 14th SAARC Summit held in New Delhi in April 2007. She has held varied assignments both at headquarters in New Delhi and in Indian Missions abroad, ranging from political, cultural, press and information and economic and commercial work.

Her experience involves multilateral



Mrs. Preeti Saran

work and she has attended several international Conferences. In New Delhi she has served in different Divisions in the Ministry of External Affairs including the Indian Council for Cultural Relations, the Americas Division, the East Asia Division and Establishment. Her overseas postings include Moscow, Dhaka, Washington, Cairo and Geneva.

Hotter & Drier Summer this Year... Canadians can expect a hot summer this year

Environment Canada predicts that there is every likelihood that the months of July, August & early September are going to be much warmer this year.

Much of the country had a warm spring: the warmest in 65 years and the ninth hottest on record, with temperatures generally a degree-and-a-half higher than usual.

A hot, dry summer would also mean a heightened risk for extreme meteorologi-

cal events such as forest fires and tornadoes.

Environment Canada also suggests that when people venture out for an enjoyable day, wherever it may be across Canada, always to know what the conditions are going to be like, and if it requires postponing your event or just sitting out for a couple of hours until the system passes through then you'll be safer and happier with it."

Inquest Into The Death Of Mark Pagavathsing Announced

Brampton -- Dr William J. Lucas, Regional Supervising Coroner for Central Region, Brampton Office, announced recently that an inquest will be held into the death of Mark Pagavathsing.

Mr. Pagavathsing, aged 46, died on August 18, 2011 from injuries received during his employment on a construction project.

The inquest will examine the events surrounding Mr. Pagavathsing's death.

The jury may make recommendations aimed at preventing similar deaths.

The inquest is expected to last two days and to hear from approximately four witnesses.

The inquest will begin at 10:00 a.m. on Wednesday, September 19, 2012 at the Aurora Municipal Offices, 1 Municipal Drive. Dr. Mary Beth Bourne will preside as inquest coroner and Mr. Robert DeChellis will be counsel to the coroner.

Canada News

Statement by Liberal Leader Bob Rae on Canada Day

TORONTO- Liberal Leader Bob Rae made the following statement today on Canada Day:

Canadians from coast to coast to coast are joined in celebration of Canada's 145th birthday. Today we reflect on what it means to be a citizen of Canada, its many achievements and its proud place in the world.

Among many other things, being Canadian means being boldly hopeful. Being Canadian means knowing we live in a country built on the foundational beliefs of openness, equality of opportunity and respect for diversity. Being Canadian means that the prosperity we create is a prosperity that is deeply and widely shared across this country.

Canada is the country of the Charter of Rights and Freedoms. Canada is a country of fierce, rugged and stunning natural landscapes unmatched anywhere else in the world. Canada is a country of industriousness and of a distinguished and influential



culture. Canada is our home and with all it has to give, we cannot help but be proud. On this day we celebrate all Canada is and all it has to offer.

On behalf of the Liberal Party of Canada and our Parliamentary Caucus I wish everyone a happy Canada Day.

From watching John Wayne movies in Africa to celebrating the centennial of the Calgary Stampede: Deepak Obhrai recalls how the Stampede kindled his Western spirit

(Calgary) - Deepak Obhrai, Member of Parliament for Calgary East and Parliamentary Secretary to the Minister of Foreign Affairs, on Wednesday represented the Government of Canada at the unveiling of a Special Edition Silver Dollar celebrating the centennial of the Calgary Stampede.

Mr. Obhrai said, "This marks an important milestone in my life. I attended my first Stampede in 1978, after migrating from Africa. I immediately took to this Western culture after attend-

ing the Stampede and my fondness has grown ever since."

"My previous exposure to the Western culture was through John Wayne and Clint Eastwood movies. Today, I am happy to be representing our government at the 100th anniversary of this great Western cultural event," he added.

Photo shows Deepak Obhrai at the unveiling of the Centennial Coin with Bill Thompson, First-Vice President of the Calgary Stampede.



Member of Parliament for Calgary East Deepak Obhrai at the unveiling of the Centennial Coin with Bill Thompson, First-Vice President of the Calgary Stampede

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

'While there are plenty of kind words available for use, to take a harsh speech, is just like tasting bitter unripe fruit, ignoring the sweet ripe fruit'
- Thirukkural # 100

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Monsoon Journal
Circulation

Toronto(GTA), Scarborough, Markham, Mississauga, Brampton, Pickering, Ajax, Vaughan, Waterloo.
"Source for Multi Ethnic Exposure"

from the publisher's desk

Celebration of International Youth Day

by Shiyam Loganatham

Is there any investment as responsible, secure and profitable as the one in our youth. From the beginning of man we have nurtured, protected and educated our children so that they in turn would do the same for their own. Responsible. It was innate, ingrained, and instinctual to have progressed our world so that our young would live in one greater. Secure.

However today, these days, responsible and secure does not carry as much weight as profitable. How can investing in our youth possibly be profitable? Maybe for future generations but how about in our lifetimes?

Every dollar spent investing in our youth is one saved battling childhood and then adolescent and then adult and then geriatric poverty, and all the co-morbidities that come along with it. Disease, social welfare, crime are all exponentially more costly,

and all are directly correlated with poverty. It is much easier to fix a leak than to pick up all the water from the ground.

Today's youth are more creative and technologically savvy than ever. They are incredibly socially aware and pro-active. They follow the Google model where ingenuity and innovation are paramount, and profitability is a secondary gain for CEOs and boards of directors to consternate over what to do with all the money their earning.

August 12, 2012 will mark the 13th annual International Youth day. In 1999, in its resolution 54/120, the General Assembly endorsed the recommendation made by the World Conference of Ministers Responsible for Youth (Lisbon, 8-12 August 1998) that this date be declared as such.

International Youth Day is commemorated every year on 12 August. The Programme on

"The international community must continue to work together to expand the horizons of opportunity for these young women and men and answer their legitimate demands for dignity, development and decent work. Failing to invest in our youth is a false economy. Investments in young people will pay great dividends in a better future for all."

Secretary - General Ban Ki-Moon
Message for International Youth Day 2011

Youth selects a theme for the day in consultation with youth organizations, the Department of Public Information and other UN system offices and agencies. It also organizes a commemoration of the Day at United Nations Headquarters in New York. The Programme encourages youth around the world to organize activities to raise awareness about the situation of youth in their country.

Youth are encouraged to send in a description of their planned

activities to youth@un.org. The most creative activities are featured on the Programme's website to provide a sense of how International Youth Day is being commemorated around the world and to encourage other youth to take action.

Together with the United Nations, Monsoon Journal encourages all youth to participate in this year's International Youth day. We hope all in our global community can make the greatest investment of all.

Immigrants Change Australia's Cultural Identity

By Phil Mercer

A census is revealing how immigration from Asia and the boom in mining are reshaping modern Australia. The census data indicates the country is becoming increasingly multicultural.

According to census data compiled last year by the Australian Bureau of Statistics, nearly 22 million people now reside in Australia. But behind the population statistics lies a portrait of a growing multicultural society influenced by a rise in immigration and the development of new economic centers.

The census shows how Australia's mining bonanza is reshaping the way the nation lives. More people are moving to the boom states of Western Australia and Queensland in search of work in the resources industry, which is powered by exports of iron ore and coal, mostly to Asia.

The sector has helped Australians become richer, own more cars and live in larger homes during a period of global financial crises.

The data also highlights Asia's growing influence. More migrants are coming from India and China, which is Australia's biggest trading partner.

The census reflects the shift in those economic and social ties. After English, Mandarin Chinese has replaced Italian as the most common language spoken in Australian homes.

Victor Dominello, the New South Wales minister for citizenship and multiculturalism, says the country is becoming increasingly diverse.

"There is obviously a broad spectrum of views in Australia, as there is around the world, in relation to multiculturalism, but Australia is one of the those countries where in our state alone one in every four people were born overseas," said Dominello.

"In our state alone 40 percent have at least one parent born overseas. Now I'm one of those statistics: both of my parents were born in Italy. The reality is, though, when we talk about multiculturalism we must frame multiculturalism within



the Australian way of life - that is, within the Australian laws, within the Australian values."

Migration from India has made Hinduism the fastest growing religion in Australia. While there has been a 40 percent increase in the number of Australians identifying themselves as Islamic in faith, a record number of citizens say they practice no religion at all.

Australia, a former British penal colony, has seen its population jump by more than 17 million over the past century. The current population stands at 21.7 million, an 8.3 percent increase from the 2006 census.

The census information is used to help shape government policies and spending.

[VOA News]



Canada News

Toronto Mayor throws support behind Canada's largest grassroots soccer event Ford issues fundraising challenge to all city councillors

TORONTO - Mayor Rob Ford declared his support and publicly issued a challenge today to all city councillors for Festival of Football - Canada's largest grassroots soccer fundraising event held on August 18 at Eglinton Flats in Toronto.

"I am very pleased to be supporting Festival of Football, an event that will capture Toronto's passion for soccer," states Toronto Mayor Rob Ford who was joined by Councillor Frances Nunziata in making his special announcement. "I challenge each Toronto Councillor to get involved by forming their own teams and I extend this challenge to all Toronto residents."

As an official Festival of Football Ambassador, Ford encouraged all 44 wards in the city to not only play in the inaugural event, but also fundraise for West Park Healthcare Centre. The Toronto facility, which offers specialized rehabilitation, complex continuing care and long-term care, is the beneficiary of all monies raised.

Councillors Frances Nunziata and Michelle Berardinetti have already accepted the call to action by entering teams from their respective wards.

Ford sees the event as an opportunity to unite Torontonians in Canada's highest participatory sport.

"Festival of Football is a great event that motivates people to help a great



cause, build stronger communities and promote healthy living," says Ford.

The event has received tremendous support not only from soccer organizations, but also from the corporate community. Heineken is on board as the Official Beer of Festival of Football. Additionally, the Official Apparel Supplier, Inaria, will be decking out all participating teams in jerseys for the event.

Other Festival of Football Ambassadors include three former Canadian national team players, Craig Forrest, Kara Lang and Jason deVos, inspirational speaker and supermom Cyndi Desjardins, Deputy Toronto Chief of Police Peter Sloy and MPP Laura Albanese.

"We are excited to have Mayor Ford on board," says Mike Fenton, Executive Director, Campaign, at West Park Healthcare Centre Foundation. "His support demonstrates the event's importance to the Toronto community."

Team registration for Festival of Football is underway at www.festivaloffootball.ca or by calling 1-855-775-GOAL (4625). Follow Festival of Football on Facebook at www.facebook.com/FestivalofFootball and on Twitter at www.twitter.com/FestofFootball for the latest updates and event news.

About Festival of Football:

Festival of Football is Canada's largest adult-oriented, mass participation grassroots soccer fundraising event. The inaugural Festival will take place August 18, 2012, at Eglinton Flats in Toronto and will celebrate everything

surrounding "The Beautiful Game" - passion, culture and community. A complete soccer experience for the senses, Festival of Football will feature teams playing in six-on-six competition, along with entertainment, interactive activities, food and beverage and appearances by VIPs and soccer celebrities.

About West Park Healthcare Centre:

West Park Healthcare Centre, a teaching hospital affiliated with the University of Toronto, provides specialized rehabilitation, complex continuing care and long-term care services. Working with patients and their families, it is a partner in the often tough and challenging journey from survival to living life to the fullest. Through its programs and services, they help patients on the road to recovery - www.westpark.org

Masala dosa among ten dishes to try before you die

Popular South Indian dish Masala Dosa has made it to the list of '10 foods to try before you die', compiled by the Huffington Post, on July 5, 2012.

The list, prepared by travel blog viator for the newspaper, includes dishes from around the world as a must-try for travellers.

Masala dosa features in the list alongside the Peking duck from China, BBQ ribs from the US and Teppanyaki from Japan.

"The plate-covering, paper-thin pancake is made from rice and lentils, cooked to lacy perfection on a hot griddle. What creates the more-ish flavor is a spiced concoction of mashed cooked potatoes and fried onions, served with a liberal dose of garlicky chutney," the website describes masala dosa.

The list also includes France's Escargots, which are actually snails generally eaten as an appetizer, served

in the shell and cooked in a delicious melange of garlicky parsley butter.

Moussaka on the list is described as the Greek answer to the Italian lasagne. "The dish is made by smothering layers of ingredients in a cheese bechamel sauce, and baking until creamily melted and golden."

Other foods on the list are Zucchini flowers from Italy, Seafood curry laksa from Malaysia, Thai dish Som tam or green papaya salad and Pavlova from Australia-New Zealand.

"Sampling the local cuisine can help you make friends, understand the history, politics or religion of the place you're visiting and provide a lasting memory of your trip. Food and travel go hand in hand, and there's no better way to delve deep into a destination than to try its most famous dishes," said the newspaper.

- PTI

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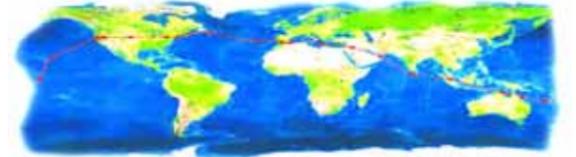
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Around the world



Bajaj Auto cuts Sri Lankan product prices

MUMBAI: Bajaj Auto on July 5th announced price reduction of its products in Sri Lanka to bring back the volumes lost post the excise duty hike in the country, writes Darshan Mehta in The Economic Times of India:

Sri Lanka accounts for almost 5-7 per cent of the total volumes of the company.

The company indicated that there was a cut in retail prices of 3-wheelers by 10 per cent while the 2-wheeler segment saw price cuts to the tune of 5-14 per cent, depending on the model.

Sri Lanka is one of the biggest markets for the auto major in terms of export and accounts for 17-18 per cent of export sales. The island market accounts for 5-7 per cent of total sales. Post the duty hike, exports to Sri Lanka have virtually been zero with dealers just looking to clear the pending inventory of the products.

The hit due to the price cut will be shared between the company and the dealers. The ratio of sharing of the price cut was not disclosed by the company.

Rakesh Sharma, President of International Operations at Bajaj Auto, confirmed the price cut but refrained from indicating the deals reached



between Bajaj Auto and dealers in Sri Lanka. Bajaj Auto had in its earlier interactions with ET Now indicated that it was sending a team to Sri Lanka to assess the situation post the excise duty hike by the Sri Lankan government.

Sri Lanka hiked the duty on 3-wheelers by 51-61 per cent and the duty on 2-wheelers by 60-100 per cent to curtail its fiscal deficit in April 2012.

Prices of Bajaj's motorcycles were hiked by around 29 per cent and 3-wheeler prices increased by around 32 per cent in Sri Lanka after the import duty hike.

Bajaj Auto sells around 20,000 units of products to Sri Lanka every month.

TIME dubs PM of India as 'underachiever'

Prime Minister Manmohan Singh, who has long been lauded for his pivotal role in liberalising the Indian economy, has been dubbed as an "underachiever" by a top US magazine which says he appears "unwilling to stick his neck out" on reforms that will put the country back on growth path.

79-year-old Singh is featured on the cover of Time magazine's Asia edition. With his portrait in the background, the title on the cover reads 'The Underachiever - India needs a reboot'.

Is Prime Minister Manmohan Singh up to the job? Time's report titled 'A Man in Shadow' asks, adding that apart from facing the challenges of a slowdown in economic growth, huge fiscal deficit and a falling rupee, India's Congress party-led UPA coalition "has found itself fending off corruption scandals and accused of showing a lack of economic direction."

"...investors at home and abroad are beginning to get cold feet. Voters too are losing confidence, as rising inflation and a litany of scandals chip away at the government's credibility," the magazine said.

Pointing towards Singh's fall "from



grace," the magazine said, "in the past three years, the calm confidence he (Singh) once radiated has been absent. He seems unable to control his ministers and his new, temporary portfolio at the Finance Ministry notwithstanding? unwilling to stick his neck out on reforms that will continue the process of liberalisation he helped start."

The magazine said at a time when India cannot afford a slowdown in economic growth, "laws that could help create growth and jobs are stuck in Parliament, sparking concerns that politicians have lost the plot in their focus on shorter-term, populist measures that will win votes."

Rich Gandhi-Kallenbach archive coming home



London: A rich archive containing thousands of items related to Mahatma Gandhi will soon return to India after the Union Ministry of Culture signed a contract with auctioneers Sotheby's to purchase it before it was put up for auction on July 10.

The price paid by the ministry has not been revealed, but it is likely to be between Rs 4 crore to Rs 6 crore, since Sotheby's expected the archive to fetch between 500,000 and 700,000 pounds.

Sources in the Indian government told PTI that the contract had been signed with Sotheby's and that the auction will not go ahead.

Confirming this, Sotheby's said: "The Gandhi-Kallenbach archive, which had been scheduled to be offered as Lot 30 in Sotheby's English Literature, History, Children's Books and Illustrations Auction on 10th July 2012,

has been withdrawn from sale."

The archive includes several letters that throw fresh light on the controversial relationship between Gandhi and architect Hermann Kallenbach, one of the foremost associates and friends of Gandhi during his time in South Africa.

The archive, which is likely to be a rich resource for researchers and historians, was recently examined by a team of experts from the ministry, who reportedly described it as "very well preserved and of inestimable value".

The archive is now expected to be lodged in National Archives, New Delhi.

The auctioneer's Catalogue Note on the archive said that it "is richly informative of the important (and occasionally misunderstood) friendship between the two men, and is a key biographical source for Gandhi".

Bollywood starlet Laila shot dead: Accused; father raises doubts

Jammu/Mumbai: The missing Pakistani-origin Bollywood starlet Laila Khan was murdered along with her family members in Maharashtra last year, according to the main accused in her kidnapping case, a claim contested by her father.

With no physical evidence to corroborate what Parvez Iqbal Tak told his interrogators in Jammu, Mumbai and Jammu and Kashmir police were verifying the veracity of his claim. Laila has been missing for over a year.

In Kistwar in J-K, Parvez was slapped with a case of cheating and forgery and remanded to police custody.

Police registered a First Information Report (FIR) for cheating and forgery in Kishtwar police station against Parvez, Senior Superintendent of Police (SSP), Kishtwar, Bhim Sen Toti told PTI.

Police moved court with a fresh case diary and got seven days' remand of Parvez who was allegedly using a forged PAN card of Nadar Shah - Laila's father.

During interrogation, Parvez told police that Laila, her mother, sister and a friend were killed in Maharashtra in February last year, Deputy Inspector General (DIG), Doda-Ramban range, Gareeb Dass said in Jammu.

They were killed by gunshots, Parvez, who is also a family friend, reportedly told interrogators, which also included a



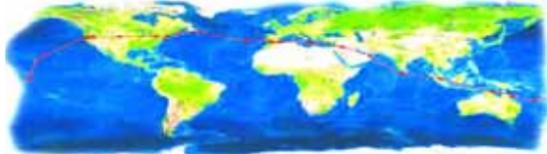
Mumbai Police Crime Branch team. Dass did not say whether Parvez gave any details of the killers.

Dass said it was difficult to arrive at a conclusion as the bodies of the victims are yet to be found.

"Unless we get the bodies, we cannot for sure say," he said, adding, "We cannot give further details as the probe is in progress".

"Local Police will investigate it on the ground. Then only we can come to any conclusion," he said.

Sources claimed the murders took place at Laila's farm house Ingatpuri in Nasik in Maharashtra in the month of February, 2011.



Around the world

PV Narasimha Rao's son flays comments made by Arjun Singh in book

Hyderabad: P V Narasimha Rao's son Ranga Rao today criticised the comments made by late Arjun Singh against his father in a book, which said the former Prime Minister was opposed to Sonia Gandhi.

He was also very critical of the book written by veteran journalist Kuldip Nayar, which blamed late Rao for the demolition of Babri mosque on the basis of a reported claim by socialist leader Madhu Limaye.

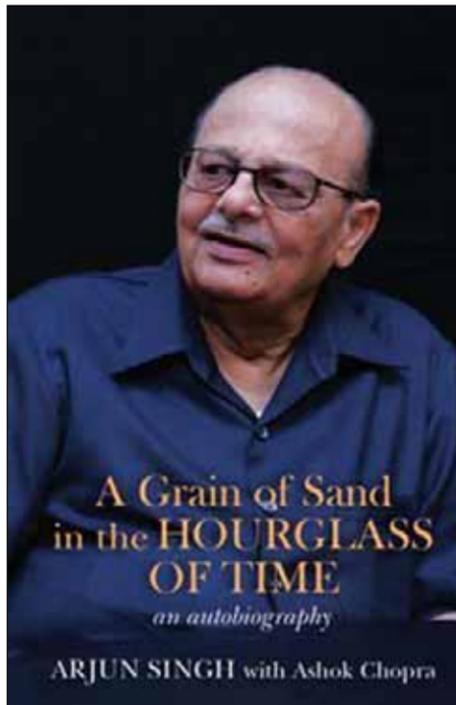
Lamenting that "vested interests" were trying to spew venom at his late father, P V Ranga Rao said the former Prime Minister's family was "very unhappy and sad" about it.

"What is being written in these books is not fair to father. We don't expect such things about a person who is no more," Ranga Rao said.

"How can anyone talk something ill about a person who is no more...a person who cannot defend himself?" Rao said reacting to the claims made in late Congress leader Arjun's soon-to-be-released posthumous autobiography 'A Grain of Sand in the Hourglass of Time'.

In the book, Singh had quoted P V Narasimha Rao as saying, "Why should Congress party be hitched to the Nehru-Gandhi family like train compartments to the engine" when a suggestion was made that Sonia be made Congress chief after the assassination of her husband Rajiv Gandhi in May, 1991.

Ranga Rao, who is an MLC, countered



the claim saying his father always remained "very loyal" to the Nehru-Gandhi family and in fact was the first person to take Sonia's name for the post of the Prime Minister after Rajiv Gandhi's death.

"Father himself wanted Sonia to lead the party and become Prime Minister. But she declined," he recalled.

Ranga Rao also trashed as "unbelievable and untenable" the contention in Nayar's soon-to-be released autobiography "Beyond the Lines" that Narasimha Rao "connived with saffron forces" to let the Babri structure demolished, a reported claim by Limaye.

Sri Lanka to crack down on websites with amended law

Colombo: Sri Lanka plans to amend the Press Council law to give the regulator more muscle with the aim of curbing scurrilous website content.

"I will be bringing in new legislation," government spokesman and minister Keheliya Rambukwella said responding to a query at a press briefing recently.

"Currently only the print media is under the press council rules. It will be amended to cover websites," he added.

The government had recently announced that certain websites were carrying slanderous material on individuals including government leaders and carrying out a vicious misinformation campaign both locally and internationally.

The announcement came in the backdrop during recent police raid on the offices of two pro-opposition websites.

The office of the Sri Lanka Mirror and

Lanka News websites were raided while 9 staffers arrested. They were later released on bail.

Mangala Samaraweera, a main opposition legislator publicly challenged the raid claiming it was illegal as website regulation was not covered by any legal statute.

Both the US and the European Union had issued condemnation of the websites raid calling it as impeding the freedom of expression in the island Rambukwella said the existing press council Act would be amended to cover the electronic media.

The Press Council was set up in 1973 "to regulate and tender advice on matters relating to the press for the investigation of offences relating to the printing or publication of certain matters in newspapers".

Pak police seize 2,000-yr-old Buddhist relics worth millions



Islamabad: Pakistani police have seized a large number of 2,000-year-old Buddhist artefacts and relics dating from the Gandhara era and arrested two men who were allegedly trying to smuggle the items out of the country.

The artefacts were recovered in two major police raids in the southern port city of Karachi.

"The seized items contain statues of Gautam Buddha, life sized idols, plaques and utensils," a senior police official said.

The haul included 10 statues of the Lord Buddha.

Some heavier artefacts were damaged due to handling and careless unloading of items at a police station.

The Gandhara civilisation evolved in the Peshawar Valley and parts of eastern Afghanistan over 2,000 years ago.

Qasim Ali Qasim, an official of the Sindh culture department, said that the artefacts enjoy protection under the Antiquities Act of 1975. The law restricts digging of and trade in protected objects, prescribing long prison terms and heavy fines.

Ali said the goods were being transported to Sialkot when the police intercepted the container.

National Museum chief Mohammad Shah Bokhari said an inventory had been

made of 38 artefacts and some more items were yet to be examined.

Qasim said the artefacts included a statue of a "Bodhisattva" or Buddha before achieving nirvana and a "Jataka" or a stone panel depicting the scene at the time of Buddha's birth.

Among others was a "Hariti" (a witch who, as the legend goes, used to kill children, but after meeting Gautama Buddha repented and was transformed into a protector of children)

"Probably the smugglers intended to smuggle these out of the country through Karachi port or airport, but after failing to do so, they decided to send the consignment to Sialkot dry port for eventual shipment overseas," Qasim said.

A good number of the sculptures were three to four metres long and very heavy.

Police had to arrange fork lifters to start moving the artefacts and relics from the go down in Korangi and bring them to the police station.

This is not the first time that a large haul of artefacts has been seized.

A few years ago, over 1,500 items, including more than 400 Gandhara sculptures and pre-historic and Islamic era relics, were seized by authorities at Karachi port.

UK cracks down on terror suspects ahead of Olympic Games

London: Stepping up vigil ahead of the Olympic Games here, British police announced that seven men have been arrested on suspicion of terrorism offences after officers found weapons hidden in a car during a routine search.

The men were arrested during raids

in the West Midlands over the past three days, police said, a day after six people, including a woman, were arrested in Stratford near the Olympics stadium.

The arrests came as London geared up to host the Olympics from July 27 to August 12.

Health & Fitness



Staying Fit as You Age

Exercise is often prescribed for patients of all ages to reduce complaints about pain in muscles and bones. But some feel it gets harder to exercise as they get older. The following tips will help you exercise more effectively as you age, making you feel better.

I've been inactive for so long. Won't it hurt to exercise?

You can always become as physically fit as possible, given your current health status and limitations. When you commit to a physical fitness program, you will move toward enjoying life more fully.

First, pick an activity that you enjoy doing and perform it regularly. Make your exercise program as pleasant as possible. If you feel exercising is a chore, you will be uncomfortable with the program and will quit. If you can, ask a friend to exercise with you so you can support each other.

Second, Dr. Traitses says to begin your exercise program gradually, starting with five minutes of exercise each day. As you become more comfortable with the routine and notice the positive effects of fitness, you may increase the exercise time.

If you have been inactive for some time, you may feel some small aches and pains. They will fade with time. Be sure to tell your doctor if you experience any unusual pain or other symptoms while or after performing your exercises.

Check with your doctor of chiropractic or other health care provider before starting any exercise or physical fitness program. While exercise is beneficial to your health, depending on your health status, the type of exercises you perform can have profound effects on your health, both good and bad.

How do I start?

Develop a plan for an exercise program and stick with it. Make your exercise program an integral part of your normal daily activities-or use normal daily activities to help your muscles and bones become as healthy as possible:

- o Research shows that "functional exercises"- those that mimic actual daily activities, such as walking up and down stairs and getting in and out of a chair-can be quite effective.

- o Some research suggests that people who live in two-story houses are less prone to certain types of heart disease. Repeatedly climbing a flight of stairs or rising from and returning to a seated position helps build leg strength and aerobic fitness. If you hold a weight during these exercises, you can increase your level of physical activity even further.

- o Household chores, such as vacuuming, loading and emptying the dishwasher, and moving wet laundry from the washer to the dryer can increase strength and flexibility. Lift with your legs, when necessary.

I don't feel as strong as I used to.



Dr. George Traitses

D.C., B.Sc.(Hon.), M.Sc., C.H.N., C.N.M., A.C.R.B. 3, C.R.A.

Can I still exercise?

As we age, we lose muscle mass. Some health care providers suggest that weight training will help prevent strength loss and keep patients feeling younger.

Unfortunately, many seniors find they can't lift the heavy weights necessary to actually build muscle mass.

But don't be discouraged. Recent studies show that while muscle strength diminishes with age, muscle endurance does not. It means that, as we get older, we may benefit from switching strength exercises to endurance exercises-working muscles with lighter weights but for a longer period of time.

Exercises that emphasize endurance, such as dancing, walking, or bicycling, may be not only more beneficial but also more enjoyable. Walking with a family member or friend helps your physical fitness-and helps build relationships. These exercises are also aerobic and will benefit your heart health. For people who cannot walk or ride a bike, there are endurance-and flexibility enhancing exercises that can be performed in a chair.

I have arthritis. How can I exercise safely?

Many people with rheumatic conditions are physically inactive. Prolonged periods of inactivity, however, will often make your joints stiff and painful. But, in most cases, you can-and should-exercise. In fact, recent research has shown that older people with arthritis gain modest

improvements in physical function, pain, general mobility, and flexibility when participating in long-term exercise programs. Water-based exercises, such as swimming or "water walking," can work on joints without putting them through the stress of weight bearing. If necessary, your doctor can show you how to use a cane, a walker, or other assistive devices to help prevent falls and injuries while you are physically active.

What fitness program will help me most?

The best exercise program should be tailored to your individual health status. Your doctor of chiropractic can help you plan the fitness program that is right for you.

Typically, low-impact activities that keep joints moving and minimize pain,

such as walking, swimming, and water-based exercise, are effective. Research has shown that exercise can reduce joint stiffness, pain, and inflammation associated with arthritic conditions, which affect most of us as we age.

Doctors of chiropractic can not only help restore muscle and joint function that has been affected by injury, illness, and age-related conditions, but they can also maintain the health and flexibility of your muscles and bones. They often prescribe exercise to prevent and treat many of these conditions, helping older patients to remain active and independent.

For more information on health and safety visit the Ontario Chiropractic Association

Web site at www.chiropractic.on.ca or call 1877-327-2273.

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Health & Fitness

The Way to Wellness

In the words of William Londen, "To insure good health: Eat lightly, breathe deeply, live moderately, cultivate cheerfulness and maintain an interest in life." He is a wise man with great truth to his words. What is the true definition of wellness? It is the state of being content, happy and fulfilled with all aspects of your life. It is multidimensional - physical, nutritional, social, emotional, occupational, financial, intellectual, and spiritual. Wellness is the integration of the mind, body and spirit. It is living a balanced and healthy lifestyle that allows you to grow to your greatest potential. Wellness is the ability to cope with stress, challenges and obstacles that you may endure in the path of life. Ultimately, wellness is the ability to

proteins, low-fat dairy products, whole grains and other essential minerals and vitamins can have a negative impact on your body's functions and lead to many diseases such as diabetes, cardiovascular disease, obesity and osteoporosis. Nutritional wellness includes making food choices that allow us to perform at our best which include drinking enough water, reducing salt, sugar and fat intake, choosing organic versus processed, pasteurized or genetically modified foods and consuming nutrient-rich foods.

Social Wellness

Experts have indicated that socially isolated people are more susceptible to disease, illness and death compared to those who are social and extroverted.



achieve internal peace and harmony.

Physical Wellness

Physical wellness is to love and care for your body. It's your body - fuel it, use it and love it! Living an active lifestyle, performing activities you enjoy and respecting your body are a few ways to achieve physical wellness. Optimal physical wellness includes reducing the number of sick days, performing cardiovascular and strength exercises that allow your heart, muscles and joints to become stronger and leaner, achieving and maintaining a healthy body weight and gaining the ability to lift, run, walk, sprint, bend, hop, jump, and move without aches and pains! Physical wellness also involves understanding your body and knowing its limitations and boundaries. Ensuring adequate rest and aiming to remain injury-free are some of the goals of physical wellness.

Nutritional Wellness

"You are what you eat." A healthy, balanced diet is an integral part of achieving nutritional wellness. A diet deficient in fruits and vegetables, lean

Studies have also shown that those who have strong social networks and support systems have a better ability to cope and manage stressful situations. So, why not get out there and mingle? Join a club or an organization that allows you to meet new people with similar interests. Take the extra step and start a conversation with someone at a party or social gathering. Call a friend to go out on the town. Arrange a hike or activity with co-workers. Conquer your fears about being judged and others' opinions of you and surround yourself with positive, fun and supportive people. It's good for your health!

Emotional Wellness

Emotional wellness is the ability to understand, recognize, manage and take responsibility for your feelings and emotions. An emotionally well person has a strong sense of self; they recognize their strengths and weaknesses. Emotional wellness allows you to be aware, understand and recognize not only your own personal thoughts and feelings but of those around you. You have the ability to

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

build strong, healthy and meaningful relationships with others and also be a positive role model. Some tips to emotional wellness include: educating yourself by reading self-help books and attending workshops, spending time with those who have a positive impact on your life, joining a wellness forum or consulting a counsellor to seek ways to manage stress and personal challenges.

Occupational Wellness

We spend over eight hours a day away from our homes at our workplace. It is important to enjoy and take pleasure in the environment you work in. Building and maintaining relationships with your co-workers, working independently and cohesively in a team, recognizing your potential and striving to grow and excel personally, professionally and creatively and gaining new skills and perfecting old ones are important in the path to achieve occupational wellness.

Financial Wellness

This is a tough one for most of us. Handling our finances and staying within our budget is usually an on-going struggle. Financial wellness is achieved through planning, preparing and understanding your finances and being comfortable with financial changes. Some tips towards financial wellness include: creating and maintaining a budget; paying off your debt by making consistent payments, learning basic financial management skills, reading financial publications, magazines or books, researching financial options, consulting a financial advisor, and planning for unexpected financial situations.

Intellectual Wellness

Knowledge is power. An intellectually well person is stimulated by new ideas, information, learning, creativity and education. Intellectual wellness involves embracing new experiences, being adventurous with a strong desire to learn, seeking ways to grow, developing strategies, planning projects and solving problems. It is the ability to think logically, analytically, critically and creatively. To become an intellectually well person start by reading the newspaper - stay current with local, national and interna-

tional news. Visit an art gallery or museum. Take a class outside your area of expertise. Attend workshops or conferences that interest you. Buy books that challenge your mind. Play mind, memory, vocabulary, or grammar games and puzzles that challenge your mind. Learn something new every day. Attend a variety of cultural events such as plays, musicals, poetry readings or join a book club. Buy an "app" that allows you to get your daily dose of intellectual wisdom!

Spiritual Wellness

How do you define spiritual wellness? Shiny crystal balls, psychics adorned in colorful jewels, bright headscarves and gaudy clothing, tarot card readers chanting an enigmatic mantra or healers that promise all your problems will disappear. Yes, that is the stereotypical response that most may have when referring to spiritual wellness. In reality, it is the connection between mind, body and spirit. It involves the need to seek fulfillment and purpose in life. It is the state of being happy and content; finding harmony between your personal feelings and emotions and the obstacles and challenges in the journey of life. Some ways you can get in touch with your spiritual side include: practicing meditation, spending time alone and trying to recognize and understand your thoughts and feelings, opening yourself up to feeling all emotions including grief, pain, anger, frustration, happiness and love, learning about spirituality and how it can better your life, practicing acceptance and detachment, trying to "let go" and accept the things you cannot control, being more inquisitive and curious, stepping "out of your box" and embracing change, being present, conscious and aware and taking responsibility for your actions and feelings.

The wellness path is a long and tumultuous one with many experiences, discoveries, adventures and challenges which we encounter throughout our lives. Ultimately, we all seek a life full of happiness, love and harmony. It is the choices we make and the people we have in our lives that help us achieve wellness. It's your life to live, so live it and love it!

Ayktah Grover
 BSc, BAA, PTS and NWS
 Certified fitness, nutrition and wellness specialist

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

Rouge Valley Health System



Albert Campbell Collegiate Institute donation

Thank you to the student leaders at Albert Campbell Collegiate Institute for visiting Rouge Valley Centenary hospital during June 2012 to make a special donation of \$1,000.

The school's Rouge Valley Foundation @ ACCI club raised the funds through pizza sales, selling their Campbell Swagger materials as well as sherbet and shake sales. Club co-leaders Thivagar Sabapathy and Thuvaatagan

Manickarajah presented the donation to the Foundation's Maureen Dowhaniuk.

The students also held an obstacle course fundraiser, with 'elder' members of the club helping the younger club members to organize events so that they can take over the reins for the 2012/13 school year.

Congratulations to the school's principal, Roy Hu, for encouraging the Philanthropic spirit in the school.

Specialized care, comfort and support provided Magazine focuses on the experience of Rouge Valley patients

From helping a child speak, to using maggots in saving a man's leg, there are many compelling stories of how staff and doctors are putting patients first in Rouge Valley Health System's quarterly magazine, Echo.

"The magazine tells interesting stories while offering our staff, physicians and volunteers a view of how patients experience the care they receive from our team," says Rik Ganderton, president and chief executive officer of the hospital.

Some highlights include:

Why one Whitby man is crediting Rouge Valley's cardiac care team with saving his life;

How a Rouge Valley speech pathologist helped one little boy to find his voice;

How maggots helped to save the leg of a Rouge Valley Centenary patient; and

Why Rouge Valley's new systems navigator is a source of comfort, support and expertise to breast cancer patients.

Copies of Echo are available at the hospital's two campuses in east Toronto and west Durham, and can be downloaded at www.rougevalley.ca/community-news.

The magazine also features The President's Blog on how patients will be impacted by new challenges and changes coming in health care in Ontario. It is also available online at <http://rvhsblog.blogspot.ca/2012/06/what-ontarios-action-plan-means-for.html>.





Rouge Valley
HEALTH SYSTEM

Rouge Valley Health System

Hospital welcomes new chair of the board

Chair Joan Wideman to continue focus on quality patient care

Durham business executive and well-known volunteer, Joan Wideman, is the new chair of the Rouge Valley Health System (RVHS) Board of Directors. The appointment came Tuesday following the hospital's 14th Annual General Meeting (AGM) of Members in Ajax.

"We're pleased to welcome Joan as the new chair of the Board of Directors," says Jay Kaufman, who has completed his two-year term as chair and will remain on the board. "Joan brings to this leadership role, not only familiarity with RVHS due to her time on the board, but also a depth of experience and knowledge of the health care system, which will be of great benefit to the board and the hospital," Kaufman adds.

Wideman, who has served as the board's vice-chair for the past two years, has been a member of the board since 2007 having served on a number of committees. She thanked outgoing chair Jay Kaufman for two years of solid leadership of the board.

"The board has a sense of renewal and purpose, even as the province deals with challenging financial times, and with the expected major changes to health service delivery. Our team of board members, staff, physicians and volunteers is aligned toward our goal of putting patients first in all of our decisions, planning and actions," says Wideman. "We will continue to work with our community partners in east Toronto, west Durham, the Central East Local Health Integration Network and the Ministry of Health and Long-Term Care."

Joan Wideman

Joan Wideman is the vice-president of corporate services for the Pickering-based Lenbrook Group of Companies. An active community volunteer, she is a director with the Ajax-Pickering Board of Trade and co-chair of its government relations committee. Wideman has

received several awards and appointments including: the first Community Leadership Award from the Pickering Rotary Club in 2002; Business Person of the Year in 2006; and the 2010 Richard Dolphin Community Service Award from the Ontario Chamber of Commerce. Wideman is the mother of four children, active in her church and enjoys gardening, music and traveling with her husband Dwight.

New board members -

The AGM, which was open to the public and held at the Rouge Valley Ajax and Pickering hospital campus, also saw the addition of new members to the hospital's Board of Directors, plus the re-appointment of directors. All of the new and re-appointed members bring with them their own unique professional experience and a desire to make a meaningful contribution to the community.

Terri McKinnon

Terri McKinnon is a chartered accountant and partner at PricewaterhouseCoopers LLP. She brings expertise in financial management and planning, strategic planning and risk management to the RVHS board.

Graeme McKay

Graeme McKay has spent more than 30 years with IBM Canada Ltd. in a variety of professional, management and executive positions. He is currently the IBM Canada vice-president responsible for IBM's overall relationship with the Ontario government, healthcare, education and municipal sectors.

John Rowinski

John Rowinski is a graduate of Queen's University, where he earned his bachelor of arts and law degrees. He established his own law office in



Joan Wideman

Brooklin, Ontario.

Yazdi Bharucha

Yazdi Bharucha is a chartered accountant and retired senior business executive, with extensive financial management and real estate industry experience. He was a founder of Canadian Apartment Properties Real Estate Investment Trust (CAP REIT), now one of Canada's largest apartment landlords, and served as the chief financial officer and secretary.

Janet Ecker

Janet Ecker is a former RVHS board chair, who returns now to elected-director status. She was a member of provincial parliament representing Ajax and Pickering, and was an Ontario cabinet minister of: education; finance; and of community and social services. She is now president and chief executive officer of the Toronto Financial Services Alliance.

For more complete biographies of the new Board members, please visit www.rougevalley.ca/agm2012.

Board

Here is the 2012-2013 Rouge Valley Health System Board of Directors:

- Tom Atkins;
- Yazdi Bharucha;
- Dave Barlow;
- Fred Clifford;
- Janet Ecker;
- Dave Goulding;
- Ian E. Johnson;
- Rhonda Lawson;
- Lisa Mattam;
- Graeme McKay;
- Terri McKinnon;
- Lynda Mungall;
- Joan Wideman;
- John Rowinski; and
- Loreen Paananen.

Ex-officio Directors of the Board are:

- Rik Ganderton, President & CEO;
- Dr. Naresh Mohan, Chief of Staff;
- Amelia McCutcheon, Chief Nursing Executive, and Vice-President, Cardiac, Cancer, Critical Care;
- Dr. Henry Huang, President, Medical Staff Society;
- Dr. Ari Bay, Vice-President, Medical Staff Society;
- Judith Barker; Chair, RVHS Foundation;
- Nancy Maxwell, Alternate Representative of the RVHS Foundation; and
- Jay Kaufman, past-chair of the Board.

Honorary Life Members are:

- Margaret Birch;
- Ed Fleury; and
- Tom Lennard.

For biographies of our Board members please visit www.rougevalley.ca/board-of-directors.

The board also thanked outgoing members:

- Bob Oldman. Bob joined the board in 2004, and has been the chair of the building committee;
- Lea Ray. Lea joined the board in 2007 and was the chair of both the finance committee and audit committee;
- Peter Lobraico. Peter joined the board in 2003 and was chair of the governance and nominating committee; and
- Jag Mohan. Jag joined in the hospital board in 2010 and has been an active member of the building committee and quality and risk committee.

Reappointed Board Members

The following board members have been reappointed to an additional term on the RVHS Board of Directors:

- Lisa Mattam;
- Fred Clifford, who is the new vice-chair; and
- Loreen Paananen.

2012-2013 RVHS



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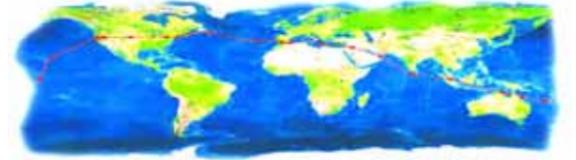
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Around the world



Donor interest in Sri Lanka north waning

Donor assistance is waning in northern Sri Lanka, where the critical priorities of food, shelter, protection and nutrition are not being covered, and many displaced people still need outside assistance more than three years after a decades-long civil war ended.

"We're now at a critical juncture in time," Vincent Lelei, head of the UN Office for the Coordination of Humanitarian Assistance (OCHA) told IRIN in the capital, Colombo. "It's imperative that donors remain engaged if we are to ensure the valuable gains that have already been achieved."

Of the US\$147 million requested under the Joint Plan for Assistance (JPA) for Northern Province 2012, launched by the UN and its humanitarian partners on 21 January, just 17.5 percent had been funded by 6 July - a gap of nearly \$122 million. Those in need have yet to realize durable solutions and will continue to need assistance, the UN warned.

According to the UN Financial Tracking Service (FTS), a global, real-time database that records all reported international humanitarian aid (including that of NGOs, the Red Cross/Red Crescent Movement, bilateral aid, in-kind aid, and private donations), significant gaps exist in the areas of shelter, livelihoods and demining.

"Some areas have not received any funding at all," Lelei noted. Of the \$5 million requested for water and sanitation (WASH), and \$29 million requested for mine action, donors have yet to come forward, while a request of almost \$40 million for shelter and permanent housing assistance faces a shortfall of more



A young boy looks to the camera in the village of Malayalapuram outside Kilinochchi. Thousands of conflict-displaced have returned to the area since the end of Sri Lanka's decades-long war which ended in May 2009

than 70 percent.

"Despite strong commitment from Aus Aid, the European Union, and India, there... [are] huge outstanding shelter needs in the north," said David Evans, chief technical advisor at the United Nations Human Settlements Programme. The World Food Programme (WFP) has been providing assistance to some 300,000 men, women and children in the north, but "WFP is facing significant funding constraints, which means that hard decisions will have to be made in terms of operational downsizing," Paulette Jones, a spokeswoman for the agency, warned.

"Serious pipeline breaks of pulses, sugar, oil and fortified cereals are anticipated shortly, with similar pipeline breaks for rice also anticipated. As a

regrettable measure of last resort, WFP may even have to reduce rations to our beneficiaries, unless urgent donor funding is forthcoming," Jones said.

Most UN agencies told IRIN they had already begun scaling back their operations and consolidating their field offices - a trend likely to continue through 2013. The World Bank now refers to Sri Lanka as a "middle income country at peace", and donors are looking to spend their money on what they regard as more pressing humanitarian emergencies.

The situation for the 32 international NGOs working in the north is even more dire. "There really is no funding available - it's drying up at the source and we're all suffering," said Jose Ravano, the country director of Save the Children in Sri Lanka. "What funding is coming in is

directed to the UN, so for us it's even harder."

Aid workers confirmed that many NGOs have already had to reduce programme activities and the number of internationally recruited staff.

Funding constraints forced an international demining NGO in Jaffna to lay off 200 local deminers in May, but according to the UN Development Programme, 122 square kilometres of land remain contaminated, including 18 months of priority mine clearance, which prevents many displaced from returning to their homes to restart their livelihoods.

NGOs also continue to face a number of administrative challenges, including the renewal of visas and the approval of projects - a problem many feel is a result of the government's long-standing suspicion of NGOs during the war years.

International NGOs have the highest presence in areas where internally displaced persons (IDPs) have returned most recently, clearly showing that they are still engaged in humanitarian response priorities.

According to the UN, more than 445,000 people displaced by the conflict have returned to Sri Lanka's Northern and Eastern provinces. This includes some 229,227 people displaced after April 2008, when renewed fighting broke out, and 215,985 persons displaced before April 2008.

Some 6,000 IDPs who fled after April 2008 are in camps - the vast majority in Menik Farm outside the northern town of Vavuniya - awaiting return to their areas of origin. An additional 7,300 from the protracted caseload (displaced before April 2008), remain in government welfare centres in Jaffna and Vavuniya districts.

"It's vital the international community stays the course," OCHA's Lelei urged. "So that those affected by the conflict and war witness first hand the benefits of promotion of reconciliation and peace."

- IRIN News

In India, Scant Monsoon Rains Raise Concerns for Farmers

By Anjana Pasricha

NEW DELHI - (Jul 2) Scant monsoon rains have raised concerns in India, one of the world's biggest producers of food crops such as wheat, rice, and sugar. India's farmers depend heavily on the annual rains to water their land. The weather office says rains have been 30 percent below average in June over most parts of India.

As a result, the sowing of summer crops such as rice, cotton and sugar cane has been delayed in key food-producing regions of the country.

Meteorologists are holding out hope. They say rains this month could help bridge the shortfall.

But officials say contingency plans will be in place in case the monsoon does

not pick up pace over the next two weeks.

"As of now there is no reason to believe that something adverse is happening, though I believe the agriculture ministry always takes precautionary steps," said Montek Singh Ahluwalia, head of the Planning Commission.

Those precautions include drawing up plans to shift from crops such as rice and sugar that need abundant water to less thirsty ones such as beans and wheat.

The four-month June to September monsoon season is tracked closely because nearly 60 percent of the country's farmland is dependent on rain.

India is the world's second biggest producer of cotton, sugar, wheat and

rice. It exports some of these crops, but also has a huge population to feed.

Economist D.H. Pai Panandiker heads the independent policy group RPG Goenka Foundation in New Delhi. He says concerns over the monsoon come at a critical time when the government is already battling high inflation and a slowing economy.

"Food inflation even now is something like 10 percent. If we have on top of that shortfall in agricultural production, I am sure that the food inflation will be pushed up further to about 15 percent or so," Panandiker noted.

While consumers may be faced with higher prices, a deficient monsoon will not impact food security because bumper production of wheat and rice during the last two years means that India has adequate buffer stocks.

But prospects of a poor crop could prompt the government to limit exports. It could also lower rural incomes and

hamper efforts to rev up economic growth.

While much of the country is parched, abundant rains in the north east have caused severe flooding in Assam, killing scores of people and displacing hundreds of thousands. Prime Minister Manmohan Singh visited the eastern state on Monday to extend the federal government's support in relief and rehabilitation efforts.

"We will ensure adequate quantities of food grains and other essential commodities are available in the state and that agricultural seeds required for replacement purposes are also available," stated Singh.

Although agriculture accounts for just 15 percent of the country's economy, it is crucial because nearly two thirds of the country's one-point-two billion people depend on the sector for their livelihood.

- VOA News



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Markham Stouffville Hospital

CMDDA DONATES \$25000 TO MARKHAM STOUFFVILLE HOSPITAL'S EXPANSION ON 13 JUNE 2012



On 13th of June, Tamil Doctors Association – CMDDA (Canadian Medical Dental Development Association) handover a cheque for \$25,000 to Markham Stouffville Hospital Foundation towards Markham Stouffville Hospital's 100 bed expansion program.

This money was collected from Lights of Healing 2011.

On behalf of CMDDA, Dr. Rajes Logan (President), Dr. Shan Shanmugavadivel (Vice President), Dr. V. Santhakumar (Past President), Dr. C. P. Giri (Past President), Dr. Radhika Natkunarajah (Treasurer), Dr. Kan Chandra, and The Ward 7 Councillor and Honorary member

of CMDDA Logan Kanapathi participated at the event.

On behalf of MSH Foundation Jennifer Chen (Director, Campaign & Major Gifts), Allan Bell (Director, Corporate Sponsorship & Special Events) and Donna Doherty (Development Officer) participated at the event.

As you know Markham is officially a City now and is the fastest growing diverse community in Canada. A large number of the Tamils live in Markham and Scarborough.

This is the largest single donation amount by Tamil community in support of the MSH and the credit goes to CMDDA.



The Great Markham Stouffville Hospital Bed Race



On Sunday, June 24, teams of five raced hospital beds down Main Street Unionville in support of the Markham Stouffville Hospital Foundation's Buy a Bed program, an important part to the Expansion Campaign. The program will allow Markham Stouffville Hospital to purchase much-needed beds that will provide increased comfort and safety to patients in the expanded hospital. This exciting inaugural event, presented by Farmers Mutual Insurance, raised \$75,000.

Teams from Bell, Scotiabank, Aspen

Ridge Homes, Stantec and SoftChoice raced hospital beds on a 360 metre course along Main Street Unionville. Four members of the team pushed the bed up the street with one of their members on the bed. Once the team reached the half way mark, they turned the bed around and headed towards the finish line.

After the race, participants headed to the photo station generously sponsored by Bell, to capture the memories. The winning team, The Housewives of Unionville (SoftChoice team), took home the trophy

and Ironman Watches, generously donated by Timex. Prizes were also given for the top fundraising team, the best dressed team and the top fundraiser.

"The Great Markham Stouffville Hospital Bed Race brought together the community for a day of fun and excitement," says Suzette Strong, CEO of Markham Stouffville Hospital Foundation. "Thank you to our sponsors and racers for supporting our Expansion Campaign and helping us make the dream a reality."

The Foundation was pleased to partner

with Unionville BIA and the merchants of Main Street Unionville to launch this community fundraiser. The event was supported by a number of dedicated sponsors and volunteers, including Bed Race Chair, Jane Burchell, who has donated her expertise and leadership to make this event a huge success.

To keep the festivities and energy going throughout the day, entertainment was sponsored by W.A.C. Hair Group and provided by Cece Paster and Word of Mouth at the Millennium Bandstand.



The Scarborough Hospital

Love on Wheels - donation



Members of the Sri Sathya Sai Baba Centre of Scarborough visited the hospital to see the new wheelchairs. Standing (left to right): Michele Varela, Mani Pathmarajah, Sri Siva, Michael Mazza, Bala Balachnadrans. Seated: Logi Mariathan, Sarada Yogeswaran, Mohana Thirukesan

The Sri Sathya Sai Baba Centre of Scarborough believes service is the highest spiritual exercise and when done with the spirit of “love all and serve all” it becomes a truly rewarding experience. The group did just this when they donated 20 wheelchairs to The Scarborough Hospital in May.

“As Sai members, we have a responsibility to share our love and care with others,” says Mohana Thirukesan, President of the Sri Sathya Sai Baba Centre. “We believe that loving contributions coming from the compassionate hearts of our members will help heal the sick who depend on wheelchairs for mobility.”

During April and May, to mark the 25 years of

community service provided by the Scarborough Sai Centre, the Past Presidents of the organization, under the leadership of Mrs. Mani Pathmarajah, initiated the “Love on Wheels” project. Together, with the help of Sai Centre members, they raised the \$5,200 needed to purchase the wheelchairs. The members wished to be of service to hospitals in the closest vicinity of Scarborough, because they believe “charity begins at home.”

Michele Varela, Vice President, Philanthropy for the TSH Foundation says the generous donation went even further because of AMG Medical Inc., the suppliers of the wheelchairs.

“We were able to work out a special deal that made the generous donation by the Sai Centre stretch even further,” says Michele. “And as an unexpected bonus, AMG Medical gave us one wheelchair for free.”

The wheelchairs arrived in May and will make a big difference to the hospital and the patients.

“At the hospital, volunteers and staff can often be seen escorting patients to where they need to go with the help of a wheelchair,” remarks Michele. “At times, all of the wheelchairs have been accounted for. An additional 20 wheelchairs will certainly mean the world to our patients who are in need of one.”

Walk for Values – Community Service Award

On May 27, at the 10th annual Walk for Values, The Sathya Sai School in Scarborough presented The Scarborough Hospital Foundation with their Community Service Award to show gratitude for the “kind and excellent work the Foundation provides to a diverse community.”

“The programs you offer make a difference to many, and for this we thank you,” said Umesh Solanki, an organizer of the event, about The Scarborough Hospital. “I cannot imagine what our city would be like without the support and care you provide. The values of love, sacrifice, caring, kindness, generosity, tolerance, understanding, gentleness, respect and dedication are all engraved on the walls of The Scarborough Hospital.

“They are the fundamental principles required for treating patients with emotional, mental and physical illnesses. These values are aligned with Walk for Values and the organizers share in your vision in making a difference in the community by helping and serving those in need.”

Verna Chen, Director of Stewardship & Legacy Giving (left), was on hand to accept the award from Mohana Thirukasen, President of the Sri Sathya Sai Baba Centre of Scarborough (right) and Nayana Anantharajah, student at the Sai School (centre).





The Scarborough Hospital

A Greatful Patient - Lisa Simpson

When Lisa Simpson required surgery to correct her fallen arch, she asked to be referred to Dr. Warren Latham at The Scarborough Hospital due to the excellent reputations of both the orthopaedic surgeon and the hospital.

"My niece and brother have received treatment from Dr. Latham in the past, and both had a great experience," says Lisa. "So when I needed surgery, I asked my doctor if he could send me to TSH."

From the moment Lisa arrived at the Birchmount campus, she says the process was smooth and the staff, volunteers and physicians were phenomenal.

"My appointment was booked for 11 a.m., but they were ahead of schedule and I was admitted an hour early, which was wonderful," recalls Lisa.

She adds that as she was wheeled into the operating room, the kindness, compassion and attention she received from the nurses and the anaesthesiologist, who took time to explain the procedure, made her feel like she was in the company of family.

"Nurses are usually so busy that they can sometimes make you feel like you're bothering them," says Lisa. "I never felt like that with the nurses at this hospital."

When Lisa awoke following her surgery, she says a nurse was there in case of complications and ready to ensure her

post-operative needs were met.

Lisa's husband, Glen, was also impressed by the nursing staff as he waited for his wife. He says they chatted and joked with him while they worked, and even when they chatted amongst themselves, he never once felt ignored. They ensured he was included in the conversation and answered every question he asked about Lisa's care.

"It's such a small thing to have your questions answered," says Glen. "But it's the little things that make a big difference."

Glen was so grateful for their support that he treated them to doughnuts from Tim Horton's to show his appreciation.

Both Lisa and Glen agree that they would return to The Scarborough Hospital in a heartbeat, and Lisa adds that if she requires any kind of surgery in the future, she plans to ensure the specialist is affiliated with TSH.

The Simpsons recently suffered a tragic experience involving another hospital, which allows them to truly value quality of care.

"Let's face it: a hospital is not a place you want to be," says Lisa. "So when it's a good experience, it really means a lot."

Our mission is to provide an outstanding care experience that meets the unique needs of each and every



Lisa Simpson, and her husband Glen, were grateful for the care they received from TSH staff, physicians and volunteers. Lisa asked her family physician to refer her to TSH when she needed surgery to correct her fallen arch due to the excellent reputations of both the hospital and the surgeon.

patient. To do that, we need to hear from you.

You may receive a questionnaire in the mail about your stay at The Scarborough Hospital. By answering the questions and returning the

form to us, you can help us continually improve the care we deliver to our patients. You can also provide feedback at anytime through the Patient Feedback Form on our website.

TSH Global Community Resource Centre unique among GTA hospitals

Patients, families and community members of The Scarborough Hospital now have access to a unique, new multilingual resource centre staffed by community agencies and volunteers.

"The Scarborough Hospital's 'Global Community Resource Centre' is unlike anything currently available in other GTA hospitals," said Waheeda Rahman, Director of Diversity, Equity and Stakeholder Outreach at The Scarborough Hospital.

"By providing information in print, online and through interactive workshops, we hope to empower patients, families and our community - especially those new to Canada - with increased health literacy and better access to community services."

Twelve community agencies have partnered with TSH to staff a 'Community Desk' at the Centre on a rotating basis that will provide patients and the community with information on health and community services in Scarborough. These agencies, along with TSH staff, will also be providing weekly multilingual workshops on a range of topics of interest.

The community agencies include:

- Agincourt Community Services Association
- Aisling Discoveries

- Carefirst Seniors and Community Services Association
- Catholic Cross Cultural Services
- Centre for Information and Community Services
- East Scarborough Storefront
- Polycultural Immigrant and Community Services
- Scarborough Centre for Healthy Communities
- TAIBU Community Health Centre
- TESOC Multicultural Settlement Services
- TransCare Community Support Services
- Yee Hong Centre for Geriatrics Care

"It is important that service providers work closely together to develop partnerships in the health care environment like we have done with the Global Community Resource Centre," said Helen Leung, Executive Director of Carefirst Seniors and Community Services Association.

"These partnerships help address issues surrounding social determinants of health, fill service gaps and improve knowledge exchange, which ultimately enhances clients' access to a continuum of health care and community resources."

The Centre will also be staffed by volunteers, some of whom are



Community agency partners and hospital staff join TSH President and CEO Dr. John Wright (third from left) in officially opening the new Global Community Resource Centre on May 31, 2012.

internationally-trained professionals seeking experience in a healthcare environment.

The Global Community Resource Centre is located on the Ground Floor of the Tower Lobby entrance at the General campus. It is open from 9 a.m. to 5 p.m., Monday to Friday. The Community Desk

operates from 10 a.m. to 2 p.m., excluding Wednesdays when the workshops are offered from noon to 1 p.m. Information about the Centre, including the monthly Community Desk and Workshop calendar, is available on The Scarborough Hospital's website at www.tsh.to/pages/Global-Community-Resource-Centre.



The Scarborough Hospital

TSH's New Home Hemodialysis Transition Unit delivers on key priorities in first Ontario Renal Plan

On June 7, The Scarborough Hospital, in partnership with the Ontario Renal Network (ORN), announced two important initiatives to improve the care and treatment of Chronic Kidney Disease (CKD) patients in Ontario – the opening of TSH's new Home Hemodialysis Transition Unit and the launch of Ontario's first ever Ontario Renal Plan.

"With one of the largest Regional Nephrology Programs in North America providing care to over 6,000 patients each year, TSH is proud to be opening the Home Hemodialysis Transition Unit and to be part of the launch of the Ontario Renal Plan," said Dr. Paul Tam, Medical Director of The Scarborough Hospital's Regional Nephrology Program.

"This innovative unit allows patients who are not able to administer home hemodialysis in their own residences to do so safely, quickly, efficiently and conveniently at the hospital."

In addition to promoting patient self-management, independence and improved quality of life, the Transition Unit will help to free up much needed capacity in TSH's 'in-centre' hemodialysis units for patients who require it. The Transition Unit is being

funded through the ORN by the Ontario Ministry of Health and Long-Term Care.

"The Ontario Renal Plan is a comprehensive roadmap for how healthcare professionals, renal patients and care organizations across the province will work together to deliver coordinated CKD services to all Ontarians," said Dr. Judith Miller, Provincial Medical Director and Provincial Lead for Early Detection and Prevention of Progression at the Ontario Renal Network.

"The Scarborough Hospital's Home Hemodialysis Transition Unit is delivering on the strategic priorities for action we have outlined in the Ontario Renal Plan, including improving access for dialysis patients and improving the uptake of independent dialysis."

The Transition Unit is located in the Chronic Kidney Disease and Home Hemodialysis Unit at The Scarborough Hospital's General campus.

More information about the Home Hemodialysis Transition Unit can be found on The Scarborough Hospital's website. The full Ontario Renal Plan can be found at on the Ontario Renal Network's website.



TSH Registered Nurse Nelida Sansait (right) teaches patient Terri Bradshaw how to administer her own Home Hemodialysis in The Scarborough Hospital's new Home Hemodialysis Transition Unit.

The Scarborough Hospital 'sticks it to the flu' by topping Toronto hospitals in vaccination compliance rates

For the second year in a row, the Birchmount campus of The Scarborough Hospital (TSH) topped all Toronto community hospitals for flu vaccination compliance, posting a rate nearly 84 per cent better than the median for acute care hospitals in the city.

The General campus of TSH ranked third among Toronto community hospitals, with a rate 51 per cent better than the median.

"These results are outstanding, and demonstrate the culture of patient safety we are instilling at The Scarborough Hospital," says Dr. John Wright, TSH President and CEO. "Along with good hand hygiene, getting the flu shot is probably the easiest way we can protect our patients—and our staff and physicians—from the avoidable effects of the flu virus."

A 'Stick It To The Flu' campaign has increased awareness of the importance of getting the flu shot at TSH over the past two years, and actively combated myths surrounding the vaccination. The result: compliance has increased by 113 per cent at the Birchmount campus, and by 116 per cent at the General campus.

"Part of the reason this particular campaign was so successful is because we worked to identify the barriers to getting the flu shot," says Yvonne Walfall, Manager of the Occupational Health Department at TSH. "The campaign made it easier than ever for staff to get vaccinated, and was supported with a strong educational component that addressed the concerns of anyone unsure about whether to get the shot."

A cartoon image of a flu bug helped brand the campaign on posters, signage, ID badge stickers, screen savers and educational materials, making 'Stick It To The Flu' a highly visible reminder about the importance of getting the flu shot.

The 'Stick It To The Flu' campaign has earned TSH two top honours from the International Association of Business Communicators (IABC)—an IABC/Toronto OVATION Award of Excellence, and the coveted Gold Quill Award of Merit, which was presented Monday, June 25, 2012 at the IABC's World Conference in Chicago.



A Stroke Survivor Story



Stroke survivor David Martin and his wife, Anne Hoad-Reddick (right) are thrilled with the care they received at The Scarborough Hospital's Stroke Unit. Occupational Therapist Winnie Chui and Physiotherapist Elaine Hartley played a key role in David's recovery.

Having a dedicated stroke unit has meant that stroke patients admitted to The Scarborough Hospital have a better chance of surviving than at any other hospital in the GTA or the Central East LHIN.

The rate of 30-day, in-hospital mortality following a stroke (per 100) is 8.41 at TSH, compared to the GTA average of 14.5 and the CE LHIN's average of 13.23. Those figures, from the Canadian Institute for Health Information (CIHI) and its Canadian Hospital Reporting Project, measured the performance of 600 acute care hospitals across Canada.

"Not every hospital has a dedicated stroke unit, which puts us at an advantage," explains Chief of Neurology, Dr. Neal Parekh. "By geographically mobilizing patients to one area, our staff develops expertise in that field. I suspect the biggest player in our success is identification and management of the common medical complications of stroke, as well as appreciation for early rehabilitation."

"The success of TSH's dedicated interprofessional team comes from bullet round meetings and care planning discussions for all stroke survivors," explains Nancy Veloso, Patient Care Director, Medicine/Specialized Geriatrics. "That collaboration, communication, education and information with patients and families, timeliness around length of stay and opportunities to move patients onto rehab are all indicators that contributed to good results in the CIHI report."

This is a stroke team with "a dedicated interest and passion in maintaining their competencies to ensure they are following best practice when caring for their patients," explains Meredith DePaulsen, Patient Care Manager of CP1. "Stroke is an event, and in the recovery phase, every member of the team is contributing, from the nurses to the interprofessional team to the neurologists. The team has a stroke philosophy; it's more than just diagnosis and treatment, it is a process."

For Lisa Lallion, Clinical Resource Leader, TSH's stroke unit is "exactly what stroke care should look like – the patient is in a dedicated area."

"As soon as therapy can start, the stroke survivor has a better opportunity for recovery, hopefully to the point where they were before the stroke or as close to that as possible," Lisa adds. "That's why we need dedicated staff members with that knowledge to start working with the patient immediately, to move the patient to rehab sooner."

Elaine Hartley, a stroke team physiotherapist at TSH for 20 years, agrees that the quicker a stroke survivor starts their therapy, the better.

"We see a lot of patients from all areas of the hospital, not just the stroke unit. These patients can place their confidence in the knowledge that they will be under the care of an experienced treatment team," Elaine explains. "Stroke survivors often need complex therapy, as they fatigue quickly and may have cognitive and communication issues. The collaborative team approach helps the patient and family plan the next steps."

It's that kind of dedication that recent stroke patient David Martin and his family appreciate. Turned away from two other hospitals after presenting with stroke-like symptoms, David eventually ended up at the Emergency Department at TSH, where

“NOT EVERY HOSPITAL HAS A DEDICATED STROKE UNIT, WHICH PUTS US AT AN ADVANTAGE,” EXPLAINS CHIEF OF NEUROLOGY, DR. NEAL PAREKH. “BY GEOGRAPHICALLY MOBILIZING PATIENTS TO ONE AREA, OUR STAFF DEVELOPS EXPERTISE IN THAT FIELD. I SUSPECT THE BIGGEST PLAYER IN OUR SUCCESS IS IDENTIFICATION AND MANAGEMENT OF THE COMMON MEDICAL COMPLICATIONS OF STROKE, AS WELL AS APPRECIATION FOR EARLY REHABILITATION.”

an acute stroke protocol was initiated and, through a collaborative effort between the patient, his family and the ED team, he was transferred to the Sunnybrook Health Sciences Centre, Regional Stroke Centre, for acute treatment. David was brought back to the TSH stroke unit for recovery.

"I've received good care here," David explains. "When I got to The Scarborough Hospital, they recognized what was happening to me, knew it was critical, and they did what they were supposed to do."

David is heading to rehab after only one week following his stroke, which speaks volumes about the care and assessment he received from TSH's stroke unit.

"I went through a lot to get here; it shouldn't have come to this. But The Scarborough Hospital immediately recognized the symptoms and got me the treatment I needed."



The Scarborough Hospital

TSH performs better on Nurse Sensitive Outcomes

The Scarborough Hospital's nurses are top performers when it comes to preventing adverse events for medical and surgical patients.

According to 2010/2011 data reported by the Canadian Institute for Health Information, TSH has the lowest rate of nurse-sensitive negative outcomes for medical patients among large community hospitals in the Central East LHIN, and the third lowest rate for surgical patients.

Nurse-sensitive outcomes are based on indicators known to be greatly influenced by nursing interventions, even though the entire interprofessional healthcare team contributes to overall quality of care. The indicators measured for this report included the following four hospital-acquired conditions:

- **Urinary tract infections**
- **Pressure ulcers**
- **Fractures**
- **Pneumonia**

Posting rates of 20.41 for medical patients and 27.36 for surgical patients, the hospital is also well below the Canadian averages of 28.65 and 36.15 respectively when it comes to nurse-sensitive outcomes. Rates were calculated per 1,000 medical and 1,000 surgical patients discharged.

"These results represent the outstanding quality of nursing care at The Scarborough Hospital," says Rhonda Seidman-Carlson, Vice-President, Professional Practice and Chief Nursing Executive. "We have identified nurse-sensitive outcomes as a strategic priority to ensure our nurses are supported in their practice and patients are receiving an outstanding care experience that meets their unique needs."

Rhonda adds that the hospital's target rates for nurse-sensitive positive outcomes are quite high in order to build on the current success and maintain that standard of excellence.

Hospital initiatives that helped improve rates included specialized pressure ulcer and falls training during clinical orientation, wound champions on each of the floors, use of RNAO best practices and support for nurse leaders to attend standards of best practice seminars to better understand, use and share best practice guidelines.

Another major factor in the hospital's success was empowering both Registered

Nurses and Registered Practical Nurses (RPNs) to provide total care to their appropriately assigned patients.

"In the past, the role of RPNs was not well understood in the organization," says Ade Oyemade, Manager of Interprofessional Education/Professional Practice Leader, Nursing. "RPNs who had the knowledge, skills and ability were not supported to work to their full scope, and had to rely on RNs to provide this aspect of care, which did not support continuity of care -- a key safety indicator."

As of September 2011, all RNs and RPNs began providing total care. Patients are now assessed, and based on the complexity of their healthcare needs, assigned to either an RPN or RN with the appropriate skill-set to match their needs.

Where collaboration is necessary, the nurses have developed a tool to effectively manage the overlap. Empowering all nurses to work at their full scope has reduced risk due to inconsistent care, created continuity for the



Late Career Nurse Initiative



Nurse-sensitive outcomes

patient and increased patient satisfaction.

"Patients are often in unfamiliar territory when they are admitted to a hospital," says Diane Safir, RPN. "They are afraid of the unknown,

and look to their nurse for guidance. At The Scarborough Hospital, nurses give their all, and with RPNs working to their full scope of practice, each and every patient who is admitted to the hospital is provided a memorable positive

experience."

Diane adds that when issues are handled in a thorough and compassionate manner, the hospital experience becomes a pleasant one.

The hospital also participated in the Late Career Nurse

initiative, supported by the Ministry of Health and Long-Term Care, as an opportunity for experienced nurses to engage in new learning, and to share the wealth of knowledge and experience they have gained throughout their careers.



Spain Dominates Euro 2012 - The Greatest Team Ever?

By: Shiyam Loganathan

This year's marquee soccer tournament went much like the last two, with Spain going home the victors. With many returning players from the last two teams such as midfield general Xavi and his running mate Iniesta, goalkeeper Iker Casillas, and superb striker Fernando Torres, this group of players may go down as the greatest team of all time and of all sport.

A 4-0 victory over Italy on Sunday, July 1 clinched an unprecedented third straight major tournament success for the majestic Spanish. But they had their share of critics this tournament. They were accused of boring play and refusing to attack. The Spanish only allowed one goal throughout the tournament, which was bandied as proof of their persistence in their defensive scheme. However, the Eurocup final proved much different. All the accusations of boring play were washed away at the Olympic Stadium in Kiev as Italy, having shown so much spirit and resilience in reaching the final, were simply picked apart with a thou-

sand cuts.

Just as it had all tournament long, Spain controlled the ball, dominated mid-field and strung together pass after pass. This time, though, the old attacking intent was in place again after seemingly disappearing during the early part of the tournament.

David Silva got the first goal after only 14 minutes. His header came at the end of an outstanding move that saw Cesc Fabregas cut the ball back from the touchline for a goal of technical excellence. From that point on, it was all one-way traffic.

Spain's second goal was perhaps even better. Left back Jordi Alba charged nearly the full length of the field to collect a pinpoint pass and deliver a cool-headed finish.

When an injury to Italy's Thiago Motta forced him from the field - after his side had already used all three allocated substitutes - Spain was able to run riot even more. Late replacements Fernando Torres and Juan Mata both got on the score sheet to cap off a spectacular dis-



play and send the discussions of "greatest team ever" into overdrive.

Andres Iniesta, who helped his Spanish to a second successive European Championship triumph in Poland and Ukraine, was named the best player of the soccer tournament by UEFA on Monday. Iniesta played a pivotal role in the midfield for Spain's 4-0 win over Italy

as they became the first country to retain the title. Andy Roxburgh, the head of UEFA's technical group, told reporters: "Andrea Pirlo was magnificent for Italy, Xavi won it last time and could have won it again. Xabi Alonso was magnificent, but Iniesta sends a message about creative and incisive football and was superb throughout."

Federer wins 7th Wimbledon Title

By: Shiyam Loganathan

Roger Federer wins Wimbledon. A familiar phrase that all sports fans were accustomed to hearing, but what many were saying would not be said again. After a two year drought at the All England Club, Roger Federer is again the champion for a 7th time.

The 30-year-old Federer finally equalled Pete Sampras and 1880s player William Renshaw's records at the All England Club, and won his 17th Grand Slam title overall, by beating Andy Murray 4-6, 7-5, 6-3, 6-4 on Sunday, July 8th. "It has worked out so many times over the years here at Wimbledon that I play my best in the semis and the finals," Federer said. "I couldn't be more happy. It feels great being back here as the winner."

Once Murray's forehand landed wide on match point, Federer collapsed to the grass with tears welling in his eyes. He got up quickly and shook hands with Murray at the net.

"When the roof closed, he played unbelievable tennis," Murray said. There was a 40 minute weather delay due to rain after Federer had tied the match a set apiece, and Federer never looked back.

Up in the players' box, Federer's wife and twin daughters cheered as he took his seat to await yet another Wimbledon trophy presentation. Federer has repeatedly thanked his family throughout the

tournament for their dedication and sacrifice in his quest to regain his top ranking in the world.

Federer is now 17-7 in Grand Slam finals, including 7-1 at Wimbledon. Murray dropped to 0-4 in major finals, with three of those losses coming against Federer.

"It's amazing. It equals me with Pete Sampras, who's my hero," Federer said. "It just feels amazing."

Besides Sampras, 1880s player William Renshaw also won seven Wimbledon titles, but he did it at a time when the defending champion was given a bye into the following year's final.

Sunday's match was the first Wimbledon singles final to be played with the roof closed. The roof was first used at the All England Club in 2009. Commentators mentioned without the variability in conditions with an open roof, Federer would be very difficult to beat as his ground strokes became pinpoint accurate.

Britain has been waiting 76 years for a homegrown men's champion at the All England Club, and the expectations on Murray were enormous. This was the furthest Andy Murray had reached at Wimbledon and the fans were pouring on the support both before and after the match.

Thousands of fans watched the match on a huge screen on "Murray Mount," outside the stadium, on Wimbledon



grounds, and though the sombre outcome, Murray was given a standing ovation for his runner-up performance.

Inside the stadium, Prince William's wife, Kate, sat in the Royal Box along with David Beckham, British Prime Minister David Cameron and a slew of former Wimbledon champions.

"Everybody always talks about the pressure of playing at Wimbledon, how tough it is," Murray said. "It's not the people watching. They make it so much easier to play. The support has been incredible, so thank you."

With his victory, Federer regained the No. 1 ranking from Novak Djokovic, allowing him to equal Sampras' record of 286 weeks as the top-ranked player.

"I never stopped believing. I started playing more, even though I have a family," Federer said. "It all worked out. I got great momentum, great confidence and it all came together. So it's a magical moment for me."

Murray is coached by eight-time Grand Slam champion Ivan Lendl, the only other man who lost his first four major finals.

At the start of the match, Murray was the one dictating play and winning the tough points. He broke Federer in the first game of the first set, and then broke again late before serving it out. It was the first set Murray has won in his four major finals.

The second set was much more even, and both had early break points that they couldn't convert. Federer, however, finally got it done in the final game of the set, hitting a backhand drop volley that Murray couldn't get to.

Both held easily to start the third set, but then the rain started abruptly, suspending play for 40 minutes. Shortly after they returned, it turned into a one-man show.

With Federer leading 3-2, they played a 26-point, 20-minute game in which Federer finally converted his sixth break point -- after Murray had slipped on the grass three times. Federer lost only five points on his serve in that set and never looked back winning both the 3rd and 4th sets.



Special Feature

HYUNDAI SONATA, THE PERFECT FAMILY CAR



HYUNDAI

Hyundai, if you haven't noticed, has been on a roll lately. Almost a month doesn't go by where Hyundai doesn't win a trophy: Not on racing tracks but for first place finishes in surveys of consumer satisfaction, safety, design and quality. And what survey after survey is proving is that Hyundai builds cars that people love. In the latest example, US research firm AutoPacific announced last month that the Hyundai Sonata Hybrid was the top-rated Hybrid/EV in its Vehicle Satisfaction Survey. In clinching the coveted number one spot, the Sonata had surpassed numerous big-name rivals such as the Toyota Camry and even the Lexus CT. This news was hardly a surprise to Hyundai owners. This latest crown, like dozens before it, only confirmed what millions of Hyundai owners worldwide already knew: Hyundai builds amazing cars.

Eye-catching design is key ingredient of Hyundai's formula for success. Sonata's "fluidic design" commands instant attention. It's a bold, unique and sophisticated look that defines Hyundai's new brand values: modern premium.

But there's more to the Sonata story than a sleek and sexy exterior. Ask any German or Japanese automotive engineer, and they'll tell you that

Hyundais are impressively well-engineered. So well, in fact, that rival automakers can't wait to get their hands on the newest Hyundai model in order to tear them apart and figure out Hyundai's engineering and manufacturing secrets.

The Hyundai Sonata, for example, has been awarded with the NHTSA's five-star Crash Rating. As a U.S. federal agency, the National Highway Traffic Safety Administration conducts highly comprehensive collision testing of all vehicles sold in the United States and the results are recognized globally, including Canada. The Insurance Institute for Highway Safety (IIHS), a highly respected industry body, gave the Sonata its Top Safety Pick, a reassuring message for families who put safety at the top of their shopping list.

Not only is the Sonata safe but it is surprisingly fuel efficient for a car in its class. In a pioneering step, Hyundai dropped V-6 engines from the latest generation of Sonatas in favor of an all four-cylinder engine line-up. To achieve best-in-class fuel efficiency, the Sonata utilizes Gasoline Direct Injection (GDI) technology in the base 2.4-litre engine to produce 198-horsepower

while consuming just 5.6 L/100km on the highway. The turbocharged 2.0T engine delivers 274-horsepower by utilizing GDI and twin-scroll turbocharging to give the Sonata the performance of a V6, but the fuel efficiency of a four-cylinder. For the ultimate in fuel-saving technology, consider the 206-horsepower Sonata Hybrid which consumes just 4.6 L/100 km on the highway due, in part, to its cutting-edge Lithium Polymer batteries, efficient 6-speed automatic transmission and aerodynamic design.

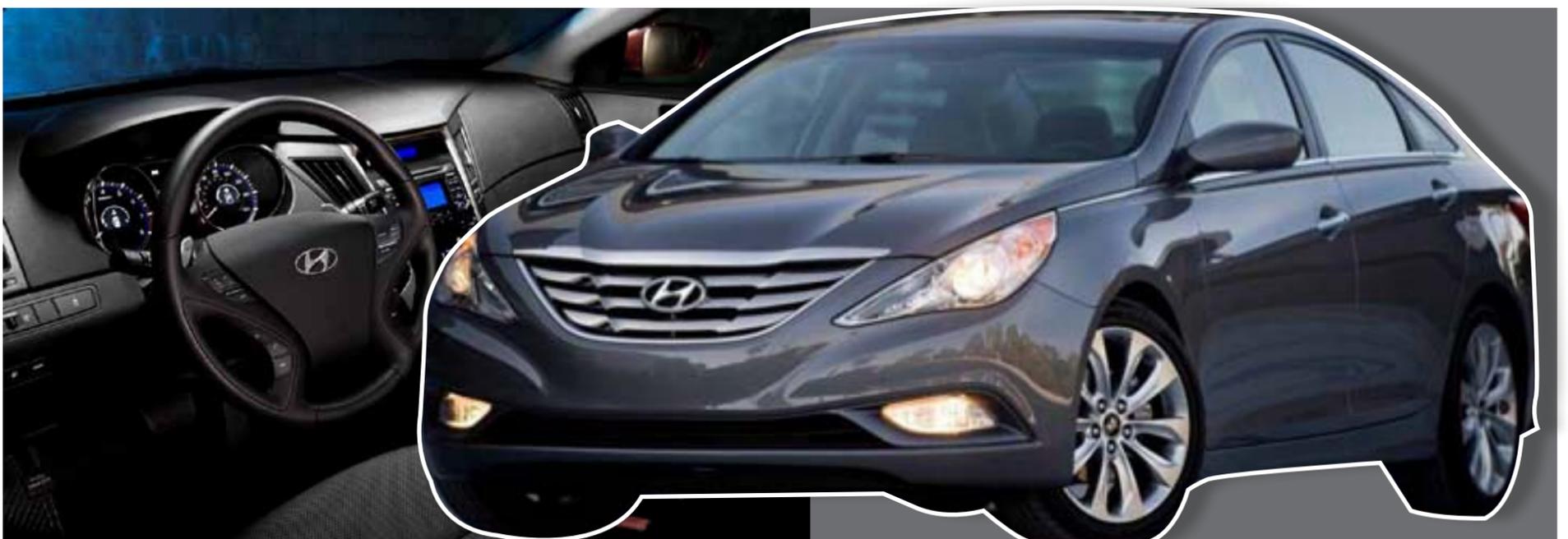
Another accolade for Hyundai came earlier this year when Natural Resources Canada announced the Government of Canada's 2012 ecoENERGY for Vehicles Awards and recognized the Hyundai Sonata as the most fuel efficient full-size car. "I'd like to say this came as a surprise, but we knew the Sonata was a winner," said Steve Kelleher, President and CEO of Hyundai Auto Canada Corp. "The ecoENERGY awards program is an excellent way to help consumers pick the most fuel-efficient vehicles available in Canada. For the full-size segment, that means it's the Sonata."

Despite its sporty, coupe-like lines, the Sonata cabin is impressively roomy making it a popular and practical choice among young

families. And in keeping with Hyundai's engineering philosophy, the Sonata delivers a thoroughly delightful driving experience. Pricing starts at \$23,999. for the base GL trim and tops out at \$31,399. for the fully equipped Limited edition which includes the built-in GPS navigation feature. This summer, Hyundai's 204 dealers across Canada will be tempting new car buyers with special deals on the Sonata. Visit one of the 204 Hyundai showrooms in Canada to arrange a test-drive of the Sonata to discover for yourself just why Hyundai is winning is so many awards and why owners love their Hyundais so much.

HYUNDAI AUTO CANADA CORP.

Hyundai Auto Canada, established in 1983 and headquartered in Markham, Ontario, is a subsidiary of Hyundai Motor Company of Korea. Hyundai vehicles are distributed throughout Canada by Hyundai Auto Canada and are sold and serviced through more than 200 dealerships nationwide.





ANSWERS FOR NEWCOMERS ON PURCHASING A HOME



Becoming a homeowner can be very exciting but at the same time can also feel a little intimidating. Some of the most common questions asked by newcomers are: Do I qualify for a mortgage? What's a pre-approval? And how does buying a home in Canada differ from my home country?

"A home can be one of the most personally and financially rewarding investments you'll ever make," says Paul Sy, the director of multicultural markets at RBC. "If it's your first time buying a home and you are new to the country, the process may seem a little overwhelming."

According to RBC research, the top five concerns newcomers have are:

- 1) Getting approved for a mortgage: 31 per cent
- 2) Making the down payment on their home: 18 per cent
- 3) Making the regular monthly mortgage payments: 16 per cent
- 4) House prices rising in the next two years: 14 per cent
- 5) Mortgage rates going up: 14 per cent

Sy points out there are a lot of uncertainties that come with buying a home, which is why it's important to know the right questions to ask. Here are a few to help you get started:

- How much can I actually afford?
- What are the best mortgage options for me and my financial situation?
- How much do I have for a down payment and how much will I need?
- What are closing costs and how much do I need to set aside?

"If you answer these tough questions in advance you can avoid last minute surprises when it comes time to purchase your home in Canada," Sy explains.

Additional tips on buying a first home are available online at www.rbc.com/homeincanada and information designed specifically for newcomers can be found at

www.rbc.com/canada.

How to get credit if new to Canada

For newcomers to Canada, the challenges of creating a new life here can be made a bit easier with access to credit for everyday living or unexpected needs. Early access to Canadian credit can also put you in a better position down the road for large purchases such as buying a home or car that may require a credit history or credit rating.

Therefore, upon arriving in Canada, it's important for newcomers to establish a Canadian credit history. One of the best ways to do so is to have a Canadian credit card and use it wisely, say advisors in this field. A credit card can also help manage everyday finances such as signing up for a mobile phone, renting a car or booking a hotel.

"Building credit history is a key step to settling into your new home country," says Paul Sy, the director of multicultural markets at RBC. "We recognize this challenge and can help with our Newcomer to Canada Credit Card program – an unsecured credit card of up to \$1,000 and a second one with a \$1,000 limit, for your spouse or partner. Obtaining this new unsecured credit card requires no credit history, and it helps to build your credit history in Canada faster."

To do this, Sy offers the following tips:

- Make sure your monthly account statement is correct.
- Pay your balance on time. If you are unable to pay the entire amount at once then it's best to pay more than the minimum balance whenever you can. For example, start by paying ten per cent more than the minimum payment on your credit card. You'll save on interest and build your credit history too.
- If you find yourself falling behind, prioritize your payments. Once you have made all of your minimum payments, determine which bills have the highest interest rates and concentrate on paying those off first.
- Be up front and honest. If you are going to miss a payment, or if making the minimum payment is proving to be too much, contact your lender right away. They may be able to work out a more manageable payment plan.

Build a high credit score to make borrowing easier

Part of a Lender's decision to grant credit is an assessment of your past credit history which is why



it's important to build credit once you arrive to Canada. Depending on your circumstances, some people already have a credit history while others may need to start fresh and build a new one once they arrive.

"A credit report is a summary of your credit history. It impacts your ability to borrow funds you may need to purchase a first home, buy a car or other such investments," says Paul. "It's important to manage your credit report as part of your overall financial picture."

Once established in Canada, the five main factors looked at by lenders are:

Credit history: Do you have a good credit score and positive credit history? Lenders review the times you've borrowed in the past and your payment history on your credit cards, loans and mortgages.

Character: How much care and responsibility have you shown in managing your finances? Do you pay your bills on time? Do you have a steady job?

Capital: What's your net worth? Do you have any savings, real estate, investments or RRSPs?

Capacity: What are your current debts? Do you earn enough income to pay them off and take care of your other financial responsibilities?

Collateral: Do you have assets? These are items the lender can collect if you default on payments such as your home, car and investments.

More information is available online at www.rbc.com/canada.

RBC BREAKS DOWN THE LANGUAGE BARRIER FOR NEWCOMERS

RBC makes it easier for newcomers to manage their finances in 180 ways

Starting a new life in a new country can be an exciting experience, but not without its challenges; among these is language. To help newcomers overcome the language barrier, RBC is the first financial institution to offer a multi-language telephone service through its branch network that enables clients to go into their local branch and, with their personal banker, discuss their financial affairs via a three-way confidential conference call in their preferred language.

"We understand how critical communication is in our line of business and, as a client, the last thing you want when dealing with your finances is for details to get lost in translation," said Paul Sy, director, Multicultural Markets, RBC. "Language is a common obstacle for newcomers and we are breaking down this barrier by making it easier for clients to do business with us."

Today's announcement is the latest example of RBC reaching out to newcomers in their own language. RBC launched its multi-language telephone service through its Contact Centre in 2008. Now, more than 200 RBC Royal Bank branches, including the top 175 branches in multicultural communities across Canada and new and existing RBC retail stores, will have the capability to assist clients with their financial needs in up to 180 languages. Additional branches will offer this capability in the future.

Recent RBC research found that most (84 per cent) newcomers who have been in Canada for less than three years speak a language other than English or French most often at home. More than four-in-ten (43 per cent) newcomers who have been in Canada for less than three years say speaking their language is one of the top three reasons for choosing their financial advisor.

According to Statistics Canada, Canada's allophone population, a person whose mother tongue is not English or French, neared 6.3 million in 2006, up 18 per cent since 2001. As a group, allophones made up 20 per cent of Canada's population in 2006, up from 18 per cent in 2001 and 17 per cent in 1996.

"We want to ensure a connection with our clients. We recognize that communicating to clients and, in particular, newcomers in their preferred language reduces anxiety and helps us be more sensitive to cultural differences," added Sy.

To date, RBC has communicated with clients in 136 languages, with the most common language requested being Spanish, followed by Mandarin, Punjabi, Cantonese and Vietnamese. Details on The RBC Welcome to Canada banking package, newly offered preferred rate on Foreign Exchange transactions for 12 months, and branch locators that identify representatives who speak up to 180 languages, can be found at

www.rbc.com/rbccredit



Short Story



A TIMELY INTERVENTION

C. Kamalaharan

Kumar was a guy from a good stock, the only heir to an ancestral property and the savings of his father. He was puffed up with pride for being a descendant of a noble and wealthy ancestry. But he was a wastrel who neglected his studies and resorted to an extravagant lifestyle. Sporting a neatly trimmed moustache and a goatee, he was mostly seen in the midst of his peer group or moved about in his car and became a teenage heartthrob to many youngsters, who seemed attracted by his striking looks and fashionable ways, but unaware of his sadistic behaviour.

Chitra, born in a humble and respectable family lived in a modest little house. Her parents were highly religious and belonged to the conservative sect. She was a fair and slim girl with attractive features. She attended the G.C.E. A/L class in a nearby school, to which she went on foot. Being a studious and well behaved student, she won the admiration of her teachers. Her only concern was to rise up in life and raise her family status to a substantial level.

Kumar had seen her on her way to school and had cast an eye on her. Daily he had crossed her on her way to school, during his carefree driving spree, trying to establish an eye contact with her. But she walked on looking straight, unaware of the happenings around. He decided to lure her at any cost, for which he sought the help of Leela, his relative who happened to be Chitra's class-mate. Leela from a well-to-do family agreed to act as a 'catalyst' to bring Chitra close to him.

During free time at school Leela would speak about Kumar as a good-natured and benign lad who had properties to last for generations. In order to enthrall Chitra further, she would say, "who will be the luckiest girl to be Kumar's wife!" Gradually she developed a soft corner for Kumar, not knowing that he was a trickster and an uncaring brute.

It was on the day of the school annual sports meet did Leela bring them close, when they were unnoticed among the enthusiastic gathering. Both their eyes met and mesmerized each other. Chitra was rather shy and reluctant to speak but Kumar was impatient and in a point-blank manner said, "I love you". Chitra was thoroughly shaken by Kumar's sudden overture and unable to face him moved away. Back at home she was tormented with mixed feelings whether to reciprocate his offer positively or reject it. She knew well that her parents would vehemently oppose the proposal. She spent the whole night breaking her head over this, as she had to send her response through Leela the following day. After long deliberation her mind tilted in favour of commencing an affair with Kumar. She conveyed this to Kumar through the 'catalyst'.

One morning in class, Leela thrust a crushed piece of paper into Chitra's hand and said, "it's from Kumar". On returning home she went through the letter which was nothing but the usual adulation of the boys. Unaware of such gimmicks of the boys, Chitra took all that were written seriously to her heart and scribbled a few lines in haste, confirming her interest in him. Thereafter subsequent exchange



of letters brought them much closer and they began to meet stealthily behind Chitra's house, in the palmyrah grove at dusk. Kumar would bring snacks or confectionery items whenever they met. But during inclement weather they hardly met, instead they communicated through the 'catalyst'. Being a novice in love affairs and blinded by his passion, Chitra was not able to grasp the ulterior motive of Kumar through his letters. Once he wrote; "For your sake dear, I will fly over the moon, I will swim the ocean, I will walk through fire" and finally he concluded "I shall meet you this evening if it does not rain". She was such an innocent girl who could be easily enticed.

One day their secret meeting came to light and was brought to the notice of Chitra's father who was visibly upset at first. Later he was simmering with rage and in an outburst of anger shouted, "you have brought a blot to our family, he is a good for nothing fellow, doesn't attend school and a reckless chap, stop this nonsense". Chitra remained silent. Later her father cooled down and pleaded, "Chitra, we have heard that he is from a ill-repute background and by marrying him you will become an outcast in society. Be a good girl and marry the boy of our choice". But however much her father tried to convince her she being deeply infatuated with Kumar steadied herself and said, "if at all I marry I will marry him only and none others". Chitra's father least expected her to rebuff, he became infuriated and yelled, "no such things, if you insist further I will send you out of home" saying so he went away being pushed by his thunderstruck wife.

In a state of mental unrest Chitra neglected her studies and performed badly in her term exam, to the surprise of her teachers. This was brought to the notice of her father in a note sent by the principal. As a remedial measure, her

father arranged tuition classes at home in the evenings after school. He also accompanied her to school and back home. She was virtually under strict custody. He also planned to get her married soon, in a bid to save the family reputation and had told his relatives and friends to find a suitable match for her.

Chitra's detention at home did not deter her from contacting Kumar through the 'catalyst'. She had conveyed to Kumar all what her father had told, including his intention of getting her married soon. Days passed and plans for her marriage were taking place. All of a sudden her schooling was stopped and the date for her marriage had been decided. This was conveyed to Kumar and both of them decided to elope.

One morning Chitra's house was in a somber mood, her parents were thoroughly shaken and remained dumbfounded. Chitra had eloped with Kumar early in the morning. Relatives and friends had been sent all over to apprehend them; to the railway station, bus station, market place and to all transit points where they could have been, but no trace of them were found anywhere. What was a peaceful and happy home had been transformed into a dreary home.

Leaving home as pre-planned in the wee hours, Chitra got into Kumar's car that was ready for her at a distance and both of them left the place unnoticed by others. After a tedious journey, they arrived at a hotel in a tourist resort, where they rested for a while, dressed up and walked up to the main hall where Kumar's friends who had arrived earlier had made arrangements. They received the 'couple' warmly and led them into the hall that was reverberating with loud instrumental music. Chitra felt as though they were stepping into a strange world never been before. There was a bevy of beautiful girls on stage dancing to the tune of music. The guest were all foot

tapping with champaign glasses in their hands. Chitra was shocked to see Kumar with a glass of champaign on one hand and a cigarette in the other, talking and laughing with his friends. "Come Chitra, join us", was his sudden request. "What! you want me to join this rubbish, I am not used to this and never will in future", she wailed and chided him for not telling her about these bad habits he was addicted to. She sobbed bitterly and said, "you have cheated me and shattered my dreams". She continued whimpering, "I have betrayed my parents to whom I can't return because of your callous attitude." Kumar wasn't moved by her cries or her screams and hadn't the slightest sympathy for her. He enjoyed tormenting her and puffed rings of smoke that circled around her face. He was fully drunk.

It was a night of drunken revelry. She remained seated throughout the ordeal whimpering, sobbing and crying while Kumar relished seeing her plight, exposing his sadistic tendencies.

A couple of hours after mid-night quite unexpectedly a party of police officers barged into the hall through all the entrances. Everyone stood terrified. Just then the inspector of police stepped in and in a thundering voice shouted, "Where is the guy?" The girl who was forcefully brought by the police party pointed her finger at Kumar who stood stung on seeing Leela, the 'catalyst'. She was brought after a severe interrogation on the complaint lodged by Chitra's father. Kumar and his companions were hand-cuffed and led into the black-maria. Chitra's father who was all the while in the car outside stepped inside the hall after the culprits were apprehended and taken away. Chitra wailed on seeing her father, ran towards him, fell at his feet. He gently lifted her, patted on her back and took her home. It was his timely intervention that saved her from the scoundrils.



Lifestyles

WORDS OF PEACE

The Perfect Vacation

Probably everyone has a unique, detailed image of the ideal vacation. It could include travel to exotic lands, cruises, sightseeing in beautiful cities, fun getaways, cozy retreats and challenging adventures, or just staying at home without having to go to work for a few weeks. Though there are as many variations as people, one essential aspect is the same—the need for relaxation.

Prem Rawat, known around the world by the honorary title Maharaji, talks about a different kind of vacation, one that doesn't require travel or money, yet is more relaxing than any fantasy. "Within you," he says, "is the vacation spot of the entire known universe."

Maharaji speaks to audiences large and small about the possibility of having peace and joy in their lives no matter what is going on around them. He offers to show those who are interested a simple way to experience the peace he talks about.

"We all get restless, don't we?"

Maharaji says. "What does restless mean? Rest-less. No rest." The greatest contentment, he says, is not to be found lying on a perfect beach, far away from responsibilities. The peace that everyone is seeking, he says, already exists inside of them.

"Within you is the resort of resorts," Maharaji says. "Within you is the most comfortable place you can ever experience. A human being is full of treasures to be explored. Everything you could ever want or need to live this life to the fullest, you already have."

Just as vacationers send postcards to their friends saying, "Wish you were here," Maharaji says, "every person who has been within has called out to humanity and said, 'Wish you were here,' because there is no place like home—and that's your home. In this beautiful ocean that resides within you, come and rest."

During his presentations, Maharaji often answers questions related to his message:

Q: When you speak about the dynamics of existence, what do you mean?

A: Every day that you live, that you exist, doesn't come back. That's it. Does that make it precious for you? Does that make it real for you? This existence has to be fulfilling every day. It has to be beautiful every day. Now, I know I may sound like I'm telling you that's the way it is for me, and it's not for you, but that's not true. These are my objectives, too—that I want every day to be as beautiful as it can be.

Q: I was always taught that peace is something that will come when wars end. Is that the peace you mean?

A: Nobody has to bring peace to you. You have peace already inside of you. You have consciousness in you, and you have unconsciousness in you. You have hate in you, and you have love in you. You have clarity in you, and you have confusion in you. You have mortality in you, and you have the immortal in you. So what is this thing about peace? What



is this thing about this disease called unconsciousness? Because, believe me, if you want to get to peace, you have to cure the disease of unconsciousness. And there's only one cure for this disease. That cure is consciousness.

Q: Is the inner peace you speak about very difficult to achieve?

A: Whatever you practice the most, you become good at. So, what do you practice? What are you good at? You are alive because of the courtesy of this breath. Do you understand how simple it is? When you were born, that's what the doctor was looking for—were you breathing or not? With breath, life begins; without breath, it ends. Do you understand the value of it? You should. You should understand that this is the blessing of all blessings.

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Special Feature



TAMIL LITERARY GARDEN AWARDS - 2012



The Tamil Literary Garden, which was established in 2001, is a Toronto based charitable organization committed towards promoting the development of Tamil literature and studies internationally. The mandate includes the presentation of awards on an annual basis to those creative persons who have made significant contributions to the development of the Tamil language. The 12th annual awards function of Tamil Literary Garden was held in Radisson hotel on 16 June 2012. The

Lifetime Achievement Award was presented to a leading writer in Tamil, Mr. S.Ramakrishnan who has made significant contributions in the last 25 years. He has written 7 novels, 8 short story collections, 20 essay collections and books for children. He has also written script for 15 Tamil movies and has received many awards. The lifetime achievement award was presented to him by the well known writer, director and playwright Mr. Mahesh Dattani.

In addition to the Lifetime Achievement

Award, the following awards were also presented. Fiction award to Yuvan Chandrasekar for his novel 'Payanak Kathai' and non-fiction award to Perumalmurugan for his book 'Ketta Vaarthai Pesuvom.' The Poetry awards were given to Devadachan for his collection of poems 'Irandu Sooriyan' and to Anar for her collection of poems 'Enakku Kavithai Mukam.'

Information Technology in Tamil Award given in honour of Sunadara Ramaswamy every year was awarded to

Vasu Renganathan from U.S.A and the student essay contest award was given to Ram Adrian. The translation award which was introduced for the first time was given to Mr.G.Kuppuswamy for his book 'En Peyar Sivappu' translated from English.

The event was well attended by scholars and writers from Canada and abroad and came to an end with a vote of thanks.



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IYAL 2012 ADRIAN



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iyal 2012 nanda

MARKHAM NEWS



Remarks by Mayor Frank Scarpitti



CITY DESIGNATION CEREMONY ON CANADA DAY, 1st JULY 2012

What makes a great city? Let's start with its people.

Let's remember those who came before us. In 1792, William Berczy led a group of German settlers to Markham, not far from where we stand today. They were followed by settlers from Pennsylvania, from Great Britain and from France. For the next 150 years, they were followed by new Canadians from Europe and the United States.

In recent years, Markham has been the destination of choice for people from China, India, the Caribbean, the Philippines, Sri Lanka, Pakistan, the Middle East and other parts of the world.

All these people, all these families, brought with them their hopes, their dreams, their energy, their hard work. Their international perspectives and their global expertise have helped make Markham the dynamic, the thriving, the progressive place that it is today.

What makes a city great? A strong economy and sound fiscal management.

We, here in Markham, are proud today to become Canada's 16th largest city. We have 400 head offices and 900 high tech companies, and more than 9,000 small and medium-sized enterprises. We are proud that Markham is the 5th largest office cluster in all of Canada.

Companies today show the same confidence and the same belief in Markham as the early settlers did. Even so, it would be difficult to convince William Berczy that, in 2011, the value of new construction in Markham exceeded 1 billion dollars.

A great city is also financially sound. Markham Council is proud of our financial record. In 2009, 2010, 2011, we had no tax increases. Something else sets us apart. We budget for today and place aside funds for the next generation. This is a remarkable achievement that's

unmatched in Ontario.

What makes a city great? Diversity.

The energy that comes from many ideas, many cultures, many people and many places. Markham's roots were firmly planted with the arrival of newcomers and we have flourished with each additional wave of newcomers.

A successful city is one where people work hard and work smart. Markham is fortunate to have an abundance of ambitious and talented people from around the world.

This makes our City of Markham the most ethnically diverse city in all of Canada. All who have chosen Markham as their home have contributed their skills, their business networks, and their energy. We have all strengthened the fabric of our community, by sharing our cultures, our traditions and our values. Collectively, we all contribute to Markham's success.

What makes a city great? People who value their environment. We do this with our Greenprint Sustainability Plan. It charts a course for Markham for the next 50 years. We do this with our Trees for Tomorrow program – well on the way to achieving 200,000 new trees planted by 2014 – an incredible accomplishment. We do this with our trails and pathways. We are connecting our residents to parks, to creeks, to rivers, to valley lands and the natural environment.

In our green city, we are creating a green downtown, Markham Centre – the largest environmentally certified community in North America.

What makes a city great? Quality of life. A great city has safe and vibrant neighbourhoods. A great city has generous people. Residents, from all over the world, have come forward to help us realize our dream of doubling the size of Markham Stouffville Hospital.

Our city is active. More than 8 million visitors come together in our community centres, libraries and cultural venues, year in and year out.

We are a city of celebration: From the Markham Fair to our Jazz Festival, to the Taste of Asia to events like today. This is how we share the vibrant experience that is Markham.

We are also a city that loves to play. That's what motivated us to create the largest outdoor skating rink in the GTA at the Markham Civic Centre.

A great city has a dynamic downtown. The centre of the City of Markham is coming to life and will be a dynamic, vibrant people place.

Major sports and visitor attractions will also distinguish Markham's downtown and set us apart. In 2015, Markham will be hosting top athletes from across the Americas at our new Pan Am Centre.

We value our heritage. Our motto is "Leading While Remembering." We value our historic villages and that's why Thornhill, Unionville, Markham and Milliken are protected and thriving today.

We value our diversity. We are Canada's most diverse community, where diversity is our strength, and unity is our future.

We value our veterans. We remember them every day.

We value our seniors. We recognize their outstanding contribution in making Markham a great place to live.

We value our youth. We nurture and support them, so they can achieve their dreams.

Together, we value our hope, our inspiration and our bright future. We are Markham: Canada's newest city.

Happy Canada Day.

FRANK SCARPITTI
Mayor

Lieutenant Governor, Honourable David C. Onley,

Costas Menegakis, Member of Parliament, representing Prime Minister Stephen Harper,

MPP Michael Chan, Minister of Tourism, Culture and Sport, representing Dalton McGuinty,

Premier of Ontario,

Other political leaders, past and present, special guests, ladies and gentlemen.

And boys and girls who represent our future.

What a great day! What a great day for Canada and what a great day for Markham!

Today is the day when Markham officially becomes a city, and what a fitting year, as we celebrate four important milestones:

The 200th anniversary of the War of 1812,

The 60th anniversary, The Diamond Jubilee, of Queen Elizabeth II,

The 140th anniversary of Markham becoming a village, and

Year of The Dragon, the most auspicious in the Chinese calendar.

Markham Announces Official Status as City at Canada Day Celebration

Lieutenant Governor of Ontario joins Markham's City Celebration on July 1



MARKHAM, ON ~ July 3, 2012 ~ Markham officially became a city on July 1 and celebrated its new city status at Markham's annual Canada Day celebration in the presence of the Honourable David C. Onley, Lieutenant Governor of Ontario, federal and provincial government representatives and an enthusiastic crowd of over 10,000.

Markham's City celebration was highlighted by remarks from the Honourable David C. Onley, Lieutenant Governor of Ontario, Markham Mayor Frank Scarpitti, and greetings and congratulations from Prime Minister Stephen Harper and Premier Dalton McGuinty.

The Honourable David C. Onley, Lieutenant Governor of Ontario also joined Mayor Scarpitti in a special plaque unveiling to announce the designation of the Markham Civic Centre under the Ontario Heritage Act. The Civic Centre was designated under the Heritage Act for its unique architecture, designed by renowned Canadian architect Arthur Erickson.

The celebration was also marked by the unveiling of Markham's new official flag and the release of

sixty Rock Doves to honour the occasion, and to symbolize the Diamond Jubilee of Her Majesty the Queen Elizabeth II.

In his official opening remarks Mayor Scarpitti concluded, "Our motto, Leading While Remembering serves as a foundation for our values as a City. We value and protect our historic villages; the veterans that made the supreme sacrifice; our seniors who mentor with knowledge and wisdom; and our youth who we nurture to help them achieve their dreams. We are Canada's most diverse city. Indeed, diversity is our strength and unity is our future."

The Lieutenant Governor John Graves Simcoe named Markham Township after William Markham, The Archbishop of York, England. Markham Township was incorporated in 1850 and Markham Village was incorporated in 1872. Markham Village was later incorporated as a Town in 1971. Markham Council approved Markham's change in status from Town to City earlier this year, setting July 1, 2012 as the official date for Markham's City status.

The Honourable David C. Onley, Lieutenant Governor of Ontario (left) with Mayor Frank Scarpitti display the City of Markham plaque presented in conjunction with the July 1 Markham City Celebration at Milne park and the designation of the Civic Centre under the Ontario Heritage Act

Foreign Affairs Minister Baird Welcomes Counterpart from India

Foreign Affairs Minister John Baird welcomed Shri S. M. Krishna, India's Minister of External Affairs to Canada on a two day official visit on June 18, 2012. Foreign Affairs and International Trade Canada issued following statement marking the visit:

The two reviewed the current status of bilateral negotiations underway, such as the comprehensive economic partnership agreement (CEPA) and the implementation of the Nuclear Cooperation Agreement, exchanged views on regional

issues such as Afghanistan, Maldives and Sri Lanka, and addressed nuclear non-proliferation concerns such as Iran.

Canada and India have longstanding and positive bilateral relations built upon shared traditions of democracy, pluralism and strong interpersonal connections with an Indian diaspora of more than one million in Canada.

In November 2009, Prime Minister Stephen Harper met with Prime Minister Manmohan Singh during a visit to India, where the two men set a combined annu-

al trade target of \$15 billion (up from just under \$5 billion in 2009), to be reached by 2015. The leaders also met when Prime Minister Singh visited Canada in June 2010, at which time they discussed bilateral, regional and global issues.

Two-way merchandise trade reached nearly \$5.2 billion in 2011, an increase of 23.4 percent from 2010. Canada and India are currently negotiating a CEPA that could boost bilateral trade by 50 percent, according to a Canada-India joint study.



Foreign Affairs Minister John Baird and India's Minister of External Affairs Shri S. M. Krishna

Protests are being held in several parts of Sri Lanka North-East on the alleged land grab and on large tracts of private land being occupied by Sri Lanka security forces



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Royal Bank - Harwood & Bayly Store (Ajax)

Grand Opening Event - 9th June, 2012

By Siva Sivapragasam

Great Advice in store for Ajax Residents

Residents from Ajax came in large numbers to witness and participate in the Grand Opening of RBC Royal Bank's new store strategically located at Harwood & Bayly.

Visitors to the Grand Opening were captivated by the colorful interior décor and the modern state of the art technology displayed at the Branch. Clients to the Branch will therefore be assured of a unique and relaxed setting.

Regional Vice-President Mark Beckles, customer-friendly Store Manager, Brian Clarke and his efficient team were at hand to receive the guests who came from different walks of life from the Ajax community. A busy Saturday morning turned out still busier to Brian and his team in introducing Bank services available at the Branch to potential customers and 'would be' clients.

Mark Beckles, Royal Bank's Regional Vice-President addressed the guests and stated that Royal Bank has made great efforts to focus on growing the branch network because RBC believes in the long-term growth of this region and the people who call it home.

He further remarked that Royal Bank provides quality financial advice and service to

its customers and stated that the new store will provide easy and convenient banking services to the customers who can use the state-of-the-art interactive technology available at the store.

He commented that branch opening isn't a culmination; it's just the beginning. Royal Bank aims to work together with its clients and partners to help customers achieve their financial dreams. He stated that, it is all part of an overall goal to help build stronger futures for clients, build strong careers for their employees and build stronger communities through donations, sponsorships and other local activities.

Mark remarked that building stronger communities is the heart of what they do at RBC and the Bank has a tradition of marking big milestones by giving something back to the community they serve.

Referring to RBC's commitment to the Blue Water Project he remarked that Royal Bank has pledged over \$32 million to more than 500 organizations worldwide that provide or ensure access to clean drinking water and protect watersheds. He announced that a sum of \$100,000 was being granted on the new store's Grand Opening Day to a local non-profit, community-based conservation group, Friends of the Rouge Watershed.

Brian Clarke, Store Manager welcomed the guests and spoke on the services available at the Branch. He stated that the new store is fully equipped with all banking services to serve the residents of Ajax. He invited the residents of Ajax

to walk into the Branch and find out the services available to them. He also mentioned that the Branch has a full team of small business bankers, commercial bankers, financial planners, investment and retirement planners and mortgage specialists to serve clients. The Branch provides clients a multi-media environment where advice is available through interactive screens, inspiring video stories, helpful tips etc.

Store Manager Brian Clarke possesses 23 years of experience in financial services and important players in his team consist of Joseph Walker - Mortgage Specialist, Jane Robson - Investment and Retirement Planner and Alan Taylor, Financial Planner. Charmaine Mathews - Manager Client Care, Daisy Iturriaga - Customer Assistance Officer. Members of the Sri Lankan community in Ajax will have an added advantage as there is a young Sri Lankan officer too working at the new Store - Accounts Manager Hari Sundaramohan.

Among those present at the function were David Ryan-Mayor of the City of Pickering, Joe Dickson - MPP, Josh Suresh - President DTA, and many business leaders from Ajax. Guests at the Grand Opening event were entertained to sumptuous refreshments.

With its multi-media environment and a customer friendly staff team headed by Brian Clarke the new RBC Royal Bank Branch in the neighbourhood makes you feel that it is more like a store than a mere branch. Ajax residents will certainly get advice they can Bank on!



Vice-President Mark Beckles & Store Manager Brian Clarke handing over a cheque for \$100,000 for the Friends of the Rouge Watershed



Mayor Dave Ryan, Joe Dickson - MPP, Vice-President Mark Beckles



Store Manager Brian Clarke with Staff Team and other VIPs



Vice-President Mark Beckles, Brian Clarke - Store Manager, Mayor Dave Ryan & Manager Client Care - Charmaine Mathews



Store Manager Brian Clarke with guests including Josh Suresh - President of Durham Tamil Association

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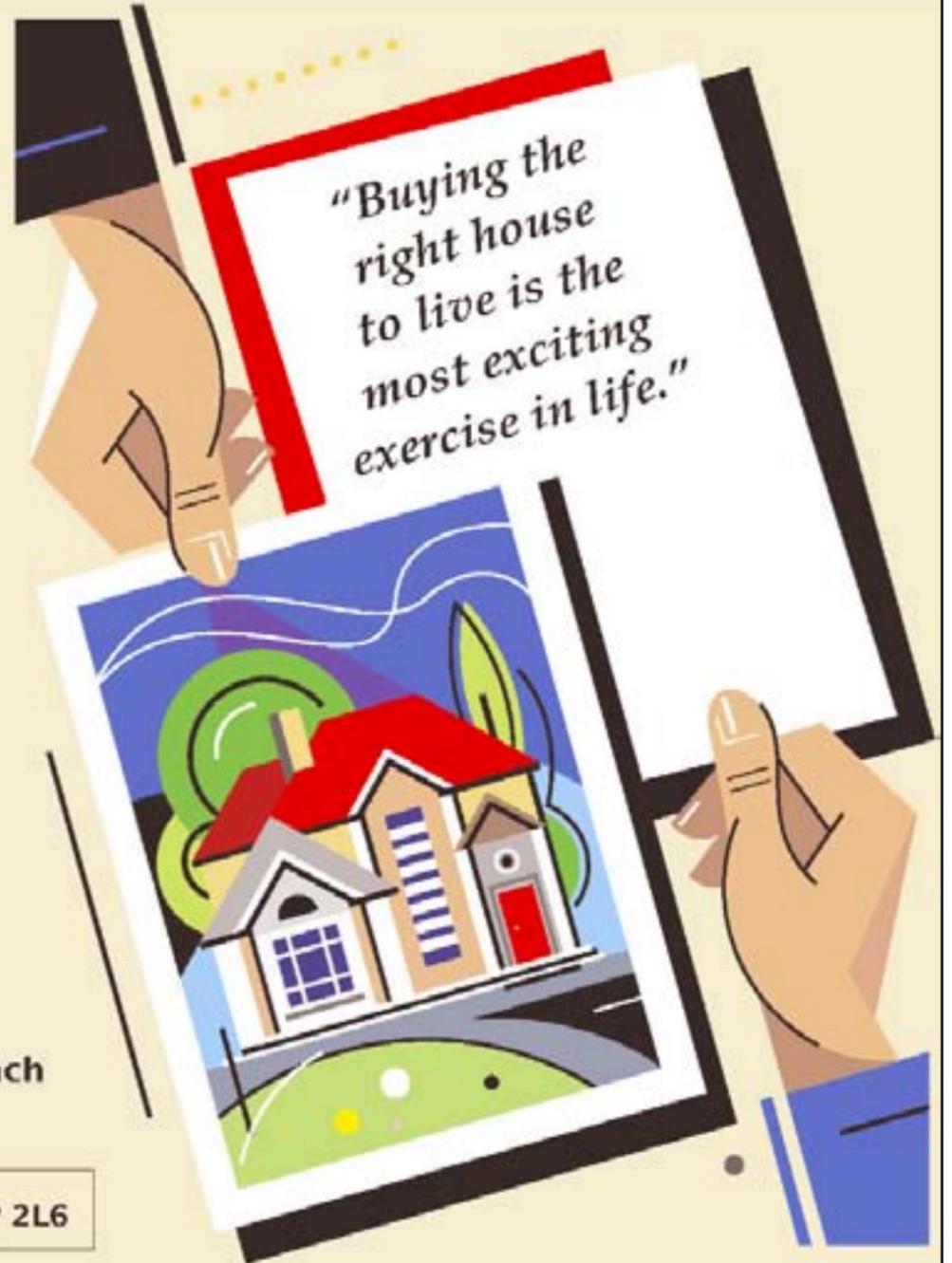
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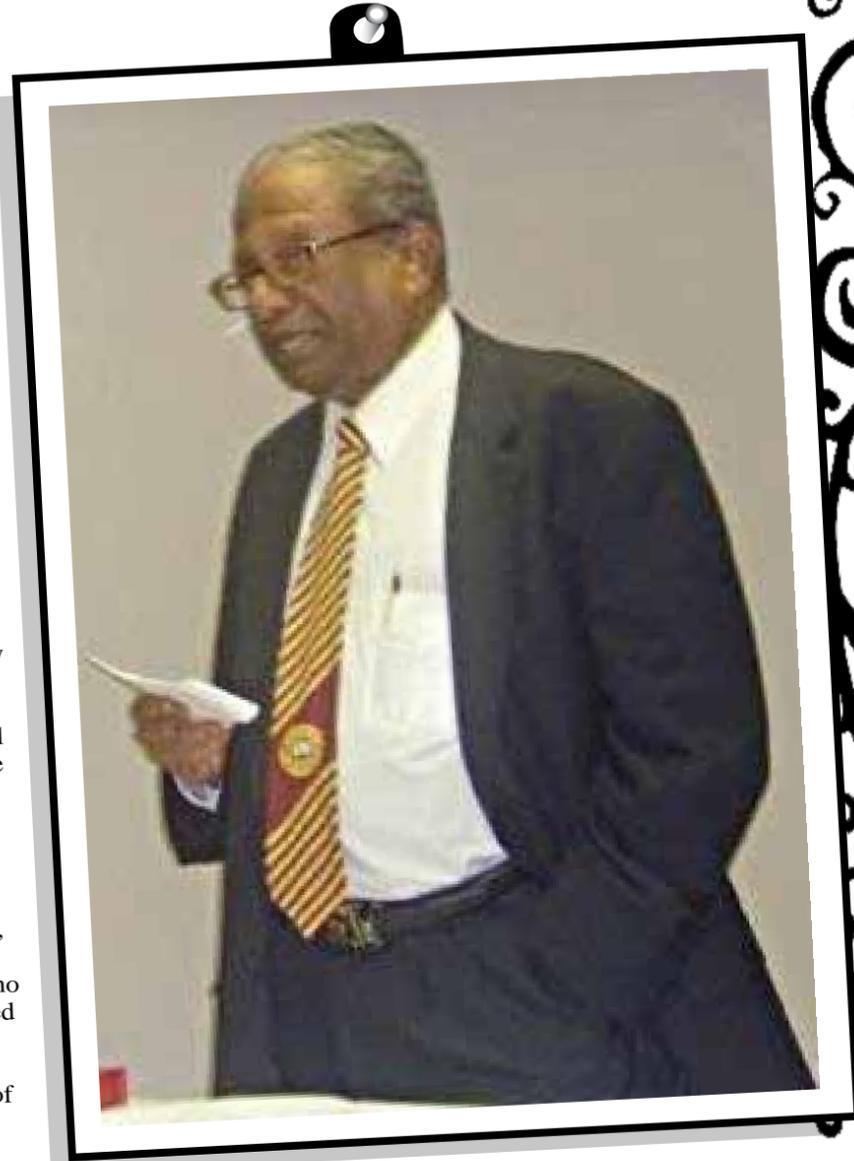
TRIBUTE TO RAJAN KADIRGAMAR

By: Jesudason Atputharajah

Led Jaffna College for Two decades with Missionary Zeal
The consensus of those who paid tributes to Rajan Kadirgamar, principal emeritus, Jaffna College, Vaddukkodai at the memorial service held recently was that he was able to guide his College as principal with a missionary zeal for 20 years. He died in September 2011 after a brief period of illness. The Memorial service was organised by the members of the family and it was held at the Milliken Wesleyan Methodist Church in Scarborough, Ontario, Canada. He was the eldest son of the late Rev. Kadirgamar who served as a pastor in the CSI Churches in Jaffna, Sri Lanka.

Tributes to his life and work were paid by Dharman Kulathungam, a colleague; David Jayasingh, a friend and Vasanthi Asokan, a niece. They all spoke of his services to his family, the school and the community. Rajan loved Jaffna College and gave of his best to the college for a record number of years. During the turbulent years of the later half of the 20th century, it was Rajan Kadirgamar who kept the college flag flying with his indomitable courage and determination. He never lost his calm and cool disposition which enabled him to face all the calamities- whether in the family or in the community. He was able to mentor his students in every form of college activity and his missionary zeal enabled him to shape their character and conduct in a very desirable manner so much so that the alumni of Jaffna college always remained faithful to their school where ever they may be scattered throughout the world. After he migrated to Canada, he was the life-wire of the Jaffna College Alumnus. Being a prolific speaker and communicator he was able to keep on the memories of Jaffna College alive even in this distant land.

The memorial service was enriched with traditional Tamil lyrics, music and the message was given by Rev. George Pryor, Pastor in charge of the Milliken Methodist Church. Mrs. Primrose Kadirgamar, the children and the kith and kin spared no pains to organise this excellent service in memory of their loved one. The service was attended by a large number of relatives, friends and past pupils from Toronto and its conurbations. The congregation was treated to a lavish fellowship tea at the end of the service.



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Special Feature



Summer Olympics

by S. Raymond Rajabalan

London, United Kingdom will hold the 2012 Summer Olympics this month, making it the first city to host the Games three times. The games are scheduled to commence July 27th with a gala opening ceremony and will go on till Aug. 12th amidst tight security.

OLYMPIC GAMES - An overview

The Summer Olympic Games are an international multi-sport event, occurring every four years, organized by the International Olympic Committee. The Winter Olympics were also created due to the success of the summer Olympics.

The Olympics have increased from a 42-event competition with fewer than 250 male athletes to a 300-event sporting celebration with over 10,000 competitors from 205 nations.

The United States has hosted four Summer Olympics Games, more than any other nation. The United Kingdom will have hosted three Summer Olympics Games when they return to the British capital in 2012. All of them have been (and will be) in London, making it the first city to hold the Summer Olympic Games three times. Australia, France, Germany and Greece have all hosted the Summer Olympic Games twice. Other countries that have hosted the summer Olympics are Belgium, Canada, Finland, Italy, Japan, Mexico, Netherlands, South Korea, Spain, the Soviet Union and Sweden. China hosted the Summer Olympics for the first time in Beijing in 2008.

In the 2016 Summer Olympics, Rio de Janeiro, Brazil will host the first Summer Games in South America. Four cities have hosted two Summer Olympic Games: Los Angeles, London, Paris and Athens. Stockholm, Sweden, has hosted events at two Summer Olympic Games, having hosted the games in 1912 and the equestrian events at the 1956 Summer Olympics-which they are usually listed as jointly hosting. Events at the summer Olympics have also been held in Hong Kong and the Netherlands (both represented by their own NCOs), with the equestrian events at the 2008 Summer Olympics being held in Hong Kong and two sailing races at the 1920 Summer Olympics being held in the Netherlands.

Five countries - Greece, Great Britain, France, Switzerland, and Australia (twice combined with New Zealand as Australasia) - have been represented at all Summer Olympic Games. The only country to have won at least one gold medal at every Summer Olympic Games is Great Britain, ranging from one gold in 1904, 1952 and 1996 to fifty-six golds in 1908.

Modern Olympic Games

The modern Olympic Games were



founded in 1894 when Pierre Frey, Baron de Coubertin sought to promote international understanding through sporting competition. He based his Olympics on the Wenlock Olympian Society Annual Games, which had been contested in Much Wenlock since 1850.

The first edition of de Coubertin's games, held in Athens in 1896, attracted just 245 competitors, of whom more than 200 were Greek, and only 14 countries were represented. Nevertheless, no international events of this magnitude had been organized before.

The 1896 Summer Olympics, officially known as the Games of the I Olympiad, was an international multi-sport event which was celebrated in Athens, Greece, from April 6 to April 15, 1896. It was the first Olympic Games held in the Modern era. Ancient Greece was the birthplace of the Olympic Games, consequently Athens was perceived to be an appropriate choice to stage the inaugural modern Games. It was unanimously chosen as the host city during a congress organized by Pierre de Coubertin, a French pedagogue and historian, in Paris, on June 23, 1894. The International Olympic Committee (IOC) was also established during this congress.

Despite many obstacles and setbacks, the 1896 Olympics were regarded as a great success. The Games had the largest international participation of any sporting event to that date. Panathinaiko Stadium, the first big stadium in the modern world, overflowed with the largest crowd ever to watch a sporting event.

After the Games, Coubertin and the IOC were petitioned by several prominent figures including Greece's King George and some of the American competitors in Athens, to hold all the following Games in Athens. However, the 1900 Summer Olympics were already planned for Paris and, except for the 1906 Intercalated Games, the Olympics did not return to Greece until the 2004 Summer Olympics.

Four years later the 1900 Summer Olympics in Paris attracted more than four times as many athletes, including 11 women, who were allowed to officially compete for the first time, in croquet, golf, sailing, and tennis. The Games were integrated with the Paris World's Fair and lasted over 5 months. It is still dis-

puted which events exactly were Olympic, since few or maybe even none of the events were advertised as such at the time.

Numbers declined for the 1904 Games in St. Louis, Missouri, United States, due in part to the lengthy transatlantic boat trip required of the European competitors, and the integration with the Louisiana Purchase Exposition World's Fair, which again spread the event out over an extended period.

The 1908 London Games saw numbers rise again, as well as the first running of the marathon over its now-standard distance of 42.195 km (26 miles 385 yards). The winner of the first Olympic Marathon in 1896 (a male-only race) was Spiridon "Spiros" Louis, a Greek water-carrier. He won at the Olympics in 2 hours 58 minutes and 50 seconds at a distance of 40 km (24 miles 85 yards). The new marathon distance of 42.195 km (26 miles 385 yards) was chosen to ensure that the race finished in front of the box occupied by the British royal family. Thus the marathon had been 40 km for the first games in 1896, but was subsequently varied by up to 2 km due to local conditions such as street and stadium layout. At the six Olympic Games between 1900 and 1920, the marathon was raced over six different distances.

The Games continued to grow, attracting 2,504 competitors, to Stockholm in 1912, including the great all-rounder Jim Thorpe, who won both the decathlon and pentathlon. Thorpe had previously played a few games of baseball for a fee, and saw his medals stripped for this breach of amateurism after complaints from Avery Brundage. They were reinstated in 1983, 30 years after his death. The Games at Stockholm were the first to fulfill Pierre de Coubertin's original idea. For the first time since the Games started in 1896 were all continents represented with athletes competing in the same stadium.

The scheduled Berlin Games of 1916 were canceled following the onset of World War I.

The 1920 Antwerp games in war-ravaged Belgium were a subdued affair, but again drew a record number of competitors. This record only stood until 1924, when the Paris Games would involve 3,000 competitors, the greatest of whom was Finnish runner Paavo Nurmi. "The Flying Finn", won three team gold medals and the individual 1,500 and 5,000 meter runs, the latter two on the same day.

The 1928 Amsterdam games were notable for being the first games which allowed females to compete at track & field athletics, and benefited greatly from the general prosperity of the times along-

side the first appearance of sponsorship of the games, from Coca-Cola. The 1928 games saw the introduction of a standard medal design with the IOC choosing Giuseppe Cassioli's depiction of Greek goddess Nike and a winner being carried by a crowd of people. This design was used up until 1972.

The 1932 in Los Angeles games were affected by the Great Depression, which contributed to the fewest competitors since the St. Louis games. The 1936 Berlin Games were seen by the German government as a golden opportunity to promote their ideology. The ruling Nazi Party commissioned film-maker Leni Riefenstahl to film the games. The result, *Olympia*, was a masterpiece, despite Hitler's theories of Aryan racial superiority being repeatedly shown up by "non-Aryan" athletes. In particular, African-American sprinter and long jumper Jesse Owens won 4 gold medals. The tale of Hitler snubbing Owens at the ensuing medal ceremony is a fabrication. The 1936 Berlin Games also saw the reintroduction of the Torch Relay.

Due to World War II, the Games of 1940 (due to be held in Tokyo and temporarily relocated to Helsinki upon the outbreak of war) were canceled. The Games of 1944 were due to be held in London but were also canceled. Instead, London hosted the first games after the end of the war, in 1948.

After World War II

The first post-war Games were held in 1948 in London, with both Germany and Japan excluded. Dutch sprinter Fanny Blankers-Koen won four gold medals on the track, emulating Owens' achievement in Berlin.

At the 1952 Games in Helsinki the USSR team competed for the first time and immediately became one of the dominant teams. Finland made a legend of an amiable Czech army lieutenant named Emil Zátopek, who was intent on improving on his single gold and silver medals from 1948. Having first won both the 10,000 and 5,000 meter races, he also entered the marathon, despite having never previously raced at that distance. Pacing himself by chatting with the other leaders, Zátopek led from about half way, slowly dropping the remaining contenders to win by two and a half minutes, and completed a trio of wins.

The 1956 Melbourne Games were largely successful, barring a water polo match between Hungary and the Soviet Union, which political tensions caused to end as a pitched battle between the teams. Due to a foot-and-mouth disease outbreak in Britain at the time and the strict quarantine laws of Australia, the equestrian events were held in Stockholm.

At the 1960 Rome Games a young



Special Feature

light-heavyweight boxer named Cassius Clay, later known as Muhammad Ali, arrived on the scene. Ali would later throw his gold medal away in disgust after being refused service in a whites-only restaurant in his home town of Louisville, Kentucky. Soviet women's artistic gymnastics team members won 15 of 16 possible medals. Other performers of note in 1960 included Wilma Rudolph, a gold medalist in the 100 meters, 200 meters and 4x100 meters relay events.

The 1964 Games held in Tokyo are notable for heralding the modern age of telecommunications. These games were the first to be broadcast worldwide on television, enabled by the recent advent of communication satellites. The 1964 Games were thus a turning point in the global visibility and popularity of the Olympics.

offered safe passage and taken to an airport, where they were ambushed by German security forces. In the firefight that followed, 15 people, including the nine Israeli athletes and five of the terrorists, were killed. After much debate, it was decided that the Games would continue, but proceedings were obviously dominated by these events

There was no such tragedy in Montreal in 1976, but bad planning and fraud led to the Games' cost far exceeding the budget. The Montreal Games were the most expensive in Olympic history, until the 2008 Summer Olympics, costing over \$5 billion (equivalent to \$20 billion in 2006). There was also a boycott by African nations to protest against a recent tour of apartheid-run South Africa by a New Zealand rugby side. The Romanian gymnast Nadia Comăneci won the women's individual all around gold

when many of the athletes, most notably men's 100 metres winner Ben Johnson, failed mandatory drug tests. Despite splendid drug-free performances by many individuals, the number of people who failed screenings for performance-enhancing chemicals overshadowed the games.

On the bright side, drug testing and regulation authorities were catching up with the cheating that had been endemic in athletics for some years. The 1992 Barcelona Games were cleaner, although not without incident. In evidence there was increased professionalism amongst Olympic athletes, exemplified by US basketball's "Dream Team". 1992 also saw the reintroduction to the Games of several smaller European states which had been incorporated into the Soviet Union since World War II. These games also saw gymnast Vitaly Scherbo equal the record for most individual gold medals at a single Games set by Eric Heiden in the 1980 Winter Games, with five.

By then the process of choosing a location for the Games had itself become a commercial concern; allegations of corruption rocked the International Olympic Committee, in particular with reference to Salt Lake City's bid to host the 2002 Winter Olympics. It was also widely rumored that The Coca-Cola Company, a key IOC sponsor, was highly influential in the 1996 Summer Olympics being hosted by its home city of Atlanta. In the stadium in 1996, the highlight was 200 meters runner Michael Johnson annihilating the world record in front of a home crowd. Canadians savored Donovan Bailey's record-breaking gold medal run in the 100-meter dash. This was popularly felt to be an appropriate recompense for the previous national disgrace involving Ben Johnson. There were also emotional scenes, such as when Muhammad Ali, clearly affected by Parkinson's disease, lit the Olympic torch and received a replacement medal for the one he had discarded in 1960. The latter event took place not at the boxing ring but in the basketball arena, at the demand of US television. The atmosphere at the Games was marred, however, when a bomb exploded during the celebration in Centennial Olympic Park. In June 2003, the principal suspect in this bombing, Eric Robert Rudolph, was arrested.

New millennium

The 2000 Summer Olympics held in Sydney, Australia, known as the "Games of the New Millennium". The 2000 Games were held in Sydney, Australia, and showcased individual performances by local favorite Ian Thorpe in the pool, Briton Steve Redgrave who won a rowing gold medal in an unprecedented fifth consecutive Olympics, and Cathy Freeman, an Indigenous Australian whose triumph in the 400 meters united a packed stadium. Eric "the Eel" Moussambani, a swimmer from Equatorial Guinea, had a memorably slow 100 meter freestyle swim that showed that, even in the commercial world of the twentieth century,

some of de Coubertin's original vision still remained. The Sydney Games were also memorable for the first appearance of a joint North and South Korean contingent (to a standing ovation) at the opening ceremonies, even if they competed as different countries. Controversy did not escape the 2000 Games in Women's Artistic Gymnastics, in which the vaulting horse was set to the wrong height during the All around Competition. Several athletes faltered, including Russian Svetlana Khorkina, who had been favored to win gold after qualifying for the competition in first place.

In 2004 the Games returned to their birthplace in Athens, Greece. Greece spent at least \$7.2 billion on the Games, including \$1.5 billion on security alone. Nonetheless, the Men's Gymnastics events were mired in controversy when it was discovered that Korean gymnast Yang Tae Young had been incorrectly credited with a lower start value, which placed him third behind American Paul Hamm, who won the competition. Later in the event finals, fans halted the Men's High Bar competition with chants of disapproval following the release of the score for Russian Alexei Nemov. Allegations of corrupt judging also marred the event finals in men's still rings. Although unfounded and wildly sensationalized reports of potential terrorism drove crowds away from the preliminary competitions of first weekend of the games (14-15 August), attendance picked up as the games progressed. Still, a third of the tickets failed to sell. The Athens Games witnessed all 202 NOCs participate with over 11,000 participants.

The 2008 Summer Olympics were held in Beijing, People's Republic of China. This Olympics was the subject of much controversy, especially following the March Tibetan riots. Human rights activists unsuccessfully called for a boycott, and some even compared the 2008 Olympics to the 1936 ones held in Nazi Germany. Several new events were held, including the new discipline of BMX for both men and women. For the first time, women competed in the steeplechase. The fencing program was expanded to include all six events for both men and women. Marathon swimming events, over the distance of 10 kilometers, were added. In addition, the doubles events in table tennis were replaced by team events. American swimmer Michael Phelps set a record for gold medals at single Games with eight, and tied the record of Heiden and Scherbo for most individual golds at a single Game. Another major star of the Games was Jamaican sprinter Usain Bolt, who became the first male athlete ever to set world records in the finals of both the 100 and 200 metres in the same Games.

Rio de Janeiro, Brazil will be the host city of the 2016 Summer Olympics, becoming the first South American city to host either the summer or Winter Games.



London Olympics Stadium

Performances at the 1968 Mexico City games were affected by the altitude of the host city. No event was affected more than the long jump. American athlete Bob Beamon jumped 8.90 meters, setting a new world record and, in the words of fellow competitor and then-reigning champion Lynn Davies, "making the rest of us look silly." Beamon's world record would stand for 23 years. The 1968 Games also introduced the now-universal Fosbury flop, a technique which won American high jumper Dick Fosbury the gold medal. Politics took center stage in the medal ceremony for the men's 200 meter dash, where Tommie Smith and John Carlos made a protest gesture on the podium against the segregation in the United States; their political act was condemned within the Olympic Movement, but was praised in the American Civil Rights Movement.

Politics again intervened at Munich in 1972, with lethal consequences. A Palestinian terrorist group named Black September invaded the Olympic village and broke into the apartment of the Israeli delegation. They killed two Israelis and held 9 others as hostages. The terrorists demanded that Israel release numerous prisoners. When the Israeli government refused their demand, a tense stand-off ensued while negotiations continued. Eventually the captors, still holding their hostages, were

medal with two of four possible perfect scores, thus giving birth to a gymnastics dynasty in Romania. Another female gymnast to earn the perfect score and three gold medals there was Nellie Kim of the USSR. Lasse Virén repeated his double gold in the 5,000 meters and 10,000 meters, making him the only athlete to ever win the distance double twice.

End of the 20th century

Following the Soviet Union's participation in the Afghan Civil War, 66 nations, including the United States, Canada, West Germany and Japan, boycotted the 1980 games held in Moscow. The boycott contributed to the 1980 Games being a less publicized and less competitive affair, which was dominated by the host country.

In 1984 the Soviet Union, and 13 Soviet Allies, reciprocated by boycotting the 1984 Summer Olympics in Los Angeles. These games were perhaps the first games of a new era to make a profit. The games were again viable, but had become more commercial. Again, without the participation of the Eastern European countries, the 1984 Games were dominated by their host country. The game was also the first time Mainland China (People's Republic) participated.

The 1988 games, in Seoul, were very well planned but the games were tainted

Special Feature



Father's Day Worship cum Celebration

By: Jesudason Atputharajah

The Tamil Christian Church of Canada celebrated the Fathers' Day in great style with both traditional and Canadian style praise service on the 17th of June.

The prelude to worship was enriched by a cultural Tamil lyric based on the classical Tamil tune of 'Anantha bairavi' sung with the accompaniment of Tamil musical instruments. Senan Lewis, the steward in charge of the men's ministry gave his thoughts for the Fathers' Day praising the heavenly father-the Almighty God for his bounteous goodness

showered upon humanity. The choir of the men's ministry sang five Tamil lyrics focusing the idea of God as the omnipresent ever caring providence.

Patrick Canagasingam, Vice-president of International and Canadian programs for the World Vision was the guest speaker at the service and he dealt with the subject -"Experiencing the Father's Love-serving an omnipresent God".

He related that God is everywhere and that the 'world vision' is one of the organisations that makes God's omnipresence a reality-"God in Action' in the modern world attending to the cur-

rent needs of the needy. With God on our side we have no need to fear. When everything is done in God's presence we will live with a new sense of accountability.

God finds us and we have no need to find him. He also showed a DVD to illustrate the Love of God'-portraying excerpts from the bible of the actions of the living God. God has raised up leaders and men of God to fight the good fight and work for the spread of Godly actions throughout the world.

We should always be in a state of preparedness to accept God and make use

of us as his instruments of goodness in the world. The intercessory prayer given in Tamil uplifted the spirits of the devotees and made them to feel the presence of God in their midst.

The worship service ended with the Holy Communion and all participants were treated to a fellowship dinner by the women's fellowship of the church.' People of God stand on His promises. They are guided by God's spirit in every moment of their lives". The 'Father's Day' service re-in forced God' caring goodness in the service of His people.





Spirituality

The Root Cause

If you truly become aware of the disease, then you become aware of the cause also.

Physical existence is always happening between cause and effect. Suppose there is an infection, you ate or drank something somewhere and got infected; so the cause was bacteria.

Now there is an effect, infection. So you are trying to take away the cause by taking antibiotics. You kill the cause with medication, because it is external to you. With other diseases that are not externally caused, but are happening from within the body, the cause is so much deeper compared to an infection. For this type of disease to manifest, there is an imbalance or a malfunction in the energy body, which manifests itself in the physical body, or sometimes in the mental body.

Now with something like pranic healing - or any kind of healing for that matter - you are only appeasing the effect. In a way, what you are doing is that, with a little control or mastery over your own energies, you are able to put a screen between the cause and the effect. So the effect dies out, but the cause stays buried.

As far as nature is concerned, as far as life energy is concerned, the effect was only its way of telling you that there is a cause inside of you. What we call as "cause," the disturbance of energy, is trying to manifest itself in a certain way.

Let us say you have asthma and I just remove your asthma today. Without asthma in you, when you still have the same kind of energy in you, you may become some other calamity in a moment. The disease may not be there, but you could get into an accident.

Your asthma was only an indication of a deeper disturbance. If we take away your asthma, it may manifest in some other way, as some other calamity. This is because your energies are still in the same situation, but the effect of it was taken away. So, it will take effect in a deeper or more acute form to inform you again. Instead, if you bring awareness to your disease, you get connected to the cause of it.

When we talk about bringing awareness to your disease, when we talk about accepting what is there, it does not mean

becoming defeated about your disease. If you truly become aware of the disease, then you become aware of the cause also. The moment you bring awareness to any part of your body, in terms of energy, it will immediately become active and many things start happening there.

Just as an experiment, if you carefully attend to any part of your body - put your attention there and just be with that, you will see that so much energy activity will begin to happen there, because if you bring awareness and consciousness to that part of the body, naturally life energies become enhanced. This way, one could heal something and change the energy situation to some extent.

Now, why did the energy body get disturbed, first of all? For the energy body to be disturbed either there is an improper lifestyle, improper thought patterns, improper emotions or a combination of all these. There is a certain karmic structure that you have built which is causing some kind of turmoil to your energy, which manifests itself in the physical body as disturbed energy or disease.

But even if you settle the energy situation to some extent with healing or mental focus or with a certain sense of awareness, still the karmic substance which is causing this is not gone. The karmic substance is recorded in your energy as the fundamental software. It can work only within the ambit of the programmed software.

The life energies within you created your whole body. All the bones, blood, flesh and everything, including your brain, were created by this energy. When you were born, your body was so tiny and today it has become so big. Nobody stretched you from outside, did they? Whatever is creating the body is within you. So, when it can do so much, can it not fix a tiny cartilage or a hole in the heart?

Now, this whole activity of trying to heal somebody is, in some way, trying to play God - trying to manipulate energies in an improper way.

Here, we are teaching people yoga kriyas with which healing happens naturally. The objective is not healing, but it definitely happens. This involves sadhana, which is dissolution of karma by itself.

When the cause is dissolved, the effect is no more.

The War With Peace

Without being capable of bringing peace into your own being, there is no way you are going to be capable of bringing peace to the world.

Forces of love-compassion and anger-hate are always functioning in the world. It is a seesaw game. The question is, which end of the seesaw do you want loaded? If we are really on the brink of a terrible situation, it is all the more important that the spiritual process is applied more vigorously as ultimately that is the only thing that will maintain sanity in the world.

The moment you start believing in things that are not a living experience for you, you are naturally in conflict. Please see this. You are a peaceful person today, but tomorrow when somebody really confronts your belief system, you will stand up and fight.

What is the intelligence in moving into belief? What is the benefit of moving into belief? The only thing is your ego feels comfortable. "I don't know" is a big loss for the ego. "I know" is the only way you can make the ego grow, isn't it? In any given situation, when you say, "I don't know," you are incapable of fighting with anybody, you are incapable of conflict. You are a very humble and wonderful human being.

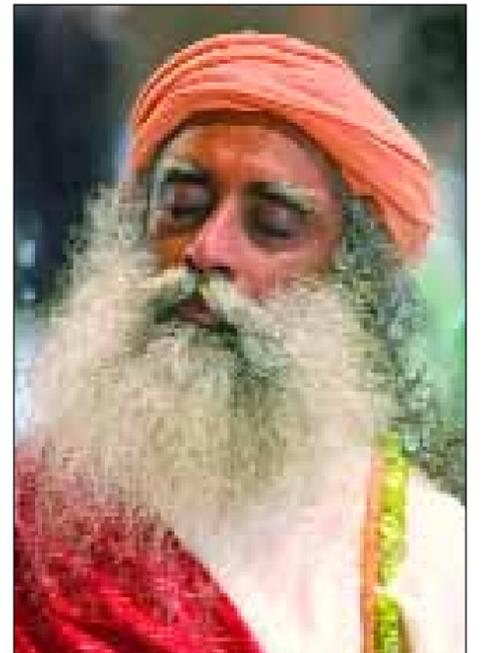
Without being capable of bringing peace into your own being, there is no way you are going to be capable of bringing peace to the world. If this little mind, you can't make it peaceful, are you going to make the world peaceful? Whatever you're seeing in the world is just a projection of your little mind, an enlarged projection of your mind. Is there anything happening in the world which is not happening in your mind? It is happening.

The science of yoga is a way to look inward. To look inward not from any standpoint, simply to look inward. You cannot look inward if you're identified with something. The moment you're identified, all doors are closed to you. Please see, the very way you think and feel depends on what you're identified with right now.

Let's say, for example, you identify yourself as an Indian. Now when a situation happens, the very way you feel and respond to it is in a certain way. At that moment, in national interest, maybe it's a good thing, but still, instead of reacting to it you can respond to it more intelligently. When you're identified, you just become a reaction. You have no choice to think any other way. You have no capability of seeing the other person's point of view. You have no capability of seeing from where the problem is springing. You will just react.

It is better that you come from your intelligence, not from your reaction. To come from intelligence, the first thing is you must be able to look at things just the way they are, not from an identity. The moment you look at anything from an identity, you are prejudiced about it.

Meditation is a way to help you drop your identity and experience true peace.



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

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

At least when you sit and meditate, nothing else exists. There is just being, nothing else is there.

Peace means nothingness. Peace is not something that you create. Peace is not something that happens. Peace is something that always is. Peace is the fundamental existence. What happens on the surface is disturbance. This is just like the ocean. On the surface of the ocean there's turbulence, but deep down it's perfectly peaceful. Only if you are in tune with that quality, you know true peace.

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

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

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

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Short Story



Contd. from June 2012

The walk along the Temple Road invariably brought Kumar right in front of the two-story house, standing out as the villager had described. Its incongruity in the neighborhood struck him and made him realize the disparity between Selvaratnams and their neighbors. He leaned on the gate, wondering what he should say in case an unknown person confronted him, but the slight movement of the gate again brought the dogs. These dogs looked really different: the unrelenting barking gave away their ferocity, and Kumar not knowing what to do wished he came with someone. Initially there was no response to this hullabaloo from the house, but heads

tortoises. He wondered if Mala was looking at him from one of the top windows like in "Romeo and Juliet"; he checked one by one for any clues but the movement only caused more growls from the dogs. He waited for Mala's father, felt as if an eon would pass before he would see him coming out. When the dogs stood up with their ears perked up, the door again opened and Mr. Selvaratnam came out. He walked up to the gate slowly with the head bowed, and when he lifted his face to look at Kumar, there was no enthusiasm, but a mixture of sadness and irritation.

"How are you doing, Thamby?; when did you come here?"

"I came here yesterday uncle, I was

followed by several pairs of eyes behind cajan fences. They were both in sarongs and it didn't occur to either of them that they would have never even imagined talking to each other in sarongs, let alone walking on the streets in Colombo. Every passerby on foot or on a bicycle was in sarong and there were hardly any women on the road. They had completed a good distance and almost reached the backside of the Temple without exchanging a single word. Finally Mr. Selvaratnam looked around to make sure that there was nobody around and cleared his throat.

"Thamby, I want to tell you something very important; this is with regards to Mala; you know how much I

"Uncle, I promise I'll be patient; but I want a promise from you that you will keep the end of your bargain up"

"I will promise one thing as a father; if you do anything to bring bad name on her, you can forget about marrying her forever; that much I will tell you"

Kumar stood there, stunned, watching Mr. Selvaratnam storming away. He had never seen that side of the man in Colombo. It was incomprehensible that such a friendly relationship could quickly degenerate into a volatile one due to the circumstances. He walked in circles around the Temple aimlessly, couldn't think straight. He wanted to talk to someone, open his heart and pour out his grievance; he even entertained the thought of confessing to the crippled man at the tea shop, but quickly realized what a stupid idea it was. After a while his legs became sore, so he decided to go home. When he opened the gate, the charging dogs didn't seem menacing any more, the old man avoided eye contact instinctively, seeing his ashen face. Kumar went straight to his room. The fact that there

THE TRAIL OF TEARS FROM THE LAND OF PALMYRAH

By: SIVAGAMI



slowly crept up above the cajan fences all around with curiosity. And finally the door opened and a lady, taking her own sweat time, looked in his direction irritatingly. She appeared as if she was silently blaming him for disturbing the peace. She called the dogs but they wouldn't listen and only after giving stern commands they stopped barking and sat on their hind legs, panting and staring intensely at Kumar. A short exchange made the lady even more irritated and she raised her eyebrows as to why Kumar needed to speak to her brother. Not getting any convincing answers and seeing a determination in his eyes, she decided to let her brother deal with Kumar. The moment she turned to leave, the dogs started growling again, and the lady had to raise her voice to hush them. While standing outside the gate, having not received a cordial invitation, Kumar could feel the intense stare not only from the dogs, but from heads stealthily coming above the cajan fences. When he helplessly looked in their direction, the heads would disappear like the heads of

worried about you and the family"

"By Lord Murugan's grace we all survived, but lost the house like most; I hear your house was burnt down too; anyway we are still alive, that's all that really matters"

"That's very true uncle--- I'm staying with my brother's family"

"I know, your sister-in-law's father and I went to school here, years ago, of course, and he told me."

"I didn't know that you knew each other; that's good to know; are you planning to go back anytime soon?"

"We don't know, Thamby, what we are going to do; for the time being, we will stay here----- and sooner or later I may have to go back to make sure the land is safe"

"Uncle, if I may ask, how is Mala doing?"

"She is fine; by the way I want to discuss something important with you; why don't we take a walk to the temple"

He pulled the gate behind, making sure the dogs wouldn't escape, and took a nervous stroll with Kumar, while being

treasure her, she is my only daughter so I petted her too much and gave her immense freedom; these things I don't need to tell you because you know them well; when she started bringing you home in Colombo, I never protested, but things are different here ; this is Jaffna, the customs and the way of thinking are different here. Trust me on this because I lived a larger part of my life here. So what I am trying to tell you is, let's not complicate our lives more than they already are. Name and honor and not deviating from the norm are more important than anything in this part of the country. You two may forge a partnership in matrimony in future, Lord Murugan willing, but until then I want you not to try to meet her. This is my humble request"

"Uncle, I totally understand your concern; but I'm her fiancé and there is nothing that will prevent our marriage, so if the people come to know this, I'm sure, they wouldn't frown upon our courtship."

"Kumar, listen, I can't blame you for your naiveté, because you never lived here; let me tell you, there is no such thing as fiancé or betrothed in Jaffna; either you are married or not---- did you say courtship----my advise on that is, don't ever use the word as long as you live in Jaffna; there is only one way unions happen here, through arranged marriage"

"Uncle, please let me talk to her once and I promise I won't bother her after"

"Kumar, what's the point; don't you get it that nothing good will come out of it"

"So, promise me that you will never get her married to anybody else and then only I will agree not to meet her"

"Kumar, the times are such, I can't promise anything; but patience will always bring good results; so be patient"

would be always company in his room exasperated him and he really longed for his lost privacy. The news that Kumar was in a bad mood spread among the household and one of his brothers volunteered to lend his sympathetic ears. But how ever much he prodded, he couldn't get anything substantial out of Kumar; but he very well knew it was all about Mala. Kumar felt in that instance that everybody was conspiring against him including his brothers. As if to confirm his suspicions, the youngest daughter of the house innocently brought a cup of tea to his room. Luckily the brother who had the presence of mind acted quickly and thwarted an incident, otherwise it would have caused an irreparable damage.

The Nallur Temple administration had agreed not to have elaborate processions of the Deities outside the Temple, but won the argument against canceling the festival altogether. So the August festival proceeded without much fanfare, on a modest scale. Unlike the usual times when commercialism and revelries would have superseded the spiritual goals; this time there was an extra oomph in the prayers of the worshipers. On the inauguration day itself Kumar tagged along without realizing what a jackpot he was about to hit. He hated the Temple stipulation that all male worshipers should remove the shirt to enter the shrine. He wanted to walk away, but he was convinced otherwise by the brothers. Inside the Temple, the crowd was unruly, noisy, smelly and sticky with dripping sweat from male hairy torsos comprising unsightly pot bellies. Drummers with Nadaswaram tried their best to drown the sound of multitude of bells; the priests were belting out mantras in Sanskrit; groups of worshipers sang Tamil devotional songs in their unmusical voices. A market place would have



Short Story

been better soothing to the ears. The crowd could move in only one direction and Kumar could not get out but to go with the throng around the sanctum sanctorum. And when he reached the entrance after the end of one dizzying round, and tried to exit, the old man whispered into his ears that it was a bad practice not to finish at least three circles. Kumar cursed the old man silently and continued his second round; he decided he would never enter the Temple again, and even told the old man so. In each round people brought the flow to a stand still in front of each Deity and did different rituals as they pleased. The more fervent they were in their rituals, the slower the pace of the flow became. The camphor and incense burning had caused clouds of smoke and by the time he finished his third round, Kumar was drenched in sweat. He was happy that he had finished the minimum requirement by tradition and wanted to flee the place before the old man came out with some other mumbo jumbo. Then the magic happened: he saw Mala and the family waiting outside to enter the Temple; his heart stopped for a moment and then started racing, making him giddy; he kept staring at her but she and the family didn't notice him. He cursed himself for giving an impression that he was indifferent and impatient; his mind was searching for reasons convincing enough for the family to accept his change of heart, but it failed miserably. He even thought about pretending that he got swept away by the avalanche of people; but when he looked around there were not enough people to make it look real. The time was running out swiftly and he was running out of ideas too. Then he saw a group of worshipers jumping up and down, whipping up a trance while on the move; It didn't take time to realize how ridiculous his joining the group would look like. When his brothers reminded him that they were ready to leave, he told them that his curiosity was piqued to such an extent that it compelled him to stay behind for more novelties. He couldn't look in the eyes of his brothers or wait for their answer. He then quickly detached himself from the family and disappeared among the multitude. Flabbergasted, Kumar's family couldn't explain his strange behavior all of a sudden until they met the Selvaratnam family outside. They could only wave at each other as the crowd was pushing and pulling on either direction. Kumar's brothers though winked secretly between them; and the old man on the other hand, couldn't help wearing the chagrin on his sleeve.

Inside, for a change, Kumar was now slowing the flow, looking back constantly, craning his head over the others'. People yelled at him, telling him to look forward and move, but he ignored them and kept looking back and, as a result, earned the ire of more and more people. He quickly realized that he couldn't hold the traffic long enough to bring Mala's family within his visual field; so he decid-

ed to hide behind one of the large pillars, feigning sickness so people wouldn't harass him to move forward. And it worked; from this vantage point he waited for Mala's family to move forward quite a distance before he joined the throng again. Everyone's focus was on the Deities in front, but Kumar couldn't take his eyes off of Mala's behind. She wore a saree, covering almost head to toe, but the silhouette under the saree's wrap, with some imagination, gave Kumar the butterflies. Suddenly Kumar didn't mind the surroundings: the smelly, sweaty, hairy men, pushing and tugging him or the unbearable coarse singing or the uncoordinated instrumental cacophony; all looked and felt wonderful and when an old man next to him proclaimed a spiritual ecstasy, he couldn't agree with him more. He kept a safe distance and



followed the family and how many times he circled the sanctum sanctorum, Lord Murugan only knew.

Shielding the glare with one hand and squinting to adapt to the bright sun, Kumar watched Mala's family trudging on the hot white sand barefooted. He was disappointed that he couldn't catch the attention of Mala. The last words of Mr. Selvaratnam were still echoing in his ears, preventing him from doing anything rash. So following them further beyond the Temple seemed out of the question. But on the whole, he became a different man altogether, exhilarated to the core and felt to be on top of the world. He could feel the power of love, overcoming all seemingly insurmountable adversities and making him invincible once again. He sported a smile while others winced at the scorching white sand on their bare feet. On reaching the top of the lane, he turned and looked back to see if the family was still lingering over; he could only see the mirage under the sweltering sun, making the people at a distance look as if they were floating above the ground. He then reluctantly entered the shade. The lower branches of the overhanging trees almost touched his vertex, giving him an illusion of being extraordinarily tall. He lifted himself on the balls of the feet to touch the ones reachable, hopped and swung his arm to reach for the ones he couldn't. The immediate vicinity suddenly became invisible

to him, because his mind was somewhere in Colombo, recalling the good times with Mala. He went mindlessly hopping and swinging his arm, trying to reach the unreachable. He didn't even see the man with polio coming right in front and collided with him inadvertently.

"I've been watching you from afar, you behave as if your proposal has been accepted by the most beautiful girl in town" the crippled man teased Kumar.

"Yes, you may say so"

"Seriously, a girl said yes to you?"

"No, I was kidding"

"Then what are you beaming about?"

"Nothing, a man may have a thousand reasons to be happy; I have a few; so leave it at that"

"Listen, you look like you're up to no good; here we say, all cajan fences have eyes and ears; so be careful, not to rub

around in her neighborhood would bring some resolution. He dragged the gate to put the latch and then heard the familiar sweeping sound behind. It was the crippled man, holding up one end of his sarong and waddling towards him.

"You again, you practically live here, what's going on?" Kumar couldn't conceal his irritation.

"I'm visiting my friend----by the way why do you hang around at Selvaratnam's house?-----don't tell me you are related, I know you are not"

"How can you be so sure?"

"Because I've known them for years; I do errands for his sister---- in fact I was there yesterday"

"So you asked them about me?"

"Yes, I did"

"And"

"Guess what?; they said they don't know you"

"They really said that?"

"Of course they did; do you think they are going to admit that their daughter is head over heels in love with you ?; of course not"

"Where did you get that idea?"

"Come on, didn't I tell you the cajan fences have eyes and ears?"

"Stop that nonsense--- you and your cajan fences"

"You see, I have a pair of shitty legs, but my eyes, they are perfect---the way you two look at each other in the Temple; that in and of itself is a dead giveaway"

"Listen, I don't know how much I can trust you-----I never told anybody about us" Kumar's voice softened.

"You don't need to tell me anything if you are not comfortable; I hate to gossip about people I work for anyway; by the way, if you are free tonight, why don't you come to my friend's house, in fact I mentioned about you and he wants to see you---the last house in your lane and his name is Ravi"

"Why does he want to see me?"

"Come there tonight, and find out for yourself"

It was the very last house, located at the end of the plot, away from other houses but close to the streets at the back. A long dirt path led to its entrance and the house was poorly lit, giving an impression that it was done purposely to avoid attention. The rooms were spartan, and looked like it was not in occupation for some time, because of its state of disrepair. Through the rear windows, one could see the neglected back yard, swelled with overgrown underbrush; but if you pay close attention, you may notice the cleverly concealed paths, cutting through the thicket in different directions leading to the streets. Again for discerning eyes only the painstaking labour, that went in to it to conceal the paths in that unruly growth rather than clearing it altogether, would become evident. Obviously, one couldn't enter the house from any one of those streets in the back; but one could always exit in case of emergency.

Continued in August issue

Short Story



I leave for work early morning by seven and return home by six in the evening. Sometimes I come home early if it is not busy. It is almost five years since I moved to this house. The street is full of Tamils and you get the feeling of living in Jaffna. This December I will be completing fifteen years since I left Jaffna. My landlord is the owner of two houses. I am living in his house in Scarborough. He bought the other house is in an area where there are no Tamils in Markham. He has rented this house to a Tamil family well known to him. Both husband and wife spend most of the time boasting about these two houses. I listen to all

feeling of dropping into a shallow ditch when I lay on the bed.

A table with only three legs, an old chair and a stool are all the furniture in a 'furnished room for rent' advertisement in Canada.

I have gradually changed my attitude about my landlord, since moving in and now the owner Kumar has become my close friend. He killed every Friday night by drinking. I am in one room and there is another person in the adjoining room. He has also turned into a friend of Kumar and me. His name is Moorthy. But we never called him by that name. Instead we called him Kuttan. Reason

took pride in talking to them in "broken English". The house has four rooms. I occupied one room, another by Kuttan and the other by Kumar's parents and the last one by Kumar's family. It was like a lodge in Colombo. I am paying four hundred dollars with food. I hope Kuttan must be also paying the same amount. Kumar's parents were receiving social assistance payment. I am not aware as to the amount they are paying to Kumar.

Kumar's mother is about sixty years. But she appears as a stylish lady. She has many golden bangles on both hands. Three fingers has rings. She never forgets to paint her eyebrows daily. Applies

an hour, before the arrival of Kumar from work. Kuttan returned from work, had a shower and was doing something in his room. Santha was busy cooking with nice smell coming out of the kitchen. Usually when I come to have my meal in the dining area, Santha will be on the sofa and Kumar's parents will not sit in front of her.

When I returned home after work yesterday, there was no one except Santha. She made use of that opportunity and came out with her problems and told me all what she had in mind all these days. She was complaining about her In laws and I listened silently just nodding my head. In between without hurting her I asked a few questions too. I never approved her accusations of her In laws, since they were all baseless. Her answers to some of my questions were silly.

"Akka, (sister) it is a common talk that elders who brought in here on a sponsorship program are being abused. But from what you told me it appears that your In laws are abusing you." I told her.

"Look, they are asking you why you have not married yet. It is your personal problem. Why they are unnecessary digging into it? See their nature from this". She said.

"Sometimes they may be interested in my life". I replied.

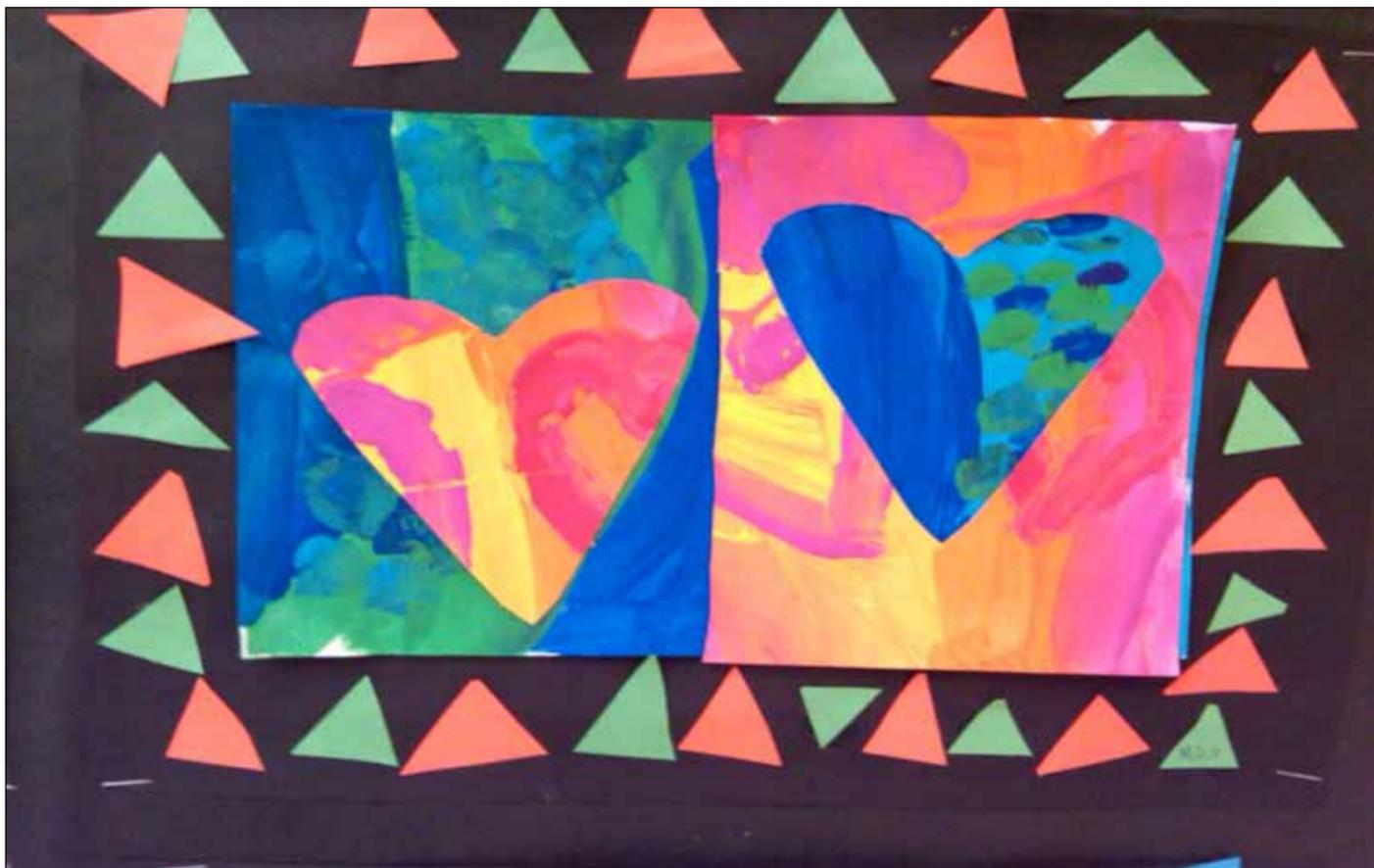
"What, do you think they are interested in your life? It is not true, It is their acting. They are not worried about their own son struggling. You think they are interested in your life. It is their nature to dig into others problems. Look, when I return from work and sit on the sofa, they act as though they are busy in the kitchen and converse between them hinting indirectly at me. How long I can withstand all this humiliation."

"Look brother, at this age they lock their room and behave like newly married couples during the day time. If this is their behavior after getting grandchildren, imagine how they would have behaved those days. On top of this both consume liquor too. In our family I have never heard ladies drinking. These people have no shame, no self respect or no dignity. They drink with my husband, their son. I can't understand them. It is a sin I came into this family." After saying this she began to weep.

It was like a silence after a heavy shower. She spoke non-stop and kept silent. I could not understand her sudden silence. Her plaited hair was in between her breasts and her forehead had the kumkum (red) spot as usual. On either side of her ears were two coils of hair. May be coiled by her fingers. This custom was very popular in Jaffna, those days. She had "Thali kodi" (necklace) and a gold chain on her neck. I saw her weeping and her eyes were red.

KUTTAN (SHORT MAN)

Original in Tamil by Daniel Jeeva
English version by Thuraiyuraan



their bragging without any comments and nodding my head.

Before moving into this house. I saw an advertisement in the Tamil papers as a furnished room for rent. But since moving in I have to take antibiotic, which you may not believe. The four corners of the bed were tied by rusted wires and the ends are protruding. My legs are very frequently injured by these ends. I had a

for this is because he is very short in height. He felt uneasy about this nickname at first, but as time passed by he willingly or unwillingly accepted it.

Kumar's two children are very active and talk in English between them. Kumar's wife was very proud of this. Kumar's wife is Santha and we call her as Santha akka (older sister). Even though she is not fluent in English, she

lipstick too. She wears always western style dresses. She stands in front of the mirror frequently and looks at herself. She is worried about her black skin color. But never showed it to others and may be looked stylish to offset that problem.

Today is Friday. It is an unusual day since it is the day when every occupant meets. Kumar's parents were seated on the Italian leather sofa. It is around half



Short Story

"Why are you crying Santha Akka ?"
I asked her.

Without answering she went on sobbing. I repeated my question .There was no answer. So I stopped talking and went to my room. These thoughts came to me when I was in front of the computer looking at Sri Lanka news.

Today I came out of my room into the sitting hall and Kuttan also followed me from his room.

"What Kuttan. Why your face is swollen?" I asked him.

"No, my friend I don't have sufficient sleep at nights. The new second job I joined recently is very hard. That is why I am unable to sleep well. What to do we came here to earn money. So we are forced to work until the body is able to manage. No point in telling our sufferings to others and do you mean to say they are going to give us money?" so saying he sat on the sofa by his side.

I was standing by the side of the sofa and Kumar's mother told me to sit on it. I sat.

"Look at Kuttan's talk. Don't you think we will not help him if asked?" She was in her usual sarcastic mood. Kuttan must have got angry so indirectly started attacking her.

"You are on welfare---and you want to help me. After drinking something you don't realize what you are talking. Do not come out with all your thoughts."



She felt as though slapped by a slipper on the face. She felt pain and shame and her body temperature must have risen. Her face turned red and stiffened.

"You coward. Why are worried about us getting welfare. You are not worth even a few dollars and you are talking big. You don't know our family background. Our's was the only two- story

house in our village, back home. We had two, three servants to work for us. You can't even think of reaching our standard of living."

Kuttan also continued in the same tone.

"You don't have to tell us your family background and honor. Son and parents drinking together is enough to estimate your standard."

"That is our wish and style. You have no business to comment on it. So you want us to be a coward like you. From morning till evening you are on the move working. Don't know to drink or even to smoke. You don't mix with people or go to places. You call your- self a man. You are an eunuch." she was furious.

There was deathly silence everywhere.

Santha who was inside the kitchen and watching everything, was busy doing something. After a few minutes she came with two cups of tea, gave it to Kuttan and me and returned to the kitchen. I was wondering why she came in to the hall. I thought she must have come with a purpose on the ruse of bringing tea. I noticed her face was covered with bitterness and hate.

She was spending each minute with family responsibilities, without any time for even breathing. She had a loving husband and adoring children but because of the problems created by people living in the house, she spent sleepless nights. The grief, she got out of these situations lingered sometimes for months in her mind. During those periods she never spoke to any one, but kept her face with hate and anger. Knowing her nature well, Kumar adjusted himself to suit her feelings.

The clock on the wall chirped seven times to denote seven o'clock. Since it

was Spring there was enough sunlight. The sunrays were falling on the glass in front of the house and were reflecting. Usually Kumar comes home around six. Today he is not back yet. Since today being Friday he may have gone to buy liquor. In order to break the silence in the hall I said "Kuttan forget all what happened and come we will eat". I looked at Kumar's mother and said,

"Kuttan must have given respect for your age and I agree that he made a mistake. But you also Amma, would have been nice to him". Before I could finish, as though I rekindled the dwindling fire She said "What? you want me to be nice to this fellow. He must now pack up and leave this place. If not can't say what will happen."

Kuttan was silent. Santha came suddenly from the kitchen with anger and her look was so horrible. I have never seen her in this state before. "Kuttan is living in our house by paying rent. Mother in law you have no authority to ask him to go out. We are paying our mortgage from his rent. If he leaves we know how difficult it will be to pay the mortgage. He is minding his own business and keeping quiet."

Before she could finish Kumar's mother intercepted and said "Why are you speaking for him you dancer. Now she has opened her mouth no one can argue with her."

"I am not worried about others. Kuttan will stay her."

Kumar's mother was furious. "Then she must be keeping him"

No one talked after this. There was silence every - where.

It was getting dark. Kumar's car came in and stopped on the drive way. He got down and walked towards the house.

(all fiction)

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Cinema World



Katrina chosen as world's sexiest woman for fourth time

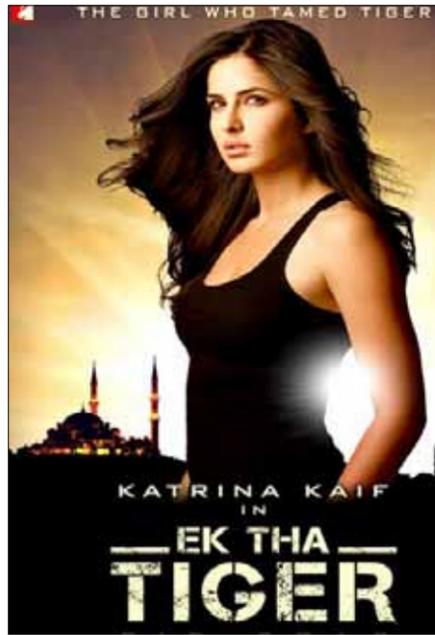
Actress Katrina Kaif has a reason to rejoice as she has topped the list of world's sexiest woman in a poll conducted by a leading men's lifestyle magazine.

Katrina, who has a string of films lined up release like 'Ek Tha Tiger', 'Dhoom 3' and Yash Chopra's untitled film with Shahrukh Khan, has for the fourth time topped the list of world's sexiest woman.

She has beaten the likes of her Bollywood contemporaries including Deepika Padukone, Priyanka Chopra, Anushka Sharma and Hollywood stars like Megan Fox, Angelina Jolie and Blake Lively.

"Being sexy is not about clothes. For me to wear a cotton sari without any make-up and still be desirable is sexy," Katrina said in a statement here.

On being voted sexy, Katrina says, "I am really excited with the news. It



feels nice. It means that people are not voting for me only based on physical looks, they are also looking at me in entirety."

Sri Lanka calling for Pranitha!

Pranitha is enjoying the fame 'Saguni' has gifted to her. In fact, she is noticed wherever she goes these days and the surprise is that she has been getting calls from beyond borders.

"Recently, I received a phone call from a Sri Lankan radio channel and the RJ told me that fans there are eager to know about me. I was so happy," says the actress, who started her Kollywood innings with 'Udhayan'.

Already a popular actress in Tollywood and Sandalwood, Pranitha says she looks forward for more interesting offers in Kollywood. "I love being part of Tamil movies," she says.



Actress Pranitha

On 'Saguni', she says, "I am happy to work with top stars like Karthi, Santhanam and Prakash Raj sir. They were very co-operative. The film's success belongs to the whole team."

Suriya lends a helping hand

Suriya honored students at the 33rd award function of Sri Sivakumar Educational & Charitable Trust in Chennai recently. About 20 students were awarded Rs 10,000 each amounting to Rs 2 lakh of financial assistance.

The trust, founded by the actor's father Sivakumar, who himself is a popular artiste, has been supporting the education of deserving candidates for more than three decades.

In his address, Sivakumar expressed happiness in serving the society for more than 25 years. He said that he was really happy that his legacy of nurturing the needy is now carried on with the same passion by his sons Suriya and Karthi.

Suriya said 'Agaram Foundation' is aiming to cater to the bottom of socio-economic pyramid. 'Education is no more a want but a basic necessity in life apart from food, shelter and clothing', he said.



Actors Surya with his father Sivakumar

Speaking on the occasion, Karthi expressed interest to reach out to do lot more to the society. At the function, Thai Tamil Palli supporting primary education of less privileged children of Tindivanam; and Vazhai, pioneers of mentoring first generation learners, received Rs 1.5 lakh each.

Shruti Haasan in 'Yohan Adhyayam Ondru'?

This is the latest buzz in tinsel town. Rumor mills worked overtime that Shruti Haasan will share screen space with Vijay in 'Yohan Adhyayam Ondru' which is to be helmed by Gautham Vasudev Menon.

However both the actress and the director were quick to deny on this front.

"It's definitely not true! No one even approached me for Yohan and my platter is already full", says Shruti. "We haven't approached Shruti Haasan and for the matter we have not even thought about any heroine for this project yet", says Gautham.

'Yohan Adhyayam Ondru' will be a first of its kind action thriller with few prequels and sequels and will be canned in international locales, especially Britain. Few Hollywood stars are touted to be part of this project that has music by AR Rahman.



Famous Star Kamal Haasan's talented daughter Shruti Haasan

The film will go on floors once Gautham wraps work on 'Neethanae En Ponvasantham' and Vijay completes 'Thupaki'.

Sonakshi & Prabhu Deva rehearse for 'Go Go Govinda'

Prabhu Deva and Sonakshi Sinha will be appearing in an item number 'Go Go Govinda...' in 'Oh My God' aka OMG. The duo are currently rehearsing for the power packed number. The film is produced by Akshay Kumar. Remember the trio worked together in 'Rowdy Rathore', that's still seeing a good run.

The song will be canned in Mumbai for a period of five days and it will be choreographed by Prabhu Deva who will be seen shaking a leg with Sonakshi in this number. 400 dancers from Chennai will join the shoot of this song for which nearly 15 water tankers & rain machines are being used!

Sonakshi immediately gave her nod after she heard the track that's crooned by Shreya Ghoshal and composed by Himesh Reshammiya. It's said that the track involves a lot of hop, difficult & shuffling steps.



Prabhu Deva and Sonakshi Sinha during rehearsal

"I'm fortune to get to dance with one of the best dancers of our country. This song has a different flavor from the item numbers you see these days. It's not about dancing in skimpy outfits with 100 men around, but a tapori number with dhamaal Gokulashtami feel to it".

It will be interesting to watch Prabhu Deva shake a leg for an item number up north after quite sometime.

A.R. Rahman to rock Olympics with Punjabi beats

A.R. Rahman is set to team up with Hollywood director Danny Boyle again - this time to compose a song for the London Olympics' opening ceremony. The music maestro reveals it will be a Punjabi song celebrating Indian influence in Britain.

"Clarifying the report on the Olympics track I am composing. It's a track in Punjabi celebrating the Indian influence in the UK," Rahman, who worked with Boyle in Oscar-winning film Slumdog Millionaire and 127 Hours, posted on his Facebook page.

"It's a part of a medley in the Olympics opening ceremony, according to Danny Boyle's creative wishes!" he added.

It has also been reported that music composer Ilayaraja's composition Naanthaan ungappanda, from Kamal Hassan's 1980 film Ram Lakshman will be a part of the opening ceremony too..

M.I.A ARULPRAGASAMS song too is included. She is a JAFFNA TAMIL.

The 2012 London Olympics will be held July 27 to Aug 12.

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Special Feature



A DIFFERENT KIND OF FUNDRAISER –
YOGATHON BY CORD

Chinmaya Organization for Rural Development

Amongst the fun things the spring brings are fundraisers. A successful fundraiser has three common features:

1. Its a healthy activity
2. Friends and family can join
3. The funds support a worthy cause.

The marquee fundraiser in the Tamil community is the very successful Canadian Tamils' Chamber's walkathon raising funds for The Scarborough Hospital reportedly topping \$200,000.

Then there are smaller events for niche causes. The CORD YOGATHON is one such event raising money for a Sanitation project in ULLAVANOOR, a small village in Kilinochchi, Sri Lanka.

The event had the common features. As well as it introduced a new activity - Yoga .. Cord took pains to make this a high calibre event.

The yoga session was led by Prahlada and Saraswati the Directors of Sivanada Yoga Center in Canada. To place this in context it was Swami Vishnu a direct disciple of the great saint Swami Sivanada who introduced yoga to Canada in 1962 - 50 long years ago!

Our teachers Prahlada and Saraswati were amongst the first students of Swami Vishnu. Today Prahlada is considered amongst the best exponents of traditional Hatha Yoga in the world.

The day started with the traditional lighting of the lamp, the national anthem followed by Thamil Thai Vallthu. Next came a brief welcome speech by MP for Scarborough-Rouge River, Hon Rathika Sitsabaiesan.

Ms. Rathika's story is an inspiration not just to the Tamil community but to all immigrants. Adrienne Clarkson profiled Federal MP Rathika's story along with Calgary Mayor Naheed Nenshi in her recent book Room for all of us.

The programme commenced with a short guided meditation led by Saraswati. As some of you may know mindfulness meditation is being taught in health rehab programmes in major hospitals in U.S and Canada.

Next came the main yoga session. As always Prahlada commenced with energising pranayamas followed by sun salutations - the yogis warm up routine and then the first Asana - shirasaana or head stand. Yogic texts refer to Shirasaana as king of asanas.

Not many yoga schools in North America teach this Asana as they do not want to face liability claim for injuries.

Yet you can read and see Federal MP, Rathika's testimony - performing the posture on the first day.

The main feature in the afternoon was Ms Gowrie Mahenthiran's first person account of the plight of displaced families in Kilinochchi.

Councillor Logan Kanapathi participating in this session expressed his willingness to help by introducing some of his family members living in Kilinochchi who could help.

Councillor also extended a cordial invitation to Cord to stage the next fundraiser at the great hall in Markham with his support. Cord is happy to consider this kind offer. We must say the attendance was modest due to the long Victoria Day weekend.

Even though Yoga was born in India ardent yoga practicioners are Caucasians in North America. There is evidence that this is changing with Indians and Sri Lankans beginning to embrace their heritage.

The event raised net of \$6,450 for the sanitation project. We are grateful to all participants and especially to our sponsors - who helped us raise this money.

We are also fortunate that Chinmaya Mission Halton Region CMHR is our partner in this endeavour. CMHR is one of select few charities who have Canada Revenue agency approval to fund development programme in Sri Lanka.

All participants and sponsors will be receiving the tax receipts in July.

We also would like to thank Monsoon Journal for being our media partner from inception in 2011.



House of Commons

15 June 2012



Rathika Sitsabaiesan

Member of Parliament for Scarborough-Rouge River

I was thrilled to participate in CORD Sri Lanka's annual Yogathon. I enjoy practicing yoga and like many people, unfortunately do not have as much time as I would like to dedicate to my practice. It is a wonderful form of exercise and a chance to centre, relax and meditate. This event was particularly special and unique as the Cord Yogathon brought together members of our community from all ages and all levels of yoga practice to experience the joys and benefits yoga has to offer as well as raise funds for a very worthy cause. A personal highlight was accomplishing my first headstand. I would like to thank the director and teachers of Sivanda Yoga Centre for their work. I appreciate the time and commitment that CORD Sri Lanka and Executive Director Gowrie Mahenthiran put into this wonderful event and as well as the work you do, including the assistance you provide to families and children in Sri Lanka. I especially admire your commitment to children's education. Your efforts ensure that many children receive an education. Thank you for your hard work and dedication as well as inviting me to participate in such a wonderful event.

Rathika Sitsabaiesan MP

Rathika Sitsabaiesan, MP
Scarborough-Rouge River

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Milestone



TWO PROMINENT SRI LANKANS GANESAN SUGUMAR & DR. PON SIVAJI RECEIVE PRESTIGIOUS QUEEN'S DIAMOND JUBILEE MEDALS

GANESAN SUGUMAR

Prominent businessman and community activist Ganesan Sugumar received Her Majesty Queen Elizabeth II Diamond Jubilee Medal created to mark the 60th anniversary of Her Majesty's accession to the throne. The certificate was issued by the Governor General of Canada His Excellency the Right Honourable David Johnston. The Diamond Jubilee Medal is granted to persons who have a significant contribution to the community and to Canada

Ganesan Sugumar is a well-respected and valued member of the Sri Lankan community and has been a successful businessman. His contribution also extends to the business community in Ontario. He is currently Vice President, Canada-Sri Lanka Business Council and plays an integral part in creating a workable environment for the promotion of bilateral trade, investment and tourism between Canada and Sri Lanka. He received the "2002 President's Outstanding Volunteer Award" presented by Prime Minister Jean Chretien in recognition of his outstanding volunteer work on behalf of the Liberal Party of Canada. He is the first Sri Lankan-Canadian to be nominated by the Government of Canada to monitor the Serbia Parliamentary Elections held in 2000.

He is married to Sheila, a professional accountant and has two children - Sanjay and Sofia.



GANESAN SUGUMAR

Dr. Pon Sivaji MD FRCPC

Dr. Pon Sivaji was born in Sri Lanka and graduated as a medical doctor from the University of Sri Lanka. He moved to the UK in the eighties and emigrated to Canada in 1991 and became a Fellow of the Royal College of Physicians of Canada. Dr. Sivaji practices in Scarborough as a Specialist in Internal Medicine and is also attached to The Scarborough Hospital.

He has been involved in various community activities. He strongly believes in preventative medicine which can only be achieved by educating the general population on health related issues. He continues to give community lectures on health related issues mainly in the immigrant populations who are not familiar with the health care system in Canada. He also conducts training sessions on CPR to the general public in his spare time free of charge. For many years he has been conducting lessons free of charge in his spare time to International Medical Graduates to pass Canadian examinations so that they could be integrated in the Canadian Health care system. When Tsunami struck South East Asia Dr. Sivaji responded swiftly by taking a medical team with doctors and paramedical staff to Sri Lanka to help the victims of Tsunami. He is also very much involved in promoting Tamil culture and values amongst youngsters. Dr. Sivaji follows the teachings of his Guru Sri Sathya Sai Baba "LOVE ALL SERVE ALL - HELP EVER HURT NEVER". Dr. Sivaji has been actively involved in the construction of two Community Centers - one in Etobicoke and the other one in Scarborough which promotes multi faith and serves the local community.

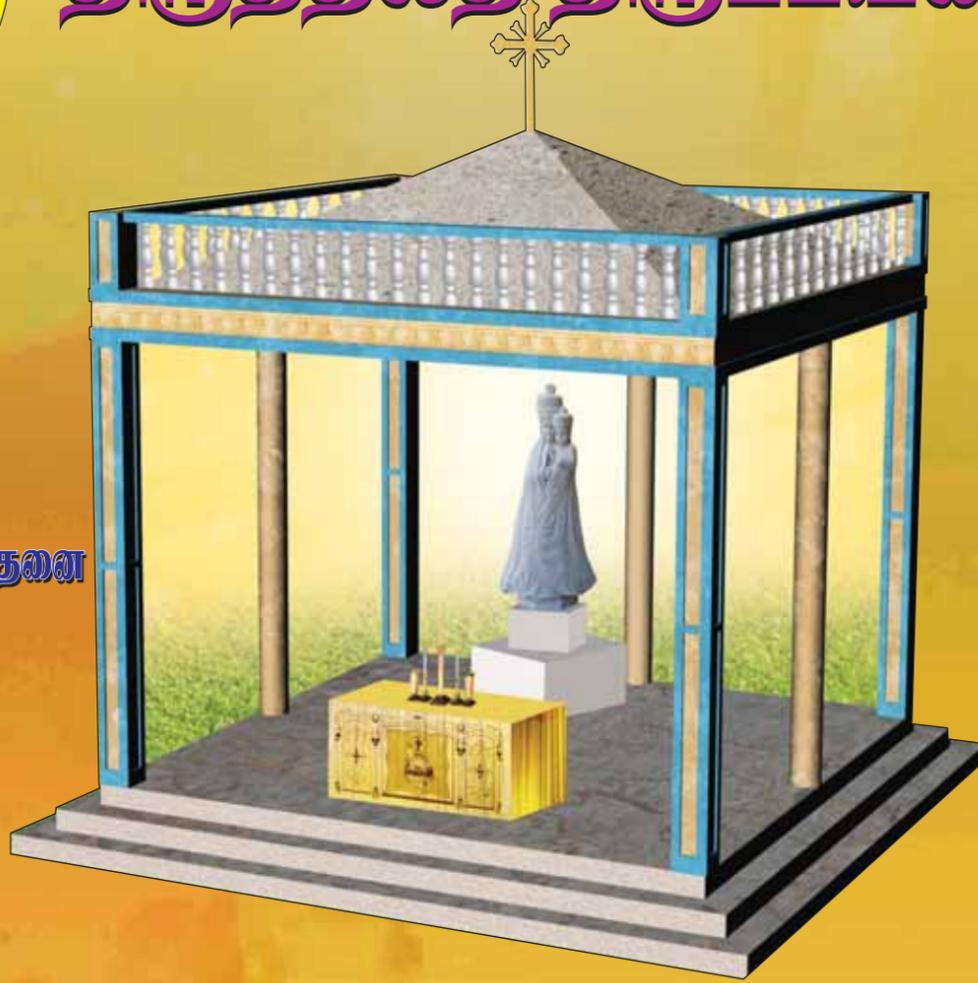


DR. PON SIVAJI

ரொறன்ரோ தமிழ் கத்தோலிக்க சமூகமும்
தூய ஆரோக்கிய அன்னை பங்கும் இணைந்து நடாத்தும்



மிட்லண்ட் மறைசாட்சிகளின் திருத்தலத் திருப்பயணம்



JULY

21

SATURDAY

2012

11:30 செயலாலை
12:00 கூட்டுத்திருப்பலி
3:30 நற்கருணை ஆராதனை
ஆசீர்வாதம்

25 ஆண்டுகள் திருப்பயண நிறைவாக மருதமடு அன்னைக்கு அர்ப்பணிக்கும் திருப்பீடம்

வாரீர்! வாரீர்

விசுவாசத்துக்கு வித்திட்ட விளைநிலத்தில் புதுமைகள் புரியும் நம் பாதுகாவலியாம்

மருதமடுஅன்னைக்கு அமைக்கும் பீடமதை அர்ப்பணிக்கும் நிகழ்வதனில் பங்கு கொள்ள - வாரீர்! அருங்கொடைகள் பெற்று வாழ்வனை வளமாக்கிடுவீர்

Tamil Catholic Community of Toronto & Our Lady of Good Health Parish
Organize

Pilgrimage for Peace, Justice and Equality

Pray for permanent peace for our people
and relief from suffering

**AN ALTAR DEDICATED TO OUR LADY OF
MADHU WILL BE CONSECRATED**

Martyrs' Shrine, Midland

Saturday July 21st 2012

11:30 Rosary

12:00 Holy Mass

3:30 Benediction

Directions from Toronto:

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

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Bus pick up points Scarborough, Downtown & Mississauga

www.tamilpilgrimages.com



Recent Event

THAALAM 2012! – An unforgettable night of youth talent!

Winner of THAALAM 2012 is UTSC ASSASSINS!



On Sunday June 24th, Tamil youth from all across Canada gathered at the heart of Toronto to celebrate their thriving passion for dance. Metro Convention Centre's John Bassett Theatre was packed with an upbeat crowd who could not stop cheering. Why? For none other than the 2nd Annual Thaalam competition brought to you by the Arts & Culture Council of Canadian Tamil Youth Alliance. Thaalam, an interuniversity/college dance competition was met with great success.

There were 6 teams that participated: MacFlow Marauders, Montreal Maniacs, Oshawa Titans, Ryerson Royalty, UTSC Assassins, and York Huskies. The amount of talent, devotion, and energy that each team exhibited made it an absolutely great evening. Their creativity, attention to detail, and choreographies astounded and the amount of support they received from

elements of Tamileelam, Tamil culture and heritage in their performances with great pride.

Dance is integral to the Tamil language, culture and history. The Tamil language is comprised of three classes which in unity are referred to as Muthamizh ("three Tamil"): Iyal (poetry), Isai (music) and Nadakam (drama/dance). Together, these three components strengthen the Tamil language and culture. Traditional Tamil dances utilize these three tenants which contribute to the preservation of culture, as was exhibited by these youth dancers. Through costume, music, and incorporative



family, friends, and the general community was overwhelming! Each team took over the stage and put on an unforgettable show.

All of the participating teams had worked really hard on their dance routines, costumes, and props. They spent a great deal of time perfecting their performances and the dedication the teams shared for dance was obvious when each team got on stage. They were all supported by energetic cheer squads who could not stop cheering. Many of the youth also celebrated their Tamil identity, and incorporated

narrative storytelling, the Tamil cultural history is represented, reinforced and reproduced. Many of the teams incorporating Tamil dances including bharatha natyam, kaavadi aatam, silambu attam and villu paatu. By using the culture's current events and folk stories in dance narrative the information is being preserved, and passed down.

Funds from Thaalam will be allocated towards the initiation of a youth recreation and innovation centre.

Awards were given for a wide variety of categories which

were judged by a judging panel excelling in different genres. The People's Choice Award was determined through online voting on CTYA's fan page. The Judging Panel marked each team in specific categories using a point-system marking schema. The Judging Panel expressed that this year's competition really surpassed their expectations. Teams had shown great commitment and the judges were astonished and proud of our youth for displaying their talent. While awards were only given to selected teams, all of the teams captured the heart of the

audience and made the night very successful.

The Award Winners are as follows:

- **People's Choice Award:** MONTREAL MANIACS
- **Best Cheer Squad Award:** OSHAWA TITANS
- **Best Sportsmanship Award:** OSHAWA TITANS
- **Best Heritage Award:** MACFLOW MARAUDERS AND OSHAWA TITANS (TIE)
- **Best Portrayal of Theme Award:** YORK/SENECA HUSKIES

- **Best Costume:** OSHAWA TITANS
- **Best Choreography:** YORK/SENECA HUSKIES
- **Best Tamil Heritage Dance Award:** OSHAWA TITANS
- **Best Western Dance Award:** UTSC ASSASSINS
- **Best Ghaana:** UTSC ASSASSINS & YORK/SENECA HUSKIES (TIE)
- **Best Tamil Classical Dance:** YORK/SENECA HUSKIES
- **2nd Runner Up:** YORK/SENECA HUSKIES
- **Runner Up:** OSHAWA TITANS
- **Thaalam 2012 Champions:** UTSC ASSASSINS

The youth who participated displayed their passion for dance and delivered phenomenal dance performances. Team spirit, hard work, and a lot of dedication was clear in their performances. Through this dance, these youth have proved themselves to be skilled and passionate dancers to the greater community.

Congratulations to all the teams, dancers, coordinators and volunteers for putting on such a great show! The dedication and talent that our Tamil youth have continues to make us proud.

Photos by Virakesari Moorthy & Ninaivukal.com



Business and Finance

INTEREST RATE RIGGING SCANDAL OF BARCLAYS BANK PLC.

Arun Senathirajah ACIB, MBA
(Banking Mgmt)

Century old world's financial centre London's image has been tarnished by the latest banking scandal of the Barclays Bank which is the second largest bank in the UK by assets holding. Barclays has over 4,750 branches across around 50 countries, of which around 1,600 are in the United Kingdom. Barclays' activities are grouped into two clusters: Global Retail Banking and Corporate and Investment Banking and Wealth Management. Global Retail Banking comprises UK Retail Banking, Barclaycard, the retail operations in Western Europe and Emerging Markets businesses, and retail operations and technology. Corporate and Investment Banking and Wealth Management comprised of Barclays Capital, Barclays Commercial Bank and Barclays Wealth.

LIBOR
(London Interbank Offered Rate)

LIBOR has been manipulated by Barclays Bank to portray profitability and financial strength at a time of financial crisis. The LIBOR is the average interest rate estimated by leading banks in London



Robert Diamond, top man at Barclays Bank resigns

that they would be charged if borrowing from other banks. Officially it is called as British Bankers' Association LIBOR. It is a benchmark, along with the EURIBOR, for interest rates all around the world. The

EURIBOR is a daily reference rate based on the averaged interest rates at which Eurozone banks offer to lend unsecured funds to other banks in the euro wholesale money market or interbank market.

Pushing the figure up or down can have an effect on borrowing costs, and just one basis point (or 0.01 per cent) could mean "a couple of million dollars' in profit for traders, according to internal e-mails made public in the settlement. The rate data, along with submissions from other banks, are used to set the London interbank offered rate, a key index for financial dealings. LIBOR is one of several key rates used in the financial world to determine the cost of more than \$350-trillion worth of financial products, ranging from mortgages and credit cards to bonds and corporate loans. About 20 of the world's largest banks submit information about their borrowing costs, which helps determine the ultimate rate.

Interest Rate Rigging during Financial Crisis

"Last week's events – evidencing as they do unacceptable standards of behaviour within the bank – have dealt a devastating blow to Barclays reputation ... the buck stops with me and I must acknowledge responsibility by standing aside," Marcus Agius said in a statement. On 2 July 2012, Marcus Agius resigned from the Group Chairman position Barclays PLC chairman position following the interest rate rigging

Continued on page 53

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Business and Finance

From page 52

INTEREST...

scandal. Robert Diamond, the Group Chief Executive, who was responsible for the strategic direction and planning of all Barclays operations, has also resigned from the position on 3rd July 2012.

In June 2012, as a result of an international investigation, Barclays Bank was fined a total of US\$453 million (£290 million) for attempting to manipulate the daily settings of London Interbank Offered Rate (LIBOR) and the Euro Interbank Offered Rate (EURIBOR). The bank was found to have made 'inappropriate submissions' of rates which formed part of the LIBOR and EURIBOR setting processes, sometimes to make a profit, and other times to make the bank look more secure during the financial crisis. This happened between 2005 and 2009, as often as daily. Robert Diamond has admitted to the parliamentary select committee Barclays staff have manipulated benchmark lending rates for profit, apologizing for actions he called "reprehensible." He has added Barclay's traders had made to falsify key data used to set rates in the 2008 financial crisis. Barclays admitted that it had submitted lower than actual figures on its interbank borrowing during the credit crisis in 2007 and 2008."Even taking account of the abnormal market conditions at the height of the financial crisis, and that the motivation was to protect the bank, I accept that the decision to lower submissions was wrong," Diamond said last week. In other cases, regulators found that individual traders encouraged colleagues to file false reports to protect their own dealings. A series of e-mail and telephone transcripts between traders were made public, showing how they helped push up the benchmark rate before the 2008 financial crisis by reporting higher borrowing costs. Robert Diamond under whom the scandal took place was set to receive a £14.8m bonus in 2008, as Barclays Capital made a profit of £2.3bn in the year, despite the subprime mortgage crisis in the US forcing the division to take a £1.6bn hit in 2007. Documents made public also showed the bank attempted to manipulate rates in the other direction during the crisis. In an effort to quell speculation and rumours about its stability, Barclays reported artificially low borrowing costs in the Libor process, hoping to signal that its operations were sound, since higher borrowing costs are a sign of problems.

'Wider Investigation Needed' - Financial Services Authority

U.S. and British agencies imposed the fines on Barclays for submitting false data on interbank borrowing rates between 2005 and 2009. The bank's executives have been under fire since then. The U.S. Department of Justice has also been involved, with "other financial institutions and individuals" under investigation. The BBC said revelations concerning the fraud were "greeted with almost universal astonishment in the banking industry." The UK's Financial Services Authority (FSA), which levied a fine of £59.5 million (\$92.7 million), gave Barclays the biggest fine it had ever imposed in its history. The FSA's director of enforcement described Barclays' behaviour as "completely unacceptable". During a 2008 phone call with an official from the Bank of England, Mr. Diamond was asked why of the 16 or more banks who, help set Libor rates, Barclays was usually at the top end of the spectrum. Mr. Diamond told Bank of England deputy governor Paul Tucker that he believed other banks were divulging artificially low rates.

Possible Manipulation by other Banks

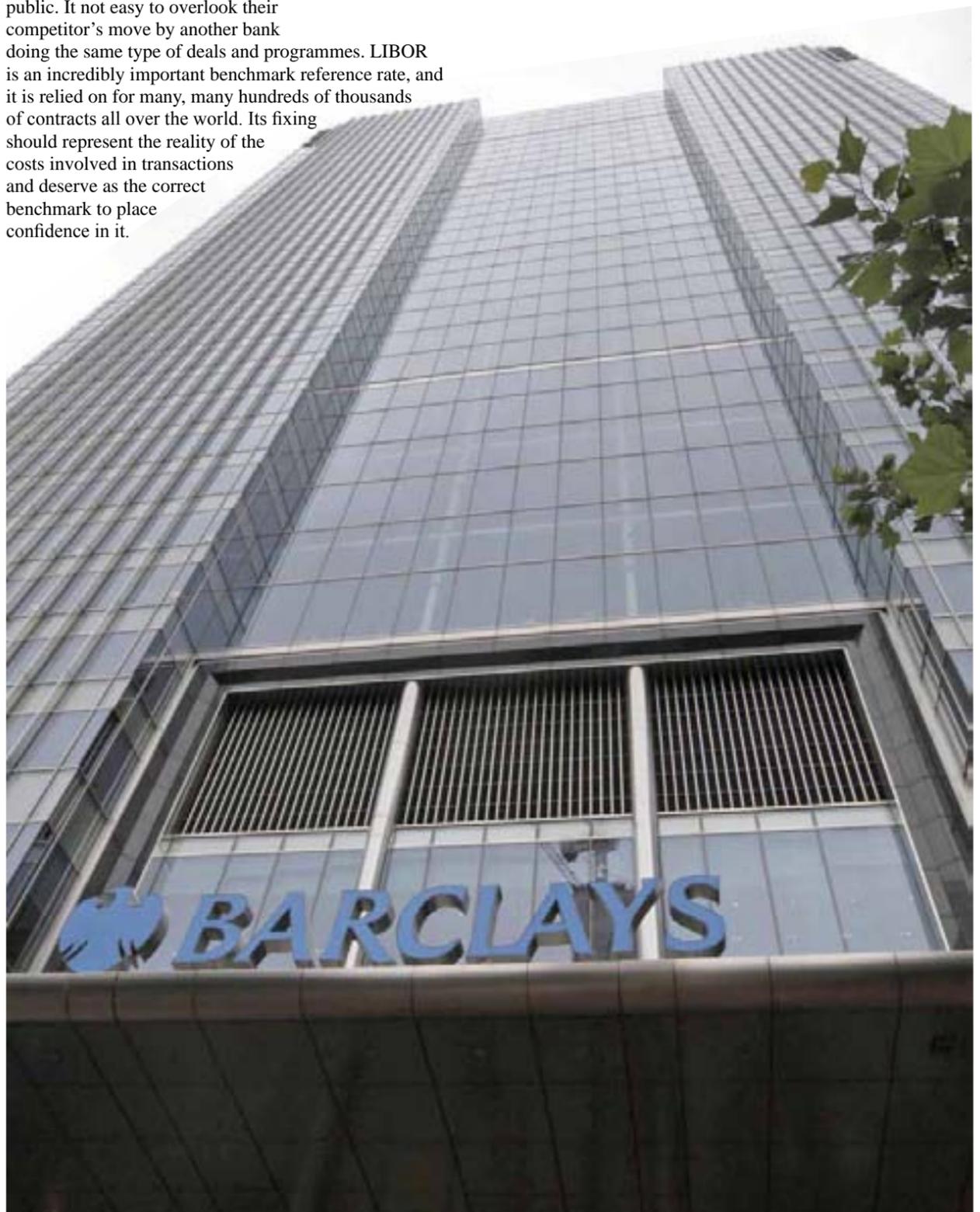
The rate-fixing scandal engulfing one of Britain's largest banks carving suspicion on entire banking system globally. This is another blow to the Banking sector whose reputation has yet to recover from the 2008 crisis. A number of other banks including Royal Bank of Scotland, HSBC and Citigroup are also being investigated for possible manipulation of the rate. Global banking sector now faces a bigger problem than employees at one London bank trading favours. Barclays is just one of nearly 20 banks – including Royal Bank of Canada – involved in the investigation after Swiss bank UBS revealed the probe last year, telling its shareholders it had settled in exchange for immunity from criminal persecution. In a statement made public on July 3rd 2012, Barclays called it "ironic that there has been such

an intense focus on Barclays alone," which it said was "caused by our being first to settle in the midst of an industry-wide, global investigation." Little is known about how far the problems have spread. In addition to Barclays, the other banks asked to provide information are Royal Bank of Canada (RBC), Bank of America, Barclays, Citibank, Credit Suisse, Deutsche Bank, HSBC, JPMorgan Chase, Lloyds, Rabobank, Bank of Tokyo-Mitsubishi, Norinchukin Bank, Royal Bank of Scotland, and West LB.

International financial organizations such as IMF, World Bank, ADB, ECB etc all have linked their financing programmes based on the LIBOR similar to retail bankers depending on their respective central banks' bank rate. Many bankers including investment bankers might have involvement or knowledge of the interest rate rigging or are cooperating with the scandal has to be brought to light to the clients and public. It not easy to overlook their competitor's move by another bank doing the same type of deals and programmes. LIBOR is an incredibly important benchmark reference rate, and it is relied on for many, many hundreds of thousands of contracts all over the world. Its fixing should represent the reality of the costs involved in transactions and deserve as the correct benchmark to place confidence in it.



Barclays chairman Marcus Agius quit on Monday July 02, 2012



A logo sits above the entrance to the Barclays Plc headquarters in the Canary Wharf business district of London, U.K., on Tuesday, July 3, 2012. Robert "Bob" Diamond, the architect of Barclays Plc's investment banking expansion, resigned as chief executive officer, succumbing to political pressure to go after the bank admitted to rigging global interest rates.

- Source: Bloomberg

Business



MANAGING YOUR MONEY

Understanding Investment Leveraging

Borrowing to invest can be an effective way to reach your financial goals faster

David Joseph, M.A. (Economics)

William Shakespeare wrote Neither a borrower nor a lender be. And while Will was undoubtedly a great writer, he may not have been such great shakes as an investor - because for many people it definitely can pay to borrow for investment. Some call it 'borrowing to invest,' to others, it's leveraged investing' or 'investment leverage'. But by any name, it all boils down to this: You are using someone else's money to help you reach your investment goals.

income each month to make the loan payment. The monthly payment amounts are likely to be the same in both cases but your leveraged investment has the potential to generate greater wealth for you over the long term as compared to using just your own money.

Leveraged investing can work because it allows you to:

1. Invest more today than you would be able to afford using only your own money. By dramatically increasing the size of your investment, you can also dra-

David Joseph, M.A. (Economics)
Consultant

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Now, you may think that leveraged investing is only for the extremely wealthy - but that isn't necessarily the case, although it is a strategy that is only suitable if you can afford to sustain

any losses associated with your leveraged investments. It is a powerful tool for helping people achieve their financial goals sooner- but it's not suitable for everyone. To find out whether

or not you should consider borrowing to invest, let's take a closer look at why more and more Canadians are looking at leveraged investing.

How is the concept of 'borrowing to invest' different from traditional investing?

With traditional investing you set aside money each month to purchase investments. With leveraged investing, you take out a loan to make investments then you set aside a portion of your

manically increase the potential for compound growth of your overall wealth.

2. Deduct the interest payments on the loan. Based on the expectation that non-registered investments purchased with borrowed money will produce some income, interest costs

incurred on investment borrowings are tax deductible. This effectively lowers your tax bite and your overall cost of borrowing. It also reduces your 'break-even' point - the return you must achieve to make leveraged investing worthwhile.

3. Leveraged investing does not outperform the returns on investment available through traditional investing, and does present higher risk-especially in the short-term. But over the long-term, a 'borrow to invest' strategy can deliver a greater increase in your wealth than traditional investing because you have more money working for you than otherwise

would be the case. And you don't necessarily need huge returns for leverage to work.

How do you make your mortgage payment tax deductible....?

Home Equity Diversification is a leveraging strategy that gradually allows the home owners to unlock the equity in their real estate through a series of regular investment loans. Leveraging on a monthly basis - dollar cost averaging into the market has less risk than a single lump-sum investment. It can be an effective alternative to simply paying down home mortgage debt when utilized in the right situation. Home Equity Diversification allows a home owner to convert non-deductible mortgage debt to deductible investment debt with every mortgage payment. Tax savings from the deduction of interest - can be used to make additional principal payments on non-deductible mortgage debt.

How do you minimize the risk....?

There's no doubt that there is more risk with leveraged investing than with traditional investing. However, you can reduce the risk by investing for the long-term. Mutual fund investments are subject to fluctuations but tend to grow over the longer term. Therefore, you should plan to hold a leveraged investment for at least 10 years so that you can reduce the effect of short-term fluctuations. The leveraged investor requires a high tolerance for volatility. It's easy to become emotional when your investment encounters short-term volatility. But you must be able to resist the urge to sell at the first sign of trouble - and stay committed for the long term to give the strategy time to work.

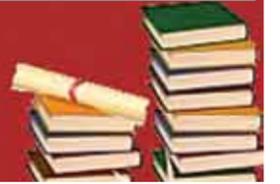
Although a leveraging strategy is best suited for equity investors, the risk associated with market volatility can be reduced by investing in equity based mutual funds that are diversified in terms of sectors, geography and management style. By Investing your tax savings, the tax savings generated from the deduction of interest on your investment loan, you can significantly reduce your overall risk of loss. In essence, you will be combining the benefits of leveraging with the benefits of dollar-cost averaging. You can reduce your financial exposure by choosing to make lump sum principal payments on your investment loan.

Borrowing to invest is a proven investment strategy that can accelerate your ability to build a portfolio if you are comfortable with taking on debt and additional risk. Over the long term, it has the potential to increase an investor's after-tax net worth when compared to traditional planning.

Disclaimer:

This column, specifically written and published as a general source of information only, and is not a solicitation to buy or sell any investments. Contact your own advisor for specific advice about your circumstances. For more information on this topic please contact me.

Learning Enrichment



Book Review

“The Long Way Back”: The Quest for Peace in Afghanistan – Chris Alexander

Reviewed By Siva Sivapragasam

The rapid fall of the Taliban regime and the wounds of war have not yet brought peace and stability in Afghanistan. Currently, Afghanistan is painted with a bleak picture of a nation riddled with violence and turmoil.

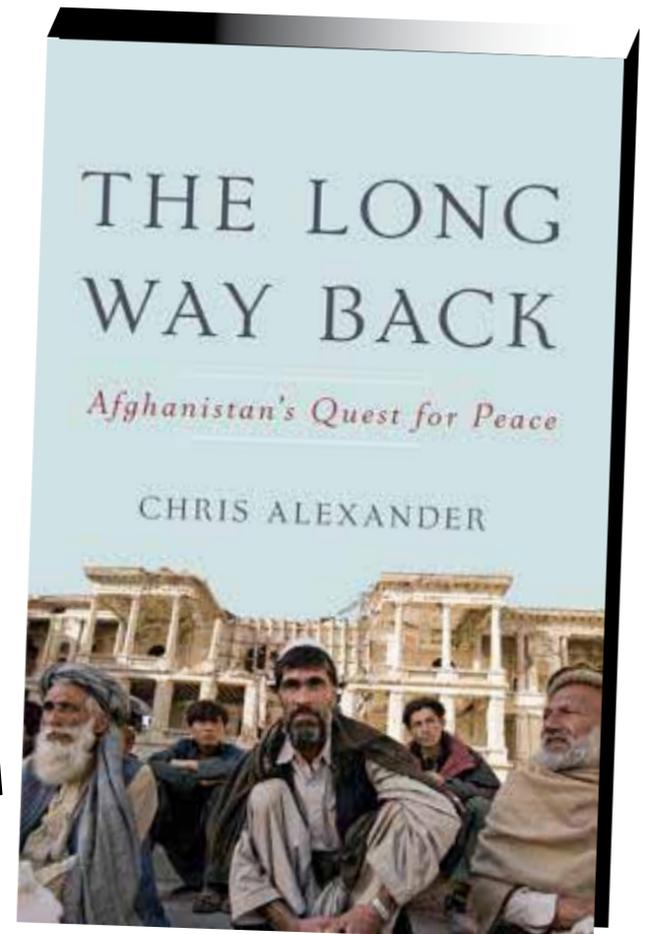
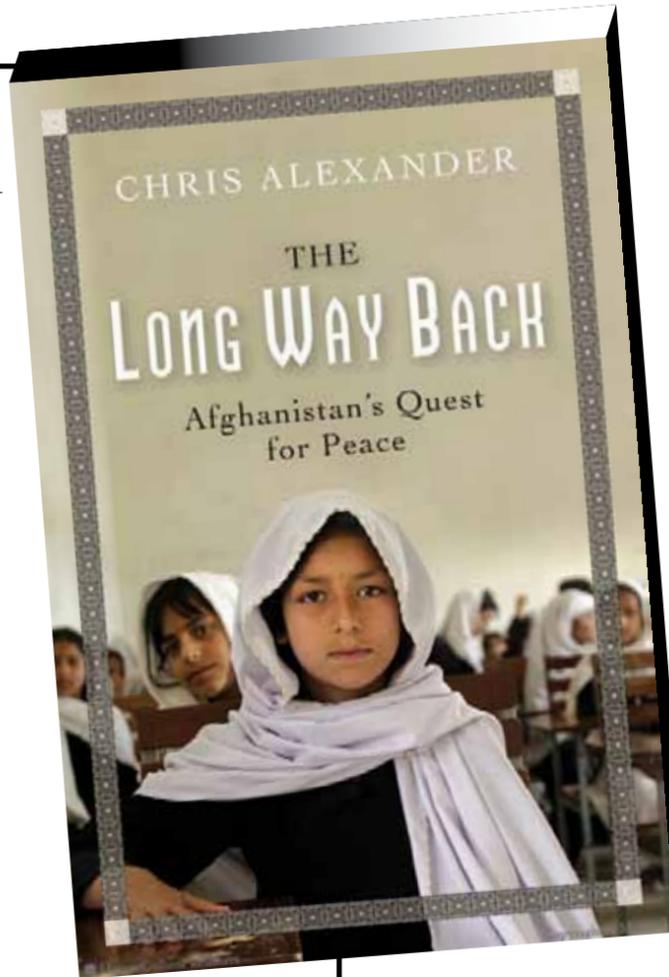
“The Long Way Back” By Chris Alexander is a book that tells the story of Afghanistan with a different perspective. Author Chris Alexander was former resident Ambassador in Afghanistan and now Federal M.P. for Ajax-Pickering and also the Parliamentary Secretary to the Foreign Minister. In his book, the author feels that the “The Long way Back” to peace is possible and achievable in Afghanistan, given the right conditions. Among the obstacles for achieving permanent peace and stability in Afghanistan are the existence of war-lords, drug barons and corrupt government officials.

The book accounts the achievements and disappointments on the road to political stability. With his experience in living and contact with the country’s leaders, international players and Afghan citizens, the author is able to provide the reader a true and perspective picture of the ground situation in Afghanistan. He also provides answers for what it would take to achieve lasting peace.

“The Long Way Back” is an important book and gives great reading to anyone who wants to understand the ground situation in Afghanistan and the political turmoil the country has gone through over the recent years. It will certainly serve as a masterpiece of history and an analysis of a country troubled for several years.

Permanent political stability and peace in Afghanistan is anybody’s guess. Chris Alexander’s “The Long Way Back” provides the reader an inside picture of Afghanistan, both past and present.

(The Publishers are Harper Collins Publishers Ltd.)



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Durham Tamil Association



CASSA's BROWN CANADA PROJECT with DURHAM TAMIL ASSOCIATION

The Council of Agencies Serving South Asians (CASSA) & Brown Canada, in partnership with the Durham Tamil Association organised an event "Our Stories, Our Histories" on 22nd of June 2012 at Ontario Power Generation from 6.30 PM to 8.30 PM. The evening commenced with a welcome address by Neethan Shan, President of CASSA. Master of ceremony Geeththanah Gnaneswaran introduced the performers of the evening. The event showcased various cultural programs which included a classical Bharathanatyam by Laxana Mohanachandran, Kathak performance by Arshiya Choudhury of D-Maatrik, Nepalese Dance by Niyati Adhikari of Nepalese Canadian Community Services, Unity Dance by 30 Kids and Youth of Durham Tamil Association and Sarika Navanathan's excellent vocal performance. A slide show about Brown Canada Project was presented by Neethan Shan who also expressed his wish to work together with the pioneer organisation, Durham Tamil Association. Refreshments and snacks were served to the guests.



ARSHIYA CHOUDHURY of D-Maatrik performing @ CASSA Event with Durham Tamil Association on 22 June 2012



LAXANA MOHANACHANDRAN performing @ CASSA Event with Durham Tamil Association - 22 June 2012



NEETHAN SHAN of CASSA with UNITY Dance Group of Durham Tamil Association on 22 June 2012



KAJAANI & KAJANAN SHANMUGARAJAH of DTA singing 'O' Canada in Tamil @ CASSA Event with Durham Tamil Association on 22 June 2012



MC GEETHTHANAH GNANESWARAN of DTA @ CASSA Event with Durham Tamil Association - 22 June 2012



SARIKA NAVANATHAN of DTA singing @ CASSA event with Durham Tamil Association - 22 June 2012



NIYATI ADHIKARI of Nepalese Canadian Community Services performing @ CASSA Event with Durham Tamil Association on 22 June 2012



Guests @ CASSA Event with Durham Tamil Association on 22 June 2012

Durham Tamil Association volunteered at the JAM FESTIVAL



DRPS Officer Marta Flis with DTA youth, Shireen Whitmore, Uma Suresh & Jeyarubini Sivanesan of DTA @ JAM Festival - June 2012

Pickering Village's 2012 JAM Festival was on June 8 and 9th. This was a fun filled event for kids of all ages. The Festival featured numerous vendors and community partners. In addition, performers and artists of various cultural background entertained the guests. A group of 24 TEAM DTA volunteers worked hard to organize the event. DTA volunteers helped with setting up and tents, hand out brochures, staff information booth, tear down and even helped with taking out trash. Event organizers Margaret Campbell and Shireen Whitmore were very pleased with our volunteers and sincerely expressed their gratitude for our service to the Pickering Village Community.



Durham Tamil Association

Durham Tamil Association's 12th ANNUAL BBQ & SPORTS MEET

Durham Tamil Association's 12th annual BBQ and Sports Meet was held on Sunday, June 22nd at Greenwood Park in Ajax.

2012 event was the biggest ever with 137 kids, 43 youths and 119 adults participated in the all day event. Ravi Kandiah organized numerous events such as Running Race, Sack Race, Dice Picking, Dice Stacking, Rubber Band Race, Lemon Picking Race and Skipping

Race for kids under 11. Youth played soccer organized by Jeya Sellathurai and the adults played volleyball organized by Satheesh Rabindranath. This time around adult too had a lot of fun. Kids and adults of all ages had blast with Tug of war, Coconut breaking, Kili Thattu and Dodgeball organised by Senthil Krishnamoorthy. Stefhny Ratnaharan organized fun-filled Montessori games for little kids. Our founder member,

Thayanandan Rajaratnam (Sasi) organized a Kothu Rotti feast along with burgers and hot dogs. In addition, Ajax Dairy Queen sponsored ice cream treats for the kids.

Ajax Mayor Steve Parish, Pickering Mayor Dave Ryan, Councillor Lorne Coe, Councillor Peter Rodrigues, Mrs. Hedvig Alexander and family, Todd McCarthy were the dignitaries at the event. MPP Joe Dickson and Ontario PC Leader Tim

Hudak sent their personal greetings for the event. In addition, Roland Rutland, Dave Johnson, Shireen Whitmore, Bill Whitmore, Stephanie and Tom Lucas also graced the occasion and participated in the festivities. In each game there were three winners, and each of them were awarded with medals. All in all, it was a fun day at the park for Durham Tamils.



Ajax Mayor STEVE PARISH with families @ DTA's 12th Annual BBQ & Sports Meet - 24th June 2012



Boys getting ready for the SAC RACE @ DTA's 12th Annual BBQ & Sports Meet - 24th June 2012



Boys taking part in the RUNNING RACE @ DTA's 12th Annual BBQ & Sports Meet - 24th June 2012



Dads playing Volley Ball @ Durham Tamil Association's 12th Annual BBQ & Sports Meet on 24th June 2012



Families enjoying DODGE BALL @ Durham tamil Association's 12th Annual BBQ & Sports Meet -24th June 2012



Girls competing in the SKIPPING ROPE RACE @ Durham Tamil Association's 12th Annual BBQ & Sports Meet -24th June 2012



Kids Participating JELLO EATING RACE @ Durham Tamil Association's 12th Annual BBQ & Sports Meet - 24th June 2012



Ladies Had Fun With TUG-OF-WAR Game @ Durham Tamil Association's 12th Annual BBQ & Sports Meet -24th June 2012



Little Girls Playing DICE PICKING GAME @ Durham Tamil Association's 12th Annual BBQ & Sports Meet -24th June 2012



Participants of tug-of-war @ Durham Tamil Association's 12th Annual BBQ & Sports Meet - 24th June 2012



Mrs. Stefhny Ratnaharan organising FUN GAMES for the kids @ DTA's 12th Annual BBQ & Sports Meet -24th June 2012



Pickering Mayor DAVE RYAN with families @ Durham Tamil Association's 12th Annual BBQ & Sports Meet - 24th June 2012

Tamil Cultural & Academic Society of Durham



The Tamil Cultural and Academic Society of Durham celebrates its 3rd annual "Lights of Hope" Charity Gala

'We don't remember the Days; we remember the moments'

- Cesare Pavese, Italian poet.

The Tamil Cultural and Academic Society of Durham (TCASD) hosted its 3rd Annual Lights of Hope Charity Gala this past weekend, 'An Evening in Paris'. It started with a scenic drive to the stunning Deer Creek Golf Club, located in the growing suburb of Ajax, Ontario. With eye catching greenery and vast fields our guests reached the Banquet Hall, to enjoy and participate in memorable moments of TCASD charity Gala 2012.

The Charity Gala was organized by the TCASD's executive members. Our young and growing organization consists of members with great passion towards the multiple varieties of community events we are involved in. The executive committee is made up of a highly competent and experienced team, which in turn, has allowed the organization to achieve many creditable goals within a short period of time.

The members of TCASD promote and motivate their youths to participate, organize and choreograph the breathtaking dances and fashion show that featured during the evening. The Lights of Hope Charity Gala is an annual event, held by TCASD, in an effort to voice awareness and contribute to Cancer

Research for the community. TCASD Charity Gala was supported by Tamil community of Durham. It was wonderful to see politicians from all levels of government and community groups attending this event. We were honored to have the following dignitaries at our event Hon. Chris Alexander, MP Ajax-Pickering, Joe Dickson, MPP for Ajax Pickering, Tracy McCharles, MPP, Mayor Dave Ryan, City of Pickering, Ajax Councilor Ward 2 Renrick Ashby, Pickering Councilor Ward 2 Doug Dickerson, Pickering Councilor Ward 1 Jennifer O'Connell, Regional Councilor Ward 3 Peter Rodrigues, President and CEO of Veridian, Michael Angemeer, President/CEO of EcoHealth Resource & wellness Centre Inc Bridgett Lawrence, CEO of Oshawa Hospital Foundation, Robert Baker and the staff Bahai Community External Affairs Coordinator of Durham region, Roland Rutland. Our Honorable guest, Dr. Leta Forbes, Chief of Oncology, R.S. McLaughlin Durham Regional Cancer Center, Regional, Special guest speaker, Mrs. Saumiya Srivigneswaran, Senior Policy Analyst Health Canada.

In the last three years, TCASD has

done an outstanding fundraising effort by raising over \$25,000 charity funds which was donated to the R.S. McLaughlin Durham Regional Cancer Centre towards a patient examination room located in the Oshawa hospital. The R.S. McLaughlin Durham Regional Cancer Centre serves patients from the Eastern section of Toronto, Durham Region, Kawartha Lakes, Peterborough, Halliburton, Hastings County and Northumberland and is recognized as one of the leading cancer programs in the Province by Cancer Care Ontario. In addition we also donated funds for Rouge Valley Ajax and Pickering's hospital for Women's and Children Health Program and the MRI unit. The Gala was one of the most successful events held by TCASD to date. The wonderful combination of adults, youth and senior members of TCASD helped give full efforts in making the event a success.

The event, opened with the singing of the Canadian and French National Anthem and Tamil Thai Valthu, followed by a moment of silence and lighting of the lamp. Guests of the night arrived to a gorgeous hall decorated with Eiffel Tower centre pieces. Striking a pose for

the cameras on the way in, guests showed off in their attractive gowns, dresses, sarees and formal wear.

Our MC's, who were university students of TCASD, enlightened the program by entertaining the audience throughout the entire night. The event lead off with a dance performance, All you need is Love, followed by A Walk to Remember to embrace the theme. Both dances featured an elegant mix of culture and modern steps that kept the audience on the edge of their seats. The incredible performances, slideshows, table decorations and professional photography were a result of the work by a vast group of TCASD youth, who put a tremendous amount of hours into the preparation for the day.

The danced floor opened with a Thank you note to all their well-wishers, participants, advertisers, sponsors, banquet hall facilities and DJ!

The youth and the guests kept the dance floor lively and made the evening one the most memorable moments for all the guests, who shared their evening with the TCASD family!

Written by: TCASD Media & Public Relations committee



CEO of Oshawa Hospital Foundation Robert Baker, Raveena Rajasingham and Gloria Evans from Oshawa Hospital Foundation



Some of the executive members and guests



Mayor of Pickering Dave Ryan, Tom Thiru, Pickering Councillors and Illaya Bharathi (CTBC) and some guests



All you need is Love Dancers

More pictures on next page ...



Tamil Cultural & Academic Society of Durham



Dr. Forbes, Oncologist and Head of Medical Oncology at R.S. McLaughlin Durham Regional Cancer centre



A walk to Remember dance group



MPP Ajax Pickering Joe Dickson and MPP Pickering Scarborough East Tracy MacCharles



MP for Ajax-Pickering Chris Alexander presenting congratulatory certificate to one of the TCASD Emcee's of the evening Danusha Vinoraj



Park Cleanup



Everyone needs a beautiful, safe and clean place where the local residents can relax or play. Helping to keep the park clean is a small step but an important one that everyone can take for our environment and for our physical and mental health.

The ravine located by the corner of Liverpool Road and Bayly Street in City of Pickering has accumulated various forms of garbage and debris over the past winter. The cleanup was initiated by several dedicated groups to improve the condition of the ravine and to further educate and allow the community to be part of protecting the environment. It certainly makes the City of Pickering more attractive to visitors and allows sustainability to protect the environment and natural ecosystems for the benefit of current and future generations.

One of the dedicated groups that

participated in the cleanup was the Tamil Cultural and Academic Society of Durham. TCASD is a non profitable organization that gives the children varies opportunities to exceed in many ways. TCASD also adopted a park and involved in yearly clean up the adopted park, however TCASD is always looks for opportunities to be engaged in preserving natural habitat and protecting the environment initiatives.

TCASD would like to thank the City of Pickering for all the cleaning supplies and collection of the garbage. Also, we would like to thank Doug Dickerson, Deputy Mayor for the City of Pickering and Keith Falconer, President for the Pickering East Shore Community Association for coordinating the clean up. Please help restore nature to its natural beauty and keep it that way. Help, do your part every day.



News from Waterloo

Annual festival embraces diversity

KITCHENER - Food, dancing and crafts are what draw people out of the familiar to the K-W Multicultural Festival - a place where every nationality and race is represented.

"This is the population of K-W," said Lucia Harrison, executive director of the multicultural centre.

Twenty-three per cent of the region's

population is immigrants. Weaving through the weekend festival's craft market brings our diversity to the forefront, as the smell of spices waft across Victoria Park.

"It's a neat celebration of what we embrace and what we have," said Bartish Shagger, festival co-ordinator. "That's what Canada is for me."

It's this cultural density that educates the population, said Shagger. Close to 30,000 guests visit and about 25 countries are represented in the two day event.

A tiny parade celebrating multiculturalism was held on King Street 45 years ago as part of Canada's centennial celebrations. It represented a growing recognition of the needs of newcomers to Waterloo Region who were trying to integrate into life here.

The festival has since filled a park, and then embraced National Aboriginal Day and the Latitude Storytelling Festival. "To me the best positive sign of multiculturalism is when people come together," said Harrison.

The local Tamil community, for the first time, organised an Indian & Sri Lankan food stall. South Indian dish Dosai with Sambar and Sri Lankan Rolls were an instant hit among the guests. There was ample yellow rice, chicken curry and vegetable Korma were given to taste. Everyone, missed CEYLON tea as it was served only to the large volunteer group.

Dharini Sivakumar, Secretary of the Tamil Cultural Association of Waterloo Region said that this is will be one of our annual fundraising project. All proceeds are going back to local community projects, Cambridge Tamil language school and Arts. The event was success because of our volunteers.



South Asian Community Picnic



Saturday, July 21

Kelso Conservation Area, Milton
(5234 Kelso Road, Milton - Close to HWY 401) 11.00am - 8.00pm

Enjoy and Relax with your family and friends. Meet new members of your community and share a potluck lunch.
BBQ, Indian & Sri Lankan Food - Snack. Park admission extra.

All are welcome - Invite your friends

தமிழக கலை பண்பாட்டுக் கழகம் கோட்டாஜா வட்டாரம்

www.tamilculturewaterloo.org

Tamil Cultural Association of Waterloo Region

Sri Abiramy Dance Premier Show
in CCC July 7 2012

Sri Abiramy Nattiyalaya
theKiDa Dance Company
&

"Gopukiran Sadasivan"

disciples of DHANANJAYANS
(Padma Bhushan Awardess)

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"Live Orchestra"

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Saturday July 7th

Chinese Cultural Center

Door Opens @ 5:15

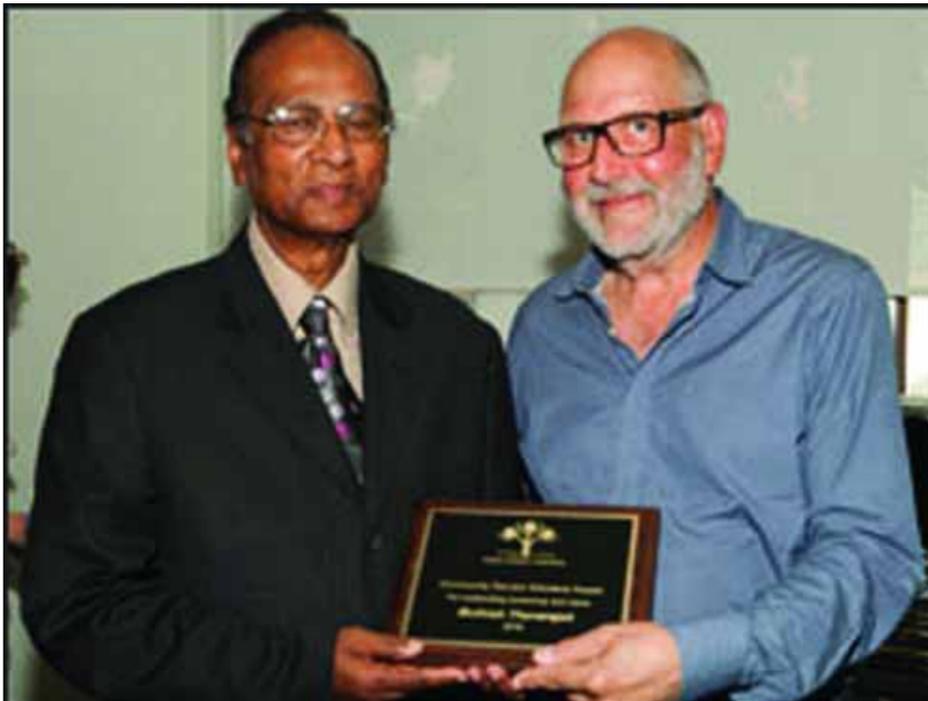
More info & Tickets See our website

<http://www.sriabiramy.com>

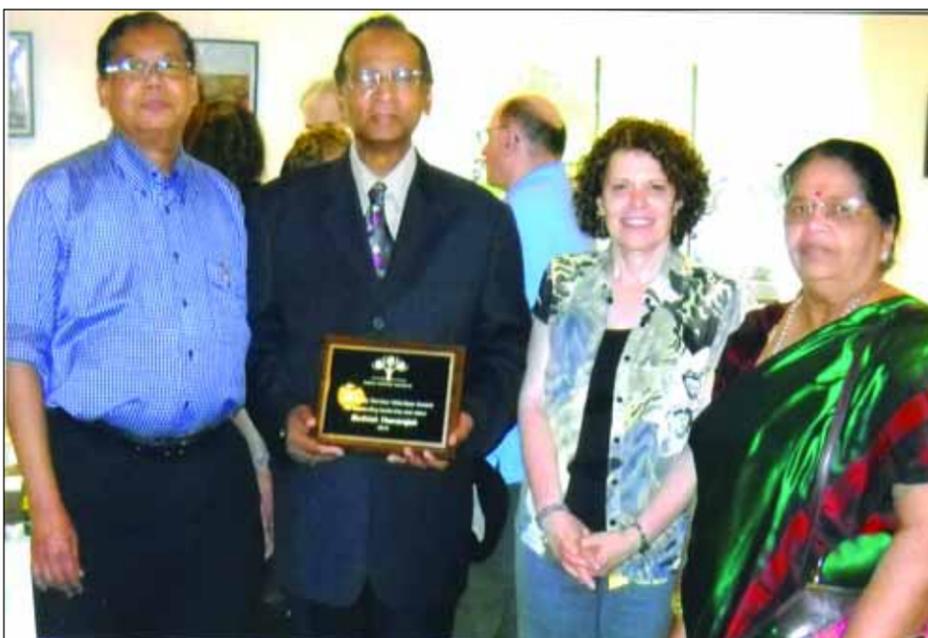


FAMILY SERVICE TORONTO VOLUNTEER RECOGNITION AWARDS - 2012

Mr. Muthiah Thevarajah, President of the Scarborough Senior Tamils' Association received the Family Service Toronto Community Volunteer Service Award -2012 from Mr. Harlan Schonfeld, Past President of the Board at the Annual General Meeting of the Family Service Toronto and 98 years of service celebration held on June 20th,2012 at Thomas Lounge, Oakham House, Ryerson Student Centre, 55 Gould Street, Toronto.



Mr. Muthiah Thevarajah receiving the Community Service Award from Mr. Harlan Schonfeld, Ex-President



Left to Right - Mr. Naga Ramalingam, Community Development Worker, Mr. Muthiah Thevarajah, Mrs. Mindy Khu, Coordinator Volunteer Resources and Mrs. Sarojidevi Thevarajah

Recent Event

SENIOR TAMILS' CENTRE OF ONTARIO



At the last annual general meeting of the association the following office bearers were elected :

President: Maya Kandiah
Vice President: Kohila Viveganathan
Secretary: Sivanesan Sinniah
Asst. Secretary: R.L. Xavier
Treasurer: M.V. Jeganathan
Asst Treasurer: A. Shanmugarajah
Past President: S.M.J. Emmanuel

Directors
K. Saravanabavan
K. Kamalanathan
Rukmani Veluppillai
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W.S. Jeevaratnam
Rani Ganagarajah
T. Ponnambalam.
Editor
C. Santhirasekari

Memorial Circle opens in honour of Late Jaffna Mayor Alfred T Durayappah

A newly constructed decorative traffic circle (roundabout) was recently declared opened in Sri Lanka North - Jaffna in memory of the Late Mayor Alfred T Durayappah.

The project was initiated and funded by the mayor's relatives now living in several countries including Canada, England and Australia.

Mr. S. Senthilvel, Brother-In-Law of Mayor Alfred Durayappah unveiled the

commemorative plaque of the memorial circle on June 18, 2012. Trees were also planted near the circle to mark this event.

The roundabout features 'Yarl Nangai' - statue of a lady of rank with the musical instrument Yarl.

Several Sri Lankan Government officials and Indian Consul General for Jaffna V.Mahalingam also attended the event.



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Children's Corner



Humpy Who Wished to be Different

By Chandrani Warnasuriya

Humpy was a Camel. He said, "Everybody thinks we have an easy time. Because nobody grumbles, nobody quarrels and nobody complains."

"Come to think of it, we carry all kinds of burdens, of boxes and crates, and bunches of bundles, non-stop from dawn to dusk, and for recreation what do we do? Buy some bubble gum and chew and chew. And why shouldn't we? For that is what one does for wonderful pleasure; his fun he buys for a penny or two."

But Humpy wanted to be different. He wanted to save his pennies, and buy himself a holiday, and visit all the strange cities he read in the boxes he carried!

He said, "How about taking a look at these cities and strange lands. Its

so boring out here. So stale, so ordinary, so dull. Nothing happens, only camels, all chewing and chewing."

So he bought himself a plane ticket, got himself a camera, and took to the skies. He landed on what he thought, was an extraordinary land.

He clicked his camera. And what did he see? A breath-taking Restaurant!

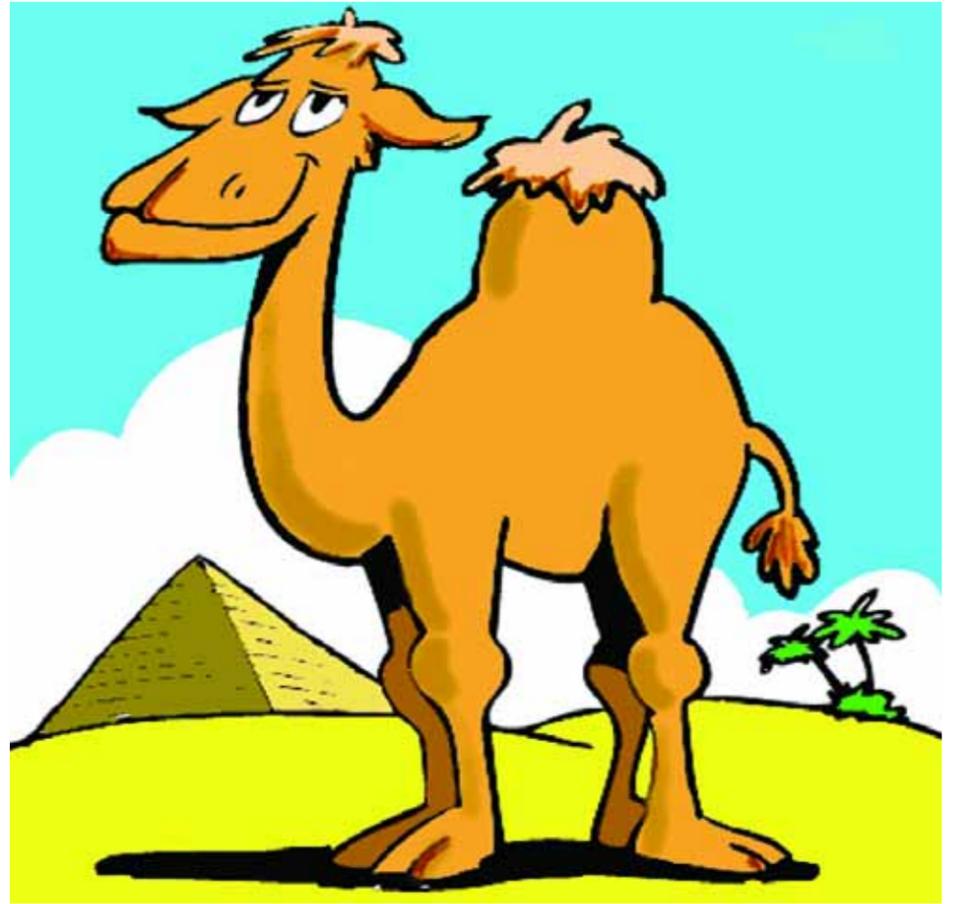
He took a quick snapshot of the inside of it.

And what did he see?

Everybody sitting ordinary, just chewing and chewing and chewing!

Humpy angrily said, "How disgusting? What a clown am I? What difference does it make. All my savings I spent? All my pleasure I gave up? To see this?"

So he turned himself around, and went straight back home, and settled down to chewing gum!



Rhyming Pictures

Draw a Picture of a word that...

rhymes with hose but begins with R

rhymes with rug but begins with B

rhymes with berry but begins with CH

rhymes with sing but begins with R

rhymes with house but begins with M



Recent Event

KALVI CONNECTIONS

Kalvi Connections is a non-profit organization incorporated in the Province of Ontario. Our mission is to provide assistance to underprivileged students around the world to further their educational goals. Kalvi will promote, develop, and foster an interest in furthering the educational aspirations of youth. To this end, Kalvi will partner with organizations with similar goals to identify the students in need for support and to distribute financial assistance.

During this year's first Gala Dinner, Kalvi Connections raised over \$60,000! This was due to the immense support from the supporters, well-wishers and community members.

Education or "Kalvi" is a powerful tool to enrich lives, create opportunities, stimulate growth, and build communities. This year's support opens the door to such unlimited possibilities for families building on the hopes and aspirations of their children's education.

Kalvi Connections' journey begins in communities with students in search of

opportunities. However, it continues and strengthens with your commitment and enthusiasm. Education is a torch in our community. It was lit long ago, and carried on, one generation after another. We may be miles and oceans away from the students that will receive the support but together with them, we represent today's torchbearers instilled with important collective responsibilities. Together, let's keep the torch lit and pass it onto the next generation for continued growth.

Kalvi Connections was formed with the aim:

- To provide financial assistance to underprivileged students attending post-secondary education
- To help these students overcome any barriers to attending and successfully completing their post-secondary education
- To assist students who are unable to get a university admission in finding alternative opportunities in the job force or admission to technical colleges, including trades
- To provide salaried positions for teachers in English, mathematics, and science in remote areas to cultivate higher education in these areas

Kilinochchi District Education Development Trust

This year, as a first step, Kalvi Connections is partnering with the Kilinochchi District Education Development Trust Fund to raise funds for their 2013 round of loans. In the coming years, support will move beyond the Kilinochchi area to help more students reach higher through the power of education.

Kilinochchi District Education Development Trust supports students in Sri Lanka who are pursuing their Advanced Level standings, attending university, or studying towards job specific knowledge or skills. The trust fund is managed and administered by Dr. Sathiyamoorthy.

Through financial support in the form of an interest free loan, students receive funding based on their particular circumstances and needs. Upon completion of studies, the new graduates contribute the sum of the loan back into the trust to create greater opportunities for students awaiting similar support.

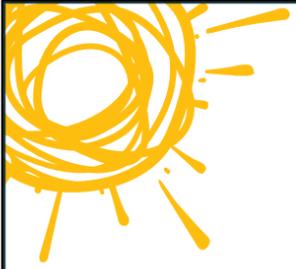
Members of the Kilinochchi District Education Development Trust interview students and assess financial needs and circumstances on the ground. Depending on the needs, a student will receive between Rs. 2000 to Rs. 4000 per month until completion of studies. Students enrolled in the program are attending universities in Jaffna, Batticaloa, Vavuniya, Colombo. 192 students have already benefited from the support received through the Kilinochchi District Education Development Trust.

Kalvi Needs Your Help!

Kalvi needs your help to achieve our goals! Kalvi Connections needs volunteers to join the dedicated team and help move projects forward. If you are interested in volunteering your time for a good cause, please contact the Kalvi Connections team at info@kalvi.ca.

Seen here are some of the photos from the Gala Dinner on June 23rd.





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Today is a good day to learn more, so let's talk.



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