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A parfait media publication

VOL 6 ISSUE 3 AUGUST 2011

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Ontario Government investing in clean technology, protecting jobs

Ontario has taken another step toward the plan to become a world-leading clean energy and manufacturing economy.

Premier Dalton McGuinty was at Toyota's Woodstock plant on Friday August 5th to congratulate workers and celebrate Ontario being chosen to produce the Toyota RAV4 EV (electric vehicle) because of the province's commitment to electric vehicles. He also thanked the company for its commitment to clean technology innovation and for creating good jobs for Ontario families.

According to a Government of Ontario media release, "Ontario, in partnership with the Government of Canada, will support the production of the RAV4 EV through their investment in Toyota's recently announced Project Green Light. The total investment among all partners is helping to protect 6,500 jobs and thousands of supplier jobs throughout the province.

Partnering with industry and supporting the auto sector is part of the McGuinty government's plan to create and protect good jobs for Ontario families, strengthen local economies and promote clean tech-



Premier of Ontario Dalton McGuinty and Toronto Mayor Rob Ford at the Caribbean Carnival, Jul 31, 2011

nologies."

Ontario - The place to be for clean energy

Premier Dalton McGuinty met with workers at Celestica in Toronto the previous day, thanking them for their hard work in helping Ontario become a global leader in clean energy.

An Ontario government media release states, "Celestica is creating and retaining up to 500 jobs in clean technology by partnering with other firms who use the skills and expertise of Celestica employees to create things like solar modules and invert-

ers. This exciting sector is creating thousands of jobs across the province.

Ontario is back on track and moving forward in the clean energy economy. Because of the changes we've made, together, Ontario has added 20,000 new, high-skills clean energy jobs since 2009.

Building a clean, modern and reliable electricity system is part of the government's plan to attract clean energy investments and create good jobs in communities across Ontario".

McGuinty Gov't invests close to Half a Million in Sathya Sai Centre to support Cultural and Social Activities

THIRTY-NINE GTA COMMUNITY GROUPS BENEFIT FROM INVESTMENT IN SPACES



Hon. Minister Gerry Phillips MPP, Scarborough-Agincourt, Hon. Michael Chan, Ontario Minister of Tourism and Culture, Mohana Thirukesan, President-Sathya Sai Centre, Bas Balkissoon MPP, Scarborough Rouge-River, Bahadur Madhani, Chair of the Grant Review Team, Ontario Trillium Foundation

McGuinty Government helping diverse cultural groups enhance infrastructure

Sri Sathya Sai Baba Centre of Scarborough, Canada receives \$489,300 over one year to complete construction of this community centre serving the South Asian community in Scarborough. The centre will provide enhanced

spaces for programs in health, youth, culture, and social services.

Thirty-nine non-profit community groups in Toronto, Scarborough, North York, Markham, Mississauga, Brampton, Vaughan and York Region are receiving support for infrastructure projects that serve cultural communities. **Contd. in page 63**

Beauty 9 Prof. Karthigesu Sivathamby... 28 Guru Purnima... 40 Sivaji Ganesan... 56

Inside Monsoon

DENTAL CLINIC

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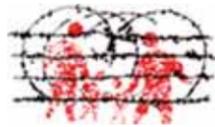


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Humanitarian crisis in Horn of Africa needs strong Canadian response – Canadian Refugee Council



Conseil canadien pour les réfugiés
Canadian Council for Refugees

The Canadian Council for Refugees recently added its voice to calls by Somali Canadians for Canada to show strong leadership in responding to the humanitarian crisis in the Horn of Africa.

In a media release, The Canadian Refugee Council said:

Thousands of people have fled conflict and famine in Somalia. Children are dying from starvation before they can reach safety.

“We are counting on Canadians responding generously, as we have to other recent appeals for aid, in line with our best traditions,” said Wanda Yamamoto, CCR President. “We are conscious of the distress of Somali Canadians, many of whom have family among the refugees fleeing and in the overwhelmed Dadaab camp in Kenya. The crisis facing Somalia has been going on for twenty years – we need it to be resolved.”

Shortcomings in Canadian refugee policy are highlighted by the current acute crisis. Canada’s Nairobi visa office, which covers the Horn of Africa, has excruciatingly slow processing times for refugees (37 months for government-assisted refugees, 51 months for privately sponsored refugees). Because the backlog at Nairobi of refugees awaiting resettlement is so large, the Canadian government has asked the UNHCR to stop referring refugees to Nairobi and has required private sponsors to reduce the numbers of refugee applications they submit to Nairobi.

This means that Canada is not able to help relieve the pressure on the Dadaab refugee camp through resettlement or respond effectively to newly arrived refugees in the region who need urgent

protection.

Further, when after years of waiting the Nairobi office finally makes a decision on Somali refugee applicants, they unaccountably reject some, despite the gravity of the human rights situation in Somalia that they have fled.

Even applications for reunification of immediate families, including children with their parents, take an unacceptably long time to process at Nairobi (40 months for dependants of refugees). Somali applicants also face many barriers in the process, including frequent demands for DNA testing.

Canadians with displaced family in the region are left feeling powerless and despairing, because they are unable to reach out to help their relatives.

The Canadian Council for Refugees calls on the Canadian government to meet with the Somali communities in Canada to discuss how they can work together to find solutions to the humanitarian crisis in Somalia.

The CCR also asks the government to address the barriers and delays facing Somalis, as well as refugees from other countries, at the Nairobi visa office, and to respond quickly to particular resettlement needs arising out of the current crisis, as it has done in other similar situations, including the unrest in Libya.

Finally, the CCR reiterates its request that the Canadian government impose a Temporary Suspension of Removals to Somalia. The longstanding situation of generalized insecurity in Somalia makes such an action long overdue. The current acute crisis only heightens the need for this measure, which would give Somalis in Canada basic protection from deportation.



These Somali refugees in northeastern Kenya are among those affected by the crisis – pic: UN.org

Canada News

Prime Minister's Volunteer Awards - Celebrating Canadians who make a difference

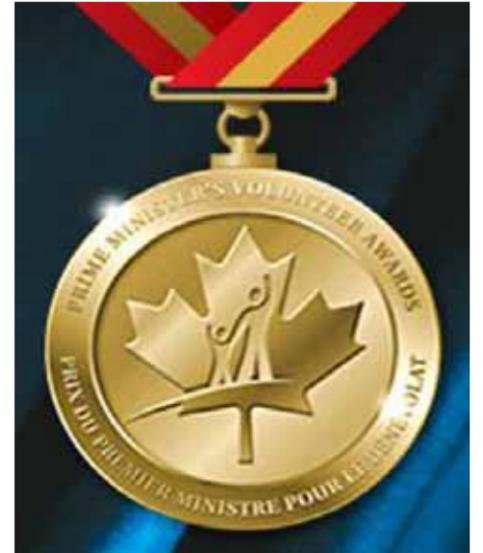
From the Office of the Prime Minister:

The best solutions to the challenges facing Canada's communities are often found locally. For this reason, in January 2011, the Prime Minister announced the creation of the Prime Minister's Volunteer Awards to recognize the enormous contribution volunteers make to Canada. The Government of Canada also expressed its interest in looking to innovative charities and forward-thinking private-sector companies to partner on new approaches to many social challenges.

The Prime Minister's Volunteer Awards recognize the exceptional contributions of volunteers, local businesses and innovative not-for-profit organizations in improving the well-being of families and their communities.

The Prime Minister's Volunteer Awards program consists of 17 awards in total, 2 at the national level and 15 at the regional level. The Awards highlight best practices in community leadership and encourage partnerships across sectors. The goal of the Awards is to inspire Canadians from all walks of life to find new ways of making a difference in their communities.

If you know a volunteer, innovative not-for-profit organization or a local business that makes



a positive impact on your community, you can nominate them today! Nominations are open until September 9, 2011.

You can find more information on the Awards at: <http://pm.gc.ca>

The deadline for nominations is midnight (EDT) on September 9, 2011. Nominations submitted by mail must be postmarked no later than the deadline.

Enjoy a great Tamil free preview

Tamil Vision

Digital channel 867

Preview Starts: Tuesday August 16, 2011

Preview Ends: Tuesday September 6, 2011

Tamil Vision Inc. (TVI) provides quality entertainment programs that help the Canadian Tamil community and businesses to integrate into Canadian society.

Don't miss the following entertainment reality shows:

SUPERSTAR –

Air time Mondays and Wednesdays 9PM to 10PM

TVI's Superstar is a reality television competition aimed to find a new solo singing talent within the Tamil Canadian community. The show was initiated by TVI during the beginning of the year 2010. It's main aim was to bring the community together to embrace our culture and language. Followed by the grand success of season one, season two have been started with the great expectation from the tv audience not only in Canada, but also from worldwide.

NADANA THARAKAI –

Air time Thursdays 9PM to 10PM
Nadana Tharakai, the Next Dance Star is a dynamic and imaginative dance



competition to showcase young talent within the Tamil Canadian Community. It will feature all forms of dance especially Indian classical, folk and contemporary dances. The aim of the competitors is to win the title Nadana Tharakai.(Dance Star)

RAAGA SANGAMAM –

Air time Tuesdays 9PM – 10 PM

Raga Sangamam, a classical music competition in which contestants under the age of 15 take part. This program showcases the contestants' ability in classical music. Contestants of this show must be a student in any form of classical music.

For more information, visit www.rogers.com/multicultural or call 1-866-447-6503

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everything is wrong'**
- Jayakanthan (b: 1934 -) Tamil writer

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Santosh Kumar K.A

Photo Journalists
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Contributing Columnists

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Arun Senathirajah
J.J. Atputharajah
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"Source for Multi Ethnic Exposure"

from the publisher's desk

International Literacy Day, September 8, 2011

With just three real weeks of summer left kids and adults could think about a special day just around the beginning of school year – UN International Literacy day on September 8th 2011. Literacy day is a world-wide celebration of being able to read and related issues. To this year there are now about four billion literate people. However, it is still an unaccomplished mission as there are still many illiterate people out there. The holiday is also used to help people and create awareness to teach them the gift.

International Literacy day website says that the United Nations Educational, Scientific and Cultural Organization (UNESCO) and its partners promote the day worldwide, to "underline the significance of literacy for healthy societies, with a strong emphasis on epidemics and communicable diseases such as HIV, tuberculosis and malaria".

Literacy day is very important in our world as it helps us not only to enjoy the activity of reading but able to get through

obstacles in life. Such as needing to read what specific medicine you need when one is sick or reading what not do at swimming pool to not get in trouble. Without literacy we wouldn't be able to read anything we would understand, what to get and what we need done.

Now, reading is good but there has been that saying from multiple kids such as "reading is boring". Many could probably see that no kid or teen will take the upcoming International Literacy Day seriously. Yet, they don't realize that the ability to read is the most precious gift anyone can receive. A teen might hate reading with a passion, but say go to a far away country such as Africa, kid would thrive to have the ability to read but he can't see that coming true because of famine and war in this country.

The famine has expanded even more over many African countries and it doesn't stop. So it is just awful to see that the children have to put a halt to education sadly and basically get the supplies they need to

survive. This upcoming literacy day we need to help these children; it won't be easy but we can actually help Africa, by not even actually interacting with the children face to face. We can help through by joining charities such as UNICEF and OXFAM or even donating our used books and school supplies.

Many countries celebrate Literacy Day and also remember these struggling children across the world. Many organizations in Canada mark Literacy Day with special events. They demand that governments across the world should make it a priority to help children and adults overcome illiteracy. Canada strongly believes that literacy is a strong gift any human can and should have. They also believe it is a violation if there are illiterate people because the government isn't doing anything to help them. United States of America too has that same faithful value in literacy. We shouldn't think of literacy as something not special and forced upon us; but as a rare skill.



After reading this the real importance is that of being literate and lucky enough to just have it. As school goes, when that day comes next month - in September and open the books one should also take a minute to think of those unfortunate kids who are not in a position to do so and act in ways to help those in need of acquiring literacy.

It is a delight seeing Monsoon Journal joining hands in celebrating The International Literacy Day and contributing to create awareness.

(Contributed by Harrish Thirukumaran, Class of 2012, South Brunswick High School, Monmouth Junction, NJ, USA)

Breast milk - your baby's first immunization

Snuggled in your arms, feeling the warmth of your body you see your baby blissfully feeding on your breast with his eyes closed and the feeling is just overwhelming. These are the moments you cherish for the rest of your life. Cuddled up in your arms your baby feels safe and secure, comforted by your familiar scent and nurtured by your warmth. The unique personal experience helps you connect with your baby in one of the most beautiful ways. Not to mention the nutritional benefits it provides, which in turn keep you from worrying about his health and overall well-being.

In addition to the emotional benefits it confers, breastfeeding has a range of benefits on offer. It plays a crucial role in the health and well being of the mother and her child both in the short term and in the long term. It delivers essential nutrients required for the baby's overall growth and development. WHO also recommends exclusive breastfeeding for the first 6 months and continued breastfeeding along with appropriate types and amounts of complementary foods thereafter until 2 years of age or beyond. It continues to benefit a child's overall health and development after age 1. Breast milk may be thought of as a baby's 'first immunization'. Colostrum, the first milk secreted

by the mother's mammary glands a few days before and after child-birth contains many essential antibodies that confer immunity on the infant. Breast milk is full of all the essential nutrients and antibodies a baby requires for the first six months after birth. It has just the right amount of fat, sugar, water, and protein required for adequate growth and development. Moreover, antibodies present in breast milk protect the infant from common childhood illnesses".

Overall, breast milk protects the baby from diarrhoea, ear infections, chest infection and other conditions. It provides nutritional support against childhood diseases like Juvenile-onset insulin-dependent diabetes mellitus, obesity, gastroenteritis, respiratory diseases and urinary tract infections. It also prevents certain conditions like atopic disease and raised blood pressure from developing later on in life.

The act of breastfeeding helps your baby develop feelings of security and comfort and also helps him to positively relate to you in terms of trust and love thereby facilitating good emotional and cognitive development. "Breast milk plays a significant role as far as cognitive development of your child is concerned. Evidence from various studies also suggests that

there is a strong correlation between breastfeeding and cognition in babies".

Recent research supported by National Institute of Child Health and Human Development (NICHD), USA suggests that breast milk is enriched with fatty acids which help in the development of brain. Docosahexaenoic Acid (DHA) and Arachidonic Acid (AA) are specific fatty acids found in breast milk which are known to be crucial to the development of an infant's cognitive skills. Prolonged breastfeeding positively benefits cognition although it is not established how far other factors are involved in such results.

Working mothers, who are hard pressed for time might think of cow milk as a substitute for breast milk as Mothers who have some medical problem, say for instance inverted nipples, might also think of cow milk as an option. But cow milk is no substitute for breast milk.

Over the years there's been a lot of discussion about cow's milk as a food for babies and comparisons have been drawn between breast milk and cow's milk. In general, experts are unanimous that cow's milk is not the right food for babies less than a year old and doesn't offer any benefits in the second year either.

Cow's milk is not only low on

nutrients like iron but the iron in it is also poorly absorbed compared with breast milk. Add to this the possibility of the child developing an allergy to dairy products if cow's milk is given to child too early on in life. Again, cow's milk, unlike breast milk does not confer immunity on an infant since it lacks antibodies.

Women, who find it difficult to feed their babies for various reasons, can always take recourse to expressed milk. Milk can be expressed using breast pumps. It can then be stored in milk containers and given to the baby as required. Storing milk in maternal milk containers helps keep it intact with all its essential nutrients. Breast pumps like Chicco natural feeding breast pumps are ideal for a mother who cannot be with her child all the time or who has some condition which keeps her from breastfeeding her child.

Problems notwithstanding, breast milk is the greatest gift for your baby. The sweet nurturing experience breastfeeding facilitates helps you develop an emotional bond with your child. And nothing can quite compare with the satisfaction you get when you hold him in your arms, secure in the knowledge that you've started child on the right path towards optimal nutrition and good health.

Dr. Kanayalal Raina



Canada News

Vanishing Voices Exhibit and Testimonials - In Remembrance of Black July 1983 – 28 years later, we still remember

On July 28, 2011, The Canadian Tamil Congress co-hosted Vanishing Voices Exhibit in remembrance of Black July 83 in collaboration with Tamil Students Association at University of Toronto St. George Campus. The event was held at the prestigious Hart House: Debates Room located at University of Toronto. The exhibit chronicled the turbulent history of Sri Lanka, from the political scene during the British colonization through to the recurring episodes of discrimination, persecution, and violence over the following decades.

The exhibit provided an unique opportunity for hundreds of visitors from all walks of life to experience and gain a fresh perspective on the Sri Lankan narrative, an understanding of the history of their fellow Tamil Canadians and a lasting impression on the resilience of the human spirit. Many non-Tamil Canadians and Tamil Canadian youth participated in this event to commemorate the 28th anniversary of Black July, a dark period in the history of Tamils.

Black July references the July 1983

riots in which Sri Lankan anti-Tamil pogroms claimed more than 3000 lives, as mobs, with voting lists and weapons in hand, identified, disgraced and killed Tamils while state authorities stood by. Many Tamil people who were lucky enough to survive the pogroms, lost their livelihoods as their homes and businesses were burned and looted. Tamils from all over the world gather year after year in an effort to ensure that these lives were not lost in vain.

Mr. Anton Phillip, after having narrowly survived the Black July 83 prison massacre, spoke about his experience. Ms. Juanita Nathan spoke on her experience of Black July 1983 as a child. Mr. Amarnath Amarasingham, Doctoral Candidate, Laurier-Waterloo PhD in Religious Studies gave an account of the history of Black July 1983 and Ms. Jessica Chandrasekar (MA Women's Studies, University of Toronto) spoke about the current plight of Tamils in Sri Lanka. Ms. Rathika Sitsabaiesan MP also spoke at the event.

[CTC Media release]



'Vanishing Voices' held at Hart House, University of Toronto, July 28

Statement by the Prime Minister of Canada on NDP leader Jack Layton's leave of absence from his position as leader of the official opposition

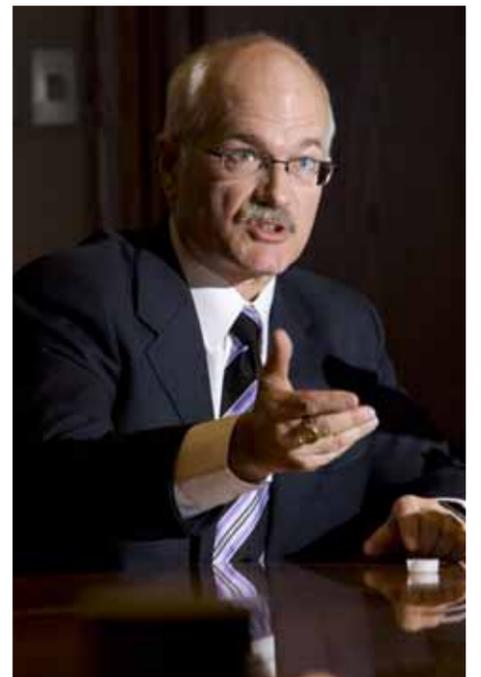
Prime Minister Stephen Harper issued the following statement after hearing Jack Layton will take a temporary leave of absence from his position as leader of the Official Opposition:

"I was deeply saddened today to hear that Jack Layton is temporarily leaving his post as leader of Her Majesty's Official Opposition and leader of the New Democratic Party.

"Mr. Layton is passionate about his convictions and the future of our great country. I would like to wish Jack a successful recovery so he can quickly return to his post.

"I salute the courage Mr. Layton continues to show in his fight against cancer, a fight that more and more Canadians are winning. We are all heartened by Jack's strength and tireless determination, which with Mr. Layton will never be in short supply.

"On behalf of Laureen and myself, and on behalf of our entire Conservative



caucus, I would like to offer our heartfelt support to Jack, Olivia and their family. Our thoughts and prayers are with them during this difficult time."

Strengthening the economy through scholarships

On August 3rd Prime Minister Stephen Harper announced the 2011 recipients of the Vanier Canada Graduate Scholarships. Created as part of Budget 2008, the scholarships aim to strengthen Canada's ability to attract and retain the world's top doctoral students.

A media release by the Conservative Party said,

"Canadians gave Stephen Harper's Conservative Government a strong mandate to stay focused on job creation and economic growth. That's why our top pri-

ority remains completing the economic recovery.

Wednesday's announcement will help make Canada a leader in research, innovation and higher learning. Through programs such as the Vanier Scholarships, our Government is strengthening Canada's ability to attract and retain the world's top-tier doctoral students.

Our Conservative Government is helping to make Canada a global centre of excellence in research to keep our economy moving forward."



"Vanier scholars demonstrate high scholarly achievement in the social sciences and humanities, natural sciences and engineering, and health fields"

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A heart-felt anniversary

Regional fast-track cardiac program celebrates one-year of saving lives

By **Akilah Dressekie**,
Communications Specialist,
Rouge Valley Health System

Saturday, Dec. 18, 2010 is a day that 59-year-old Bowmanville resident Gary McCormack won't soon forget. While watching television that evening with his wife Joan, the father and grandfather suddenly felt a pain in his jaw that soon went to both of his arms. He was having a heart attack.

to McCormack. This involved defibrillating him when he went into cardiac arrest yet a third time, and then performing an angioplasty, where a stent was implanted. The next day, McCormack was transported back to LHC, where he could recover closer to his family.

"On behalf of my wife and my family, I want to thank all of those involved for helping to save my life. Without their hard work and expertise, I wouldn't be here. I am so grateful for what they did

RVHS, LHC, The Scarborough Hospital (TSH), Durham EMS, Toronto EMS and the Central East Local Health Integration Network (CE LHIN). The aim of this collaboration is to offer gold standard emergency cardiac care to the patients of east Toronto and Durham.

"Gary's story is just one of the many success stories this program has seen. It's gratifying for our team to see that, through the combined efforts of our teams at RVHS, Durham EMS, Toronto EMS, LHC, TSH, and the CE LHIN, patients like Gary are given a new lease on life. It's also great to know that this partnership has worked successfully to save so many lives. We look forward to continuing to provide life-saving cardiac care," says Dr. Saleem Kassam, who is an interventional cardiologist and the medical manager of

cardiac catheterization services at Rouge Valley.

The fast-track cardiac program first began in February 2009 as a pilot project serving patients in Scarborough. In April 2010, the program was endorsed by the CE LHIN and expanded to service Durham Region. Since 2009, more than 600 patients have received this life-saving treatment.

To activate the program-or a Code STEMI response-LHC or TSH's emergency department team will call RVHS for patients who arrive presenting with specific types of heart attacks. The service can also be activated by the EMS when a patient calls 911. The patient is then transported immediately via ambulance to the catheterization lab at RVC for an angioplasty. Following the angioplasty, the patient is returned to the hospital that is closest to his or her home for ongoing care and recuperation. Following discharge from the hospital, the patient may then participate in cardiac rehabilitation, such as the six-month program at RVHS.



REGIONAL PARTNERSHIP IS ICING ON THE CAKE. Health partners Rouge Valley Health System (RVHS), The Scarborough Hospital, Lakeridge Health Corporation, Toronto Emergency Medical Services (EMS), Durham Region EMS, and the Central East Local Health Integration Network (CE LHIN) have come together to deliver a regional fast-track emergency cardiac care program across east Toronto and Durham. The one-year anniversary of the program was celebrated at Rouge Valley on April 28. One of the featured speakers at the celebration was patient Gary McCormack (third from left), who was treated through the fast-track cardiac program when he had a heart attack last December. He is joined by, from left, Mira Finley, regional cardiac coordinator, RVHS; Dr. Saleem Kassam, cardiologist and manager, interventional cardiology, RVHS; Bryna Rabishaw, program director, cardiac services and critical care, RVHS; Dr. Joe Ricci, cardiologist and program chief, cardiac care, RVHS; and Gary Lewis, superintendent, operations, Durham Region EMS.



Heart-warming reunion. Interventional cardiologist Dr. Christopher Li, left, and his former post-heart attack patient Gary McCormack get together again at the one-year anniversary celebration at Rouge Valley Centenary hospital campus on April 28.

After his wife rushed him to the emergency department at Lakeridge Health Corporation's (LHC) Bowmanville hospital campus, McCormack was immediately seen by a cardiologist. Following an electrocardiogram confirming a heart attack and the administration of clot-busting medication, he was quickly transported by Durham Region Emergency Medical Services (EMS) to the cardiac catheterization lab located at Rouge Valley Centenary (RVC) hospital campus in east Toronto.

During that transfer, Durham EMS had to use a defibrillator twice to revive McCormack after he went into cardiac arrest. At RVC, interventional cardiologist Dr. Christopher Li and the cardiac care team provided emergency cardiac care

for me," says McCormack, who looked forward to celebrating his 60th birthday this summer at his cottage north of Kingston, surrounded by his family.

Stories such as McCormack's were at the heart of the first anniversary celebration of Rouge Valley Health System's (RVHS) fast-track cardiac care program, held at RVC on April 28. The life-saving program, which is known in the field as Code STEMI, is offered regionally across the communities of east Toronto and Durham. The program provides percutaneous coronary intervention (PCI), or angioplasty, within a short period of time for patients. The gold standard is to treat patients within a 90-minute window.

This program came together as a result of an innovative partnership between

Re-investing in our hospital

From the RVHS Annual General Meeting of Members

By **John Aldis**, Vice-president, Corporate and Post-acute Services & Chief Financial officer, Rouge Valley Health System

As reported in the treasurer's report at the Rouge Valley Health System (RVHS) 13th Annual General Meeting of Members, held on June 28, it has been another very successful year for us. Fiscal 2010-2011, the third and final year of the hospital's deficit elimination plan has been our best yet. RVHS achieved an operating surplus of \$8.9 million, which was \$3.7 million better than planned.

Overall hospital revenues increased by 4.1%, while our operating costs climbed 2.6% compared to the previous year. Driving our success this past year has been exceptional revenue performance and our continued focus on operating efficiencies and cost containment through our Lean management philosophy. As part of our operating plan, RVHS put a major focus on revenue enhancement this past year.

In addition to securing additional post-construction operating funds for new space and expanded programs as part of our Rouge Valley Ajax and Pickering (RVAP) redevelopment, the hospital received bonus funding for achieving wait time improvement targets in our emergency departments at both sites.

And we attracted additional funding during the year for performing more CT and MRI scans, more surgical procedures targeted by the government for reduced wait times, and more priority program cardiac procedures than we had planned. Finally, the hospital also secured new funding from the Central East Local Health Integration Network to open a 20-bed transitional restorative care program at RVAP.

We have already re-invested some of our financial surplus directly into patient care. Approximately \$1.3 million was spent on various quality of care improvement initiatives, staff education and training, as well as new furniture,

equipment, and mattresses that will help reduce the risk and spread of hospital infections. In addition, RVHS will use part of last year's surplus in the current year to accelerate investment in major capital equipment and renew our aging facilities' infrastructure.

While our capital needs far exceed available funding, the hospital was able to invest close to \$74 million in capital this year-most of which was related to completion of the RVAP redevelopment.

Fundraising is critical to our hospital's financial well-being, and 2010-11 was no exception. The RVHS Foundation donated and transferred \$687,000 to the hospital this year in support of much-needed capital purchases. Thank you to all donors, volunteers and Foundation staff. We continue to make the most of every dollar raised by aligning the Foundation's fundraising goals and efforts with the strategic priorities of the hospital.

Rouge Valley's working capital deficit continued to improve and ended the year at \$31 million. Improved cash flow and prudent cash management has enabled RVHS to build up cash reserves through the year, reducing short-term borrowing needs and reliance on debt to fund minor capital expenditures.

Rouge Valley continues to be a very busy place. This year, the hospital treated approximately 29,000 inpatients, provided 52,000 mental health, rehab and complex continuing care patient days, and registered 109,000 patient visits across our two emergency departments. On the outpatient side, we had 190,000 clinic visits and performed 16,500 day surgery cases.

Thank you to our staff, who have done such a tremendous job in meeting the health care needs of the growing and aging populations of our east Toronto and west Durham communities.



Rouge Valley
HEALTH SYSTEM

Rouge Valley Health System

Meeting Dr. Sheth Hospitalist joins Rouge Valley Ajax and Pickering

By Akilah Dressekie,
Communications Specialist,
Rouge Valley Health System

A Recent addition to Rouge Valley's medical team is helping to continue the hospital's commitment to quality patient care. Dr. Hinal Sheth joined last summer as a hospitalist at Rouge Valley Ajax and Pickering. She works on a part-time basis, seeing medical patients usually on the weekends. She enjoys both the challenges and rewards of being a physician.

"I like the medicine aspect of really thinking through a problem that is often multi-faceted," explains Dr. Sheth. "I also enjoy helping patients, as well as families going through a really tough time when a loved one is admitted to the hospital.

I enjoy working with the interdisciplinary staff and learning from each other," she adds.

Originally from India, Dr. Sheth came to Canada in 1989 and moved to Carleton Place, a small town west of Ottawa. She earned a Bachelor of Arts & Science at McMaster University. She worked as a research assistant at the Institute of Population Health at University of Ottawa in immigrant and refugee health research. Dr. Sheth went on to

complete her medical degree at Michael G. DeGroote's School of Medicine at McMaster University. She then pursued a residency in family medicine at the University of Toronto.

In addition to being at Rouge Valley, Dr. Sheth is an emergency physician at Headwaters Healthcare in Orangeville and also locums as a family physician in Toronto and Northern Ontario. Dr. Sheth, who is also planning her wedding for October, is fluent in Gujarati, a language spoken in India.



Dr. Henal Sheth

Rouge's digital mammography recognized for 'gold standard' care Breast centre receives national accreditation & provincial breast screening designation

"The diagnostic testing that we provide impacts decisions made regarding the care of our patients. So the testing has to be optimal in order to guarantee that the information our physicians receive is correct. For diagnostic imaging, it encourages all staff and technologists to maintain and evolve their education. All of this falls in line with our strategic plan to grow and expand our women's health and cancer care programs." The department is committed to continual professional development, with staff and radiologists going through regular renewal of their licenses and certification.

The mammography unit at Rouge Valley Ajax and Pickering (RVAP) has also been fully CAR-accredited in the past. Now RVAP staff members are in the process of achieving accreditation for the second digital mammography machine that was recently installed in the hospital campus' new Women's Imaging Centre.

The women's imaging program at RVC has also received its designation as part of the Ontario Breast Screening Program (OBSP). This means that while patients seeking a digital mammography still need to make an appointment at RVC's breast centre, they

now no longer require a referral from their family doctor—which makes the service much more accessible.

The OBSP ensures Ontario women aged 50 and over receive the benefits of regular mammography screening. The program is designed to increase the number of women who have regular breast screening so that cancers are diagnosed early when treatment is often easier and more successful. Patients also benefit from the program's team approach, with direct referrals to surgeons and oncology. The OBSP designation is expected to be extended to RVAP within the next few months.

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

RVHS is an excellent acute care community hospital with many programs, including 24/7/365 emergency, cardiac care and mental health. Rouge Valley consists of several health sites, including two community hospital campuses: Rouge Valley Centenary in east Toronto; and Rouge Valley Ajax and Pickering in west Durham. Together, a team

Give Rouge Valley a hand Hand hygiene compliance rates improve vastly over one year

By Akilah Dressekie,
Communications Specialist,
Rouge Valley Health System

Thanks to a fantastic team effort by staff, Rouge Valley Health System (RVHS) has seen a significant improvement in hospital hand hygiene compliance rates between fiscal years 2009-2010 and 2010-2011. The results show that Rouge Valley has a lot to be proud of.

"I'm ecstatic about our ongoing improvement with hand hygiene. There's been a true commitment from the most senior levels within the organization right to our frontline staff. These results prove our commitment to proper hand hygiene, and that we understand the impact it has to both staff and patients. The message has been clear and consistent across the organization," raves Paula Raggiunti, director, infection prevention & control.

Beginning April 30, 2009, hospitals across the province are required to submit hand hygiene compliance data to the Ministry of Health and Long-Term Care. These results are publicly reported on an annual basis. While hospitals must report on four moments of hand hygiene-1) before initial patient contact; 2) before aseptic procedure; 3) after body fluid exposure risk; and 4) after patient contact-only the first and fourth moments are publicly reported.

Rouge Valley's hand hygiene results are based on regular audits that are done for every inpatient clinical unit on a monthly basis. These audits are performed by a team of committed hand

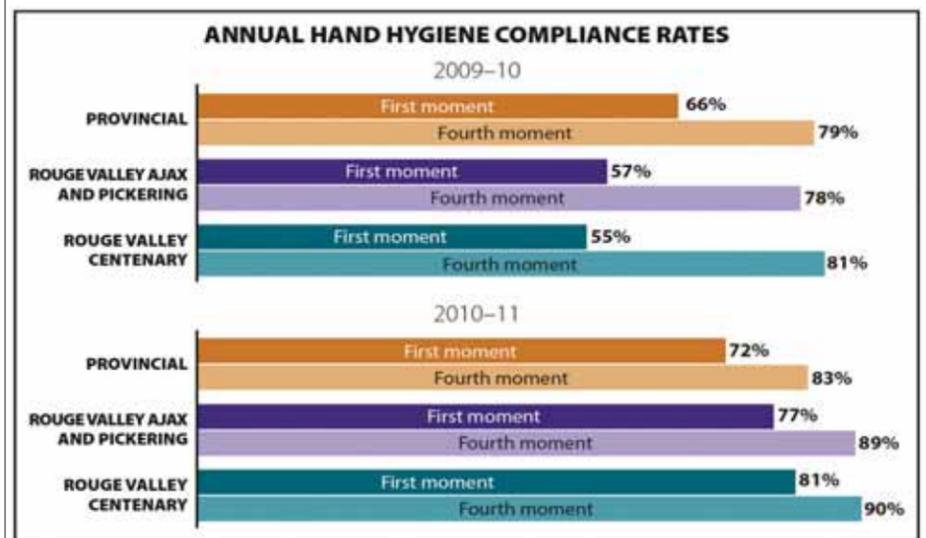
hygiene champions, in partnership with members of the infection prevention and control department. The champions, as well as Rouge Valley's broader hand hygiene compliance effort, are led by infection control practitioner Jayshree Soman. The dedication of these individuals has been instrumental in helping to improve the hospital's results.

Additionally, there have been many exciting initiatives that have also contributed to these great results-including universal hand hygiene audits. Through this new program being carried out on several units at each hospital campus, a nurse on each shift is assigned the duty of conducting random hand hygiene audits for the unit. This helps to create a more accurate picture of hand hygiene compliance at RVHS and engages all members of the team. This initiative will be rolled out to all units across Rouge Valley.

Other initiatives that have assisted in promoting hand hygiene at RVHS include:

- * The 'Hands Up' campaign-a series of posters, screen savers, videos, bookmarks and more that feature staff from across the hospital demonstrating the importance of hand hygiene;
- * Hand hygiene road shows, featuring demonstrations delivered by members of hospital leadership to frontline staff;
- * Participation in national Stop! Clean Your Hands Day on May 5; and
- * Involvement as a session in Rouge Valley's annual Passport to Safety education event.

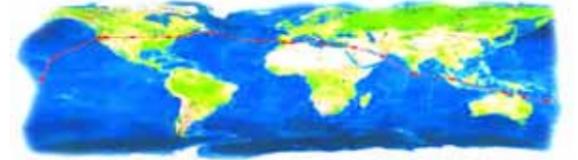
Bar graph figure attached



and Long-Term Care, Rouge Valley continues to improve its programs and cater to the needs of the growing communities of east Toronto, Ajax, Pickering and Whitby.



Around the world



Sri Lanka takes unilateral measures to reduce elected Tamil representatives in parliament

Parliamentarians reduced in North while not registering 300,000 Tamil voters in South - Mano Ganesan tells Sri Lanka election commissioner

Former member of Sri Lanka's parliament and leader of the Democratic People's Front (DPF), Mano Ganesan has called for wider discussion before unilaterally reducing the number of Tamil elected representatives. Media release from DPF as follows:

Enthusiasm shown by your department in removing the names of those who left the country in Jaffna district is not equally shown in adding new names and fixing the disparities in the registers. This attitude is very much reflected on the Tamil population of this country. There are near 300,000 eligible Tamil voters who are not registered as voters in the nine southern districts.

On the other hand not all the Tamils left the country from north and east have taken up foreign citizenships. There are near 100,000 Lankans living in refugee camps in India says Democratic Peoples Front leader Mano Ganesan in a email sent to election commissioner Mahinda Deshapriya. Ganesan says further in his mail to EC,

I understand your legal authority to change Member of Parliament (MP) slots in electoral districts according voter numbers. But these are the first sets of updated registers you have in hand after the end of war. Recent war torn history of this country demands balanced action from your department. If not your department will face the danger of being accused of cutting down the Tamil participation in representative democracy in this country.

Your officials had informed media that Tamils who fled the northern area during the war have received new registrations in Colombo . This is far from truth. Large numbers of migrant Tamil residents in Colombo are not registered as voters in Colombo . This is due to the imprecise manual registration process and sets of non-computerized registers employed by your department. It is the fault of your outdated system.

I have already alerted you on the alarming disparity prevailing between the national and Tamil voter proportions while the former being 69% and the later being 46%. There are near 50,000 eligible Tamil residents who find it difficult to put their names in the electoral registration in Colombo district alone. This is the situation prevailing in Gampaha, Nuwara Eliya, Ratnapura , Kegalle,



Mano Ganesan

Kandy , Matale, Kalutara and Badulla districts.

Tamil voters in these districts are left at the mercy and discretion of the enumerators and local officials to put their names in the registers.

Please convene a discussion with political parties and monitors involved in electoral process before changing the district wise MP slots.

Unhealthy Lifestyles - Sri Lanka workforce dying early

Unhealthy lifestyles and the increase in obesity related diseases and early deaths are everywhere in the world. Sri Lanka's premier business portal lankabusinesonline.com recently reported the situation regarding this global problem, in that country:

Sedentary lifestyles and absence of regular health checks are making Sri Lanka's workforce unhealthy with an alarming increase in early deaths that could have implications for economic growth, a media report said

"The war is over but Sri Lanka's workforce is sitting on a fast-ticking time bomb," the Sunday Times newspaper said, noting that a recent survey had found the working population was prone to illnesses like heart disease.

The study was of a cross-section of the workforce in the districts of Colombo, Gampaha and Kalutara which gives an insight to the bigger picture across the country, the paper said.

"... if urgent action is not taken, non-communicable diseases (NCDs) lie buried like landmines sending many to an early death."

Nearly one-fourth of the working population surveyed is either diabetic or on the brink of becoming so, according to the survey which screened not only government workers but also those in the private and non-governmental sectors.

"A majority of deaths were due to heart disease, diabetes mellitus and strokes," the newspaper quoted Western Provincial Director of Health Services,

Dr. Harsha De Silva, as saying.

Every day in Sri Lanka, 250 people die of NCDs, with 100 falling victim to heart disease daily.

The target for screening is a huge 60,000 this year, the Sunday Times said.

Five 'Diabetes and Cardiovascular Community Risk Clinics' have been set up in the Colombo area

"A healthier workforce with fewer sudden deaths is the goal," the newspaper said.

It said the survey showed that diabetics among the working population was 12 percent, pre-diabetics among the working population 15 percent, and hyperlipidemia (bad lipids) among the working population 70 percent.

The paper said the authorities were trying to encourage people to avoid unhealthy lifestyles.

"The working population is caught up in a vicious circle of getting up early, sending children to school, getting into a vehicle and heading for office, getting back the same way in the evening, sitting before the TV at night and getting to bed thereafter."

Sri Lanka must investigate reported attack on journalist Gnanasundaram Kuhanathan

Authorities in Sri Lanka should immediately investigate a reported brutal assault on Gnanasundaram Kuhanathan, news editor of the Tamil-language daily Uthayan, said the Committee to Protect Journalists.

"We are extremely concerned for Gnanasundaram Kuhanathan and hope for his speedy recovery," said Robert Mahoney, CPJ deputy director. "For too long Sri Lankan authorities have been indifferent about the targeted attacks, killings and disappearances endured by

journalists. That must end."

Kuhanathan, who was assaulted Friday near his home in northern Sri Lanka by a group wielding iron bars, is being treated for serious head injuries, according to reports on exile-run websites. Uthayan offices and staff have been attacked repeatedly while reporting in predominantly Tamil northern Sri Lanka, according to CPJ research. In the past decade, nine murders of journalists in the country have gone unsolved.

[cpj.org]



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Health & Fitness

Beauty is More than Skin Deep

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

Do you want healthy, glowing, flawless skin that can even make supermodels envious? Well, great skin is not only for Hollywood celebrities or those fortunate enough to spend hundreds and thousands of dollars on skin products or plastic surgery. It starts with what you put on your plate and in your mouth. Making healthy foods part of your diet can have numerous positive effects, including beautiful skin that makes you look years younger! So, forget the fancy, expensive and endless skin products, simply walk over to your refrigerator and get the skin you've always wanted!

Below are some beautifying foods that will help improve and maintain your skin and also prevent certain skin imperfections such as varicose veins, acne, scars, infections, cellulite, rashes or eczema.

SWEET POTATOES

These tasty taters help replenish your skin's supply of antioxidants, and whenever they make an appearance, they're ready to help eradicate free radicals (highly reactive oxygen molecules that damage cells). Sweet potatoes are also loaded with vitamin E, magnesium and selenium. Sweet potatoes are a better choice than regular potatoes because they have low glycemic index which is beneficial for diabetics and dieters who need to regulate their blood sugar levels.

Tip: Make healthy sweet potato fries in the oven. Gently toss them in a small amount of olive oil (which is also good for your skin), add some salt and pepper and bake them for the ultimate treat without the greasy, unwanted fat!

FOOD FROM THE SEA

Salmon in particular is an excellent source of omega-3 fat and protein which helps protect the skin. It is loaded with many nutrients including selenium, niacin, vitamin B12, magnesium and vitamin B6. Salmon also helps keep the skin smooth, and helps skin conditions such as eczema.

Tip: Make a colourful salmon stir fry with your favourite veggies. The best part -it's delicious and so quick and easy to prepare! Dinner is ready in 10 minutes!

RABBIT FOOD

No, I'm not referring to actual rabbits, but the orange goodies that are a staple in their diet, the lovely carrot. Think of them as magical healers - good for eyesight, and good for clearing up breakouts. What's the magical ingredient? Vitamin A. It functions to prevent the overproduction of cells in the skin's outer layer where dead cells and sebum

combine and clog pores. Vitamin A can also play a role in reducing the development of skin-cancer cells.

Tip: Try snacking on half-cup of baby carrots (approximately 16) per day, but don't overdo it because a high intake of carrots can cause the skin to appear orange, a harmless condition called Carotemia! Remember, everything in moderation.

LOW FAT DAIRY

Plain, sugar-free yogurt and low fat cheese are another great source of Vitamin A. They not only help improve your complexion but also contain probiotics, the "good" bacteria that aid in digestion and improve intestinal health. Yogurt also acts as a natural moisturizer, which can also reduce pore size, and improve skin's texture.

Tip: For a natural remedy for acne or blemishes, massage plain yogurt directly to your face. Let it stand for ten minutes then rinse with warm water. Simple and inexpensive. Who says you need fancy skin products for great skin? Just go to your local supermarket for the best skin goodies!

GREEN TEA

The natural antioxidant known as EGCG in green tea has numerous benefits for your skin. Studies suggest that EGCG blasts those inflammatory cells that cause acne and sun-related skin aging, soothes and heals stressed skin, firms and balances skin tone.

Tip: Brew a pot in the morning and sip on it throughout the day and drink your way to visibly healthy, younger looking skin!

SAFFLOWER OIL

The omega-6 fatty acids found in safflower oil can be used as a moisturizer and is especially beneficial for those suffering from painfully dry, flaky, or itchy skin. The omega-6s can help keep cell walls supple, allowing water to better penetrate the skin, keeping it hydrated and well nourished. It is also a great remedy for those who suffer from skin conditions such as eczema or psoriasis.

Tip: To reap the benefits of safflower oil, all you need is 1 to 2 tsp in your grilled veggies, salad dressing or add it to your marinade for your favorite protein.

FLAXSEEDS

Flaxseeds are rich in omega-3 fatty acids (another "good" fat), which play a role in reducing inflammation, redness and dryness of the skin. The fats function to improve cell function, keeping skin smooth and soft. They are also a great source of fibre and other vital nutrients such as manganese, magne-



Ayktah Grover
 BSc, BAA, PTS and NWS

Certified fitness, nutrition
 and wellness specialist
 info@aurawellness.ca
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sium, folate, copper, vitamin B6 and phosphorus.

Flaxseeds, especially flaxseed oil also helps in preventing the clogging of the pores of the skin and aids in treating severe skin disorders such as Psoriasis, acne and eczema.

Tip: Sprinkle ground flaxseeds on hot or cold cereal, add them to your favorite breakfast shake or smoothie, or toss them in your salad for lunch. They're delicious and nutritious any which way you like them!

BERRY BERRY DELICIOUS!

Strawberries, blueberries, raspberries, blackberries, get your hands on all of them! Berries are truly one of god's best creation. They have an infinite amount of health benefits and simply taste delicious. Berries and skin have a great marriage. Again it's those awesome antioxidant properties in berries that can prevent ultraviolet skin damage, reduce inflammation, and prevent collagen destruction of the skin.

Tip: Spruce up your morning oatmeal with some fresh or frozen berries, add them to your favourite smoothie or sim-

ply enjoy them as a refreshing, summer dessert with a scoop of low-fat, low-sugar frozen yogurt.

WATER

You've heard it a million times, the endless benefits of water. Drinking 8-10 glasses a day helps keep your skin hydrated. Proper hydration also allows us to sweat more efficiently which ultimately keeps our skin clear and glowing.

Tip: Avoid sugar-filled water beverages and stick to the natural, simple bottled water. Perrier or San Pellegrino are a great substitute for soft drinks, if you prefer a carbonated beverage, and they taste great with a little lemon, lime or even berries for a splash of flavour. Remember, the fancier the water, the more sugar, calories and chemicals added.

There we have it, secrets to a brighter and more youthful complexion. So, toss the expensive skin products, avoid the invasive surgeries and nix the dangerous drugs. You can beautify your skin with your favourite healthy, nutritious foods! Who would have thought it could be so simple?

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Milestone



HE WANTS TO JUMP FROM A HEIGHT OF 13,500 FEET

'' Statistics suggest this year approximately 177,800 Canadian citizens will get cancer, and among them approximately 75,000 will die ''

'' When Lord Rama built the mighty bridge to Lanka, the squirrel wanting to pitch in some way rolled on the sand and washed it. It found solace in that effort. Similarly when the government of this country is spending millions towards treatment and research on Cancer he wanted to pitch in some way at least a small sum. ''

His Cell Phone number is
416-797-1517

His email address is
kumarpunithavel@yahoo.com

Kumar Punithavel. He is well known in his community. He is a good spiritualist. In order the younger generation should grow with clear knowledge of their religion he has authored two books. One titled 'Those who love', giving the biographies of Vaishanva saints, and the second titled 'Saiva saints', giving the biographies of Saiva saints in simple English prose.

What effort?

On 10th of September he intends to fly to a height of 13,500 feet and does a parachute jump. Many others have done this feat in the past, but that was done to gain an achievement. Friend Kumar Punithavel has no such goals. He is doing this to create awareness about the evils of Cancer and at the same time has the desire to raise fund to help the national organization Canadian Cancer Society which fights Cancer spreading at the same time help the cancer patients.

How we can help?

When Mr Punithavel and his friends will approach you with pledge forms you give your contributions you feel comfortable with. Any sum above \$20.00 he will obtain charitable receipt from institution recognized by the Government for treatment and prevention of Cancer in Canada. You can directly contact Mr. Kumar Punithavel and do your contribution.

Kumar Punithavel

by Mr. P. Kanagasabapathy

It must be considered as a phenomenal feat. For not every day we find some one take the courage to do this for a charity. He is going to perform this on the 10th of September of this year. A first generation immigrant's this effort is done not for self glorification or gratification, but out of empathy.

People always lives endeavouring to great deed and gain fame by it The test match taking place in Lords cricket grounds between England and India is a land mark event being the hundredth's test match between the two countries. Indian batsmen Satchin Tendulkar is making a gallant effort to make a record this year. In his carrier he had scored 99 centuries. If he scores hundred runs in this series he would have the added glory of scoring hundred centuries in test cricket, which will be a feat never achieved by any cricketer in history. We may say generally by doing an accomplishment a person endeavours to gain fame. However motive of our friend Mr. Kumar Punithavel's not fame.

One word frequently mentioned with much fear in medical profession is Cancer. According to the findings of research in another three years if we slip and fall, we will stumble on a Cancer patient. Yes, in three years it is estimated one in three will have cancer according to statistics. Statistics suggest this year approximately 177,800 Canadian citizens will get cancer, and among

them approximately 75,000 will die. There was a time it was believed that Cancer affects people after the middle age as it lies dormant for a long period of time. However things have changed and we could see many young people and even small children are being affected by this disease. It can come to any one at any age. It can any part of one's anatomy. Without any previous warning Cancer can show it's ugly face. Because of these reasons Cancer has become the second leading cause of death.

Mr Kumar Punithavel suffered losing his loving wife and elder sister to Cancer. He has personally seen and is very aware of the suffering of a Cancer patient. He had watched with awe the great effort made by the medical professionals to save her life. Being aware of the great expense he wondered how he could compensate the large sum of money spent by the public.

The result?

Yes this effort was the outcome of the suffering undergone. When Lord Rama built the mighty bridge to Lanka, the squirrel wanting to pitch in some way rolled on the sand and washed it. It found solace in that effort. Similarly when the government of this country is spending millions towards treatment and research on Cancer he wanted to pitch in some way at least a small sum. Result of this thought is this effort by our friend

Special Feature



THE UNTOLD EFFECTS OF THE BRUTAL THREE DECADE WAR: HELPING HANDS OF TWO DIASPORA MEMBERS FROM CANADA

Many of the people outside the war torn Northern and Eastern Regions of Sri Lanka may never fully comprehend the effects of the three decade old brutal War. Thousands of people have been affected, their livelihoods destroyed, and more cruelly for the innocent children, their childhood and educational ambitions have been muted.

During the height of the war in the early nineties, three siblings were born in the Vanni. The eldest Kamini Kandasamy, and her siblings Nandagoban Kandasamy and Vibushan Kandasamy. All three children studied upto grade 1 in the Vanni, and then, time and again, were shifting their temporary abode as a result of the war and were displaced.

The mother of these children - Pushpamami Kandasamy (now aged 57) and father Kandaiah Kandasamy (now aged 64), managed to bring their children to Jaffna Peninsula, and educated them at Kuppilan Vigneshvara College. The family had no income, and the children did not have more than one meal per day. The parents used to perform menial jobs and earn a few hundred rupees for the family. The children did not have uniforms to go to School. The school principal managed to get old used sets of uniforms from other students and gave these children. Exercise books were a luxury.

However, the children persevered. They did not stop going to school. They were

thirsty for knowledge. Very soon, due to their hard work and commitment, they were studying in a school with much better facilities - Vasavilan Central College.

The Children used to do "Thottam" (working with household crops) in the evenings to supplement their family income. They did not use electricity, since they did not have income to pay the bill.

However, the children proved to be role models in hardwork and determination. Kamini and Nandagoban sat for the G.C.E Advanced Level Examinations in August 2010. The brother and sister obtained Top Results - each one obtained 1A and 2 B's. These children really made their village and school proud.

This marvellous result did not mean anything to these children. They continued their daily life. Both Kamini and Nandagoban were working, to eke out a living for both themselves and their family, consisting of feeble and old parents. Even Vibushan who is doing the G.C.E Ordinary Level Examination this year, is working as a Night Security Guard to earn money for his tuition.

The Children are to enter University in August 2011, yet they did not make any effort to continue, as if they go to University, they would not be able earn sufficient money to look after their parents. The academic careers of two brilliant Tamil children, like thousands of others, were going to be

snuffed out. Fortune and providence smiled upon them. Concerned teachers took up their case with the Department of Education, in Valigamam, and from there, the Director of Education and Manager of the Special Education Unit took up their case.

Mr Muruganantham, Manager of the Special Education Unit, immediately telephoned Dr.B. Anandkumar, Chairman of Gods Own Children Foundation, and appealed for assistance. The GOCF Network immediately went into full swing, and within hours, GOCF obtained two Sponsors to educate these children, to complete their degree. These sponsors will send their monthly sponsorship funds to Gods Own Children Foundation, who will in turn see that the Children are provided all their needs to attend University, as well as to look after their Parents.

An Exclusive Fashion Designer, operating a Saree Sales Unit by the name of Pallu - Mrs Rukshi Yogan is sponsoring Kamini, and Rukshi's father -Sinnadurai Senthivel is sponsoring Nandagoban.

Thanks to The Department of Education in Valigamam, in Jaffna, and to Gods Own Children Foundation, two Diaspora Members have been tapped and utilised to help Children in Need, in Our Motherland.

On behalf of Monsoon Journal, we appeal to all our Readers, to support such Education Projects.



“ However, the children proved to be role models in hardwork and determination. Kamini and Nandagoban sat for the G.C.E Advanced Level Examinations in August 2010. The brother and sister obtained Top Results - each one obtained 1A and 2 B's. These children really made their village and school proud. ”

YOUNG TALENT HONoured AT CD RELEASE

Saivaite spiritual worker Mr. Soma Satchithanandan's CD on spirituality was Launched at Sir John A. Macdonald Collegiate on Saturday July 30th.

The event was honoured by the presence of Scarborough Rouge River M.P. Rathika Sitsabaiesan as the Chief Guest. The auditorium was filled with around 500 people and Mr. Pon Kanagasabapathy presided over the event. Fellow well-wishers including, Dr. Lambotharan, Mr. Suppiramaniya Iyar,

Mr. S. Jeyanathansothy, Mr. Logan Kanapathi- Markham Councillor, Mr. Yogi Pararajasingam, Sivasri Panchadchara Vijayakumara Kurukkal and Mr. Logendralingam were in attendance at the event.

The attendees congratulated Mr. Satchithanandan on the release of the CD. The first contribution to the CD was given to the Rathika Sitsabaiesan MP and was kindly requested to donate the money to the Cancer Society on behalf of Soma

Satchithanandan, saddened by the news of NDP leader Jack Layton's illness.

Also, two young talents were recognized at the event for the love of art and educational excellence. Vijay TV's Super Singer Saiesan Muthulingam was honoured for his Musical Talent and Deenosan Kirupa, a young new lawyer was awarded for his educational excellence.

Seen here are some photos from the event.



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Arts and Forms



by Malarvilly Janagan,
Artistic Director and the
writer of this article.

Character study in Abhinaya

Malarvilly Janagan

The contemporary classical dance of Tamil Nadu is referred to as Bharatha Natya and its elements of Nritya (body movements without any meaning to convey) and Nritya (dance which is body movement plus Bhava or Portrayal of emotions) have been adopted from the great Bharata's Natyasastra, which is the earliest codification about Indian dance, drama and music. Regarding the Nritya aspect most of the movements of the angas (limbs) have been described in the Natyasastra which have been adapted in Bharatanatyam to bring out the aesthetic beauty of the body lines through dance.

It is in regard to Nritya that Abhinaya is featured. This is the expression of various emotions and moods through the face angas and upangas and through hastas (hand gestures). Abhinaya can be brought out through four media namely Angika-movements of the body, face, limbs and postures; Vachika-communication through speech; Aharya-through the help of external elements like costumes, make-up, stage decor and lighting; Satvika-the most important emotions felt by the mind and manifested mainly on the face of the artist.

Abhinaya will be most effective if the music and song is modulated according to the mood and movement of the dance. Our great composers of padams have set appropriate guide lines in the lyrics to emoter properly. With a little thought and contemplation the singing can be moulded to achieve a glorious result, which is Suka Lasyam (pleasurable dance). Every good composition lends itself to such a treatment.

Again in order to make Angika Abhinaya effective, positioning and movement of the limbs should be perfect. More than being perfect the position should suit the character and mood. For example, while portraying sorrow if the head and chin are held up and the body weight falls on the rear foot, the posture will seem more like pride than sorrow, even if the face puts on a sad expression. Again if you point out an elder using the suchi hasta (your forefinger), it will see, inappropriate, but on the other hand if pathaka shoulders it will bring out the necessary respectfulness effectively. Hundreds of such examples exist, and it is not possible to put them all in writing. But this aspect should be borne in mind.

Abhinaya devoid of Satvika is like food without salt. The gestures, movements, positioning may be perfect but if the



“ Abhinaya will be most effective if the music and song is modulated according to the mood and movement of the dance. ”

mood is not expressed then it does not give the fullness to Abhinaya. It can be compared to a dancing doll and not to a human being.

Now, I come to the main topic of my article regarding character study. To start right from the basics, a careful study of the song in its entirety must be made and the main thread of thought must be understood. This is the Sthayibhava around which all the other emotions revolve. Keeping the Sthayibhava in mind one must probe into the character. Since every song involves atleast two characters working out which is the main part and which is the subtle and secondary,

is the next step. Once this has been worked out systematically, importance should be given to that main character whether it is the Nayaka or Nayika or Sakhi etc. For instance

a sequence in a Varnam deals with Nayika (Heroine) asking her friend not to delay but to set off at once. The heroine is the main character. So one should portray the Nayika telling her friend to go, ordering her, requesting her, chiding her, pleading with her and so on; you could also imitate the fusthe Sakhi is making. But to live the role of the Sakhi or friend and saying “I am busy, I have no time

etc.” and thereby highlighting her character is not correct. One other example is while referring to the greatness of the lover, one should not at once act the part of the lover to show valour, knowledge, beauty etc., but it should be suggested by the heroine herself. If every character involved is portrayed or given prominence and highlighted and acted on it becomes mono action and ceases to be dance which is a suggestive art form.

Again another major point is this. Being unfortunately misinterpreted is the term of “Sancharibhava”. This does not mean a series of story telling sessions but

alluding briefly to an incident. It actually should be expressed by various ideas and moos confining oneself to the boundary of the song. In a song dealing with a waiting Nayika ideas such as getting dressed, getting ready the bed, milk, flowers, sandal paste, etc. should be fleetingly shown. But to elaborate it to the extent of combing every strand of hair, winding the fallen hair around a finger and flicking it away; walking around the stage picking flowers, smelling some, dropping some, smount to unnecessary misunderstanding of the word Sancharibhava and will result in the diluting of the main theme.

Another example: Sancharibhavas are used in a lot of devotional songs where the main characters are Gods and Goddesses around whom a number of stories are woven. Taking one and acting out the whole story is not proper. A suggestion should be enough (though indeed it would be interesting to figure out these episodes and doing it subtly confining oneself to the words of the songs). In the familiar song of



“Krishna Nee Begane Baro” in the last charanam showing how Krishna eats mud and how the Gopi or Yasoda beats him and finally how she sees the entire world in his mouth, if acted that too by an adult it looks unwanted. Instead we can just narrate the story in a line and subtly show all that the mother saw in the mouth of Krishna.

While portraying the emotions of the characters the whole personality involved should be dealt with taste. It is in the hands of the teacher and the artist to teach and portray any emotion to create aesthetic beauty.

Some songs can be approached in more than one way. Hence it is for the teacher and the artist to pick out the best way to suit the artist's personality.

Aspects of Abhinaya:

Kalanidhi Narayanan



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Be Emotionally Prepared - Newcomers TO CANADA Offer MOVE-IN Advice: RBC POLL

TORONTO, July 26, 2011 — The best advice newcomers to Canada have for anyone looking to follow in their footsteps is to be mentally prepared, including being ready for any sacrifices involved in settling in this country, according to an RBC poll.

More than (58 per cent) say mental preparation is key, with almost a third (30 per cent) noting that sacrifices or tradeoffs may need to be made and 28 per cent saying being positive and patient will help achieve long-term results.

"Moving to a new country is a life-changing decision and being mentally prepared for the challenges of a different culture can really help ensure a successful move," said Camon Mak, director, Multicultural Markets, RBC. "Many newcomers focus on the physical and financial changes that come with a move, but establishing a support network and connecting with the community can be just as important."

According to the RBC poll, 47 per cent conducted online research to understand more about life in Canada, while more than half (54 per cent) said they prepared themselves for the social aspects of moving to Canada before they came to this country, by:

Informing relatives/friends already in Canada of their intentions to come here



so relatives/friends could provide help and advice (33 per cent)

Refreshing their language skills (33 per cent)

"There are a number of ways RBC helps potential immigrants prepare before moving. For example, our Beijing branch offers advice on life in Canada and what to expect on arrival, assists in setting up a bank account and whenever possible, introduces clients to local branch staff," added Mak.

"Through our website, anyone around the globe can be connected to someone at RBC who speaks their lan-

guage, as we now offer banking assistance in over 180 languages."

Established newcomers also noted that success in Canada is not just measured in financial or career terms. Almost half (46 per cent) of newcomers who have already settled in Canada define success based on "mind/spirit", including inner peace and strength, enjoying small daily events of life, and love.

In fact, female newcomers were more likely than male newcomers to use mind/spirit measurements (54 per cent compared to 39 per cent), while male newcomers were more likely than female

newcomers to define success based on their career (57 per cent compared to 47 per cent).

For more than seven generations, RBC has been supporting newcomers by providing them with resources and tools that make the transition to a new country seamless. The RBC Welcome to Canada package helps newcomers who have been in Canada for less than three years with key financial decisions and includes advice and discounts on products and services. Details on the RBC Welcome to Canada package can be found at www.rbc.com/settlequick.

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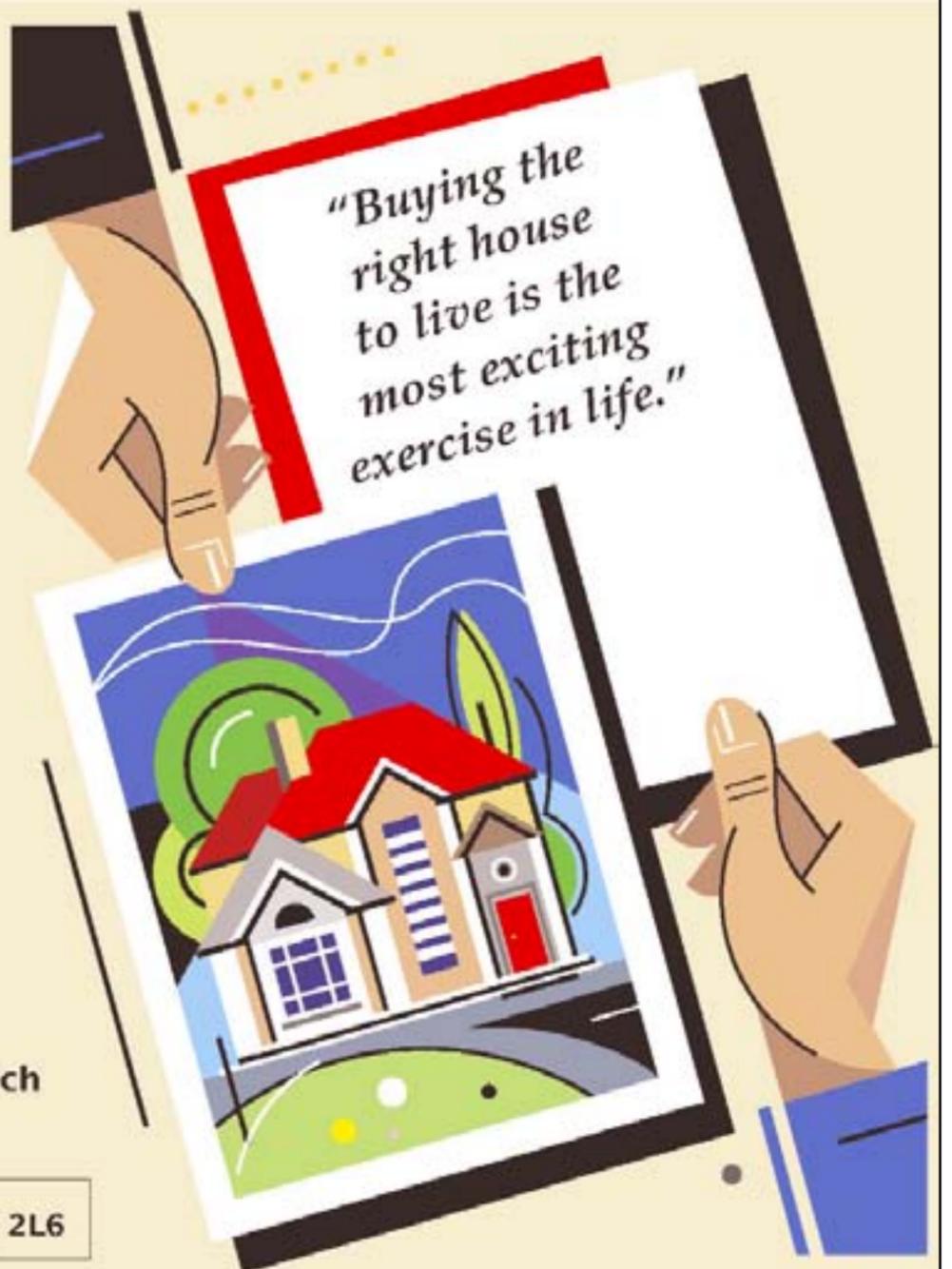
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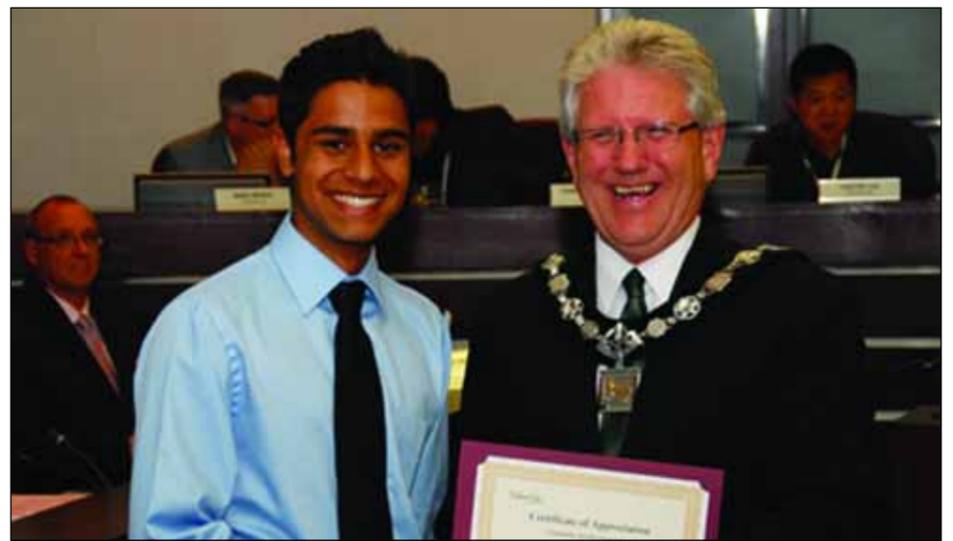
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Richmond Hill



Youth Volunteers Honoured

Active youth become active and engaged adults and that is why Mayor Barrow, along with Members of Council, was pleased to present seven members of the Richmond Hill Youth Action Committee (YAC) with a Certificate of Appreciation on behalf of the Province of Ontario. The certificate is awarded annually by the Government of Ontario as part of their Ontario Volunteer Service Awards. These awards honour the thousands of people who generously contribute their time as volunteers across the Province. In order to be eligible for a Youth Volunteer Service Award, nominees must have completed two years of continual volunteer service to the community or an organization. The recipients, Taylor Ber, Edmund Leung, Alisha Manocha, Amit Manocha, Yasmin Samiee, Sharon Thomson and Magdalena Tsilkas were thanked by the Mayor and Council for their hard work and dedication to the community as members of the Youth Action Committee.



Richmond Hill Supports Oak Ridges Moraine Foundation

Council reiterated their support for the Oak Ridges Moraine Foundation's new Business Plan to seek renewed investment of \$11 million over four years from the Province of Ontario to continue the essential headwaters recovery mission. The Foundation's mandate is based on the 2001 Oak Ridges Moraine Act, to preserve, protect and restore the environmental integrity of the Oak Ridges Moraine. The headwaters on the Oak Ridges Moraine are vital to the Moraine's inhabitants and affect 32 municipalities. Based on its initial investment of \$15 million, the Foundation has restored 1,000 acres of conservation lands through stewardship projects, protected 5,582 acres of conservation land, created the Oak Ridges Trail, 75 km of a continuous recreation trail and educated more than 7,500 school children about the importance of the Moraine. With the entire

northern half of Richmond Hill being on the Oak Ridges Moraine, the Town has taken an active role in preserving the rich, biological communities and natural habitats including kettle lakes and ponds, river valleys, forests and wetlands, which provide habitat for many different species of fungi, plants and animals. Town projects which have benefited from funding from the Oak Ridges Moraine Foundation include the Newberry Park Wetland Restoration Project and the Oak Ridges Moraine EcoCentre (which is being built in the Oak Ridges Community Centre, a Leadership in Energy and Environmental Design - LEED). Visit RichmondHill.ca/OakRidgesMoraine to find out more about what Richmond Hill is doing for the Moraine. For more information, contact Donna McLarty, Town Clerk, at 905-771-2529



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WHEN

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FORUM AND Q&A

7:00 p.m. – 9:30 p.m.

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TOPICS AND SPEAKERS

- *Having the Conversation: Understanding Depression and Anxiety*
– Dr. Karen Shin, TSH Psychiatrist
- *Who Should I Call for Help? Navigating the Mental Health System*
– Faiza Khalid-Khan and Jeanine Tuitt, TSH Social Workers
- *Myths and Facts: Psychosis and Substance Abuse*
– Dr. Thomas Choy, TSH Psychiatrist and Roberto Mazzei, TSH Social Worker
- *Dementia: A Few Key Points to Remember*
– Dr. Stephen Barsky, TSH Chief of Psychiatry and Shefali Raja, TSH Occupational Therapist
- *Town Hall Update*
– Stephen Smith, Chair, The Scarborough Hospital Board of Directors

MODERATOR

Dr. John Wright, President & CEO, The Scarborough Hospital

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The Scarborough Hospital



Nearly 20 per cent of patients who visit The Scarborough Hospital's Emergency Departments have diabetes. Some of them are not even aware they have it, as diabetes is usually a secondary diagnosis to the primary reason these patients visit the ED.

The key for clinicians is to identify patients with diabetes and to ensure they are receiving proper treatment and self-management education, no matter where they happen to be within the continuum of care in TSH.

That's one of the reasons why the Diabetes Care Steering Committee (DCSC) was launched. Its mandate is to lead the corporate implementation of evidence-based best practices for optimal patient outcomes in diabetes care.

"We know we're getting a lot of erratic blood sugars amongst our inpatients, often high and sometimes dangerous lows," explains Nora Dixon, Diabetes Clinical Nurse Specialist. "Our goal is to identify gaps in clinical practice and enhance self-management education of diabetes. Through the interprofessional collaboration of nurses, clinical resource leaders, endocrinologists, hospitalists, and all allied healthcare professionals that are involved in diabetes care, such as dietitians, pharmacists and social workers, we are beginning to make significant headway."

The committee has several objectives: members act as communication bridges between the DCSC and their own professional groups and clinical areas; identify priority diabetes care issues at TSH; they carve out smaller working groups to tackle the issues; lead the implementation of best practice initiatives; develop guidelines for assessing patients' educational needs; and ensure continuity of care across the inpatient and outpatient areas.

"Having seen how diabetes affects so many disciplines in their day-to-day practice, I know they're also recognizing it as being pivotal to so many of their patients," Nora explains.

Chronic Disease Management has been identified through the Clinical Action Plan as one of two areas of focus for TSH over the next three to five years, and "diabetes is the proof of concept for the rest of the chronic diseases."

"We can't provide excellent care to our population unless we provide excellent diabetes care," Nora adds. "It would be impossible for us to be the hospital we want to be unless we focus on diabetes."

DOULAS PROVIDE BIRTHING ALTERNATIVE FOR EXPECTANT MOMS



One-month old Raenee and Raequel get happy kisses as mom Donette and doula Tracy reunite.

When Donette Ambris arrived at The Scarborough Hospital Birchmount campus to give birth, she was as nervous as any new mom.

Donette had delivered before, twice, but this time was different. This time, she was delivering twins and being induced.

"Waiting to be induced was a nerve-wracking experience," recalls Donette. "It was early in the morning, and I was so anxious about everything, including the epidural."

What Donette and partner Raeburn were happy to learn that day is that The Scarborough Hospital has partnered with Discover Birth to offer a doula program to better serve expectant families in the Scarborough community. A doula is a non-medical support person who provides a comforting touch, encouragement, suggestions for labour progress, including position changes and comfort strategies, and

involves partners so that everyone has a satisfying birth experience.

"When a nurse brought in a doula who happened to be at the hospital that morning, she explained what she does and how she could help me. She told me about induction and the epidural procedure, and she held my hand. In the end, she took my mind off the labour by talking to me. We talked about our lives, our families – 'non-birth' things – and my labour was a breeze. Ours was a joyful room!"

"Being able to support a labouring woman and her partner as they work to birth their baby is a privilege," says Tracy Klinkhammer, the Discover Birth doula who spent the day supporting Donette. "Every woman is unique so, as a doula, you try to understand what support each woman needs."

Although Tracy wasn't in the room during the delivery, she says the time she did spend with the couple was "a treat."

"Donette and Raeburn were a great couple to support, and I feel honoured to have joined them on their birth journey. They were parents already, but this birth was different for them because they were being induced with twins. I spent time getting to know them and was able to tailor my support to help them achieve a satisfying birth experience."

Historically women have always been surrounded by other women at birth. In the past hundred years, that tradition had changed, but has re-emerged with the role of the professional doula.

Continuous support during labour has meaningful benefits for women and infants, and all women can have support throughout labour and birth.

"This program is the first of its kind in Ontario, giving access to all women, based on their ability to pay," explains Stefanie Antunes, Executive Director, Discover Birth. "Every woman who wants a doula should have access to one, and our program is here to ensure that is the case."

New mothers are encouraged to pre-register in the program so they can meet and interact with the doulas at one of the "Meet the Doula Nights" held each month at the hospital, but it's not a requirement.

"The Scarborough Hospital's Doula Program has a doula on-call 24/7, so anyone delivering at either of the TSH campuses can access a doula while in labour. Doulas aren't just for women without support. Every family can benefit from a doula, and most partners felt they were more involved with a doula present," she adds.



Chef Joshna Maharaj (right) speaks to staff at The Scarborough Hospital as they sample a dish she prepared during a cooking demonstration on July 20. The event showcased fresh, local food from the Ontario Artisan Share program. This summer, staff have had the opportunity to purchase OAS memberships and receive their very own diverse basket of Ontario harvest and pantry staples delivered directly to the hospital each week.



The Scarborough Hospital

GAIN CLINIC IMPROVING HEALTH FOR SENIORS

James Greenhorn had been experiencing health issues since he was treated for kidney failure last Christmas. It was only after a trip to The Scarborough Hospital's GAIN Clinic in the spring that James learned he had been taking his medication incorrectly.

"He was prescribed insulin and administering it himself, but he wasn't shown the proper way to inject himself, and the doses were wrong for him," explains James' son, Ben. "The GAIN Clinic spent one-on-one time with him, and since then, he no longer has blurry vision, he's steadier on his feet and he's as sharp as a tack."

James' follow-up visits to GAIN have resulted in a significant improvement in his overall health.

The Geriatric Assessment and Intervention Network at TSH was launched in January of this year and, so far, has assessed and treated an average of eight patients a day. Part of the CELHIN's 'Aging at Home' strategy, GAIN proactively delivers specialized geriatric care to frail seniors, enabling them to stay in the community and avoid unnecessary visits to the ED.

For James and his son Ben, the one-on-one consultations resulted in a positive outcome that allows James to continue to live independently in his home.

"He saw about eight different healthcare professionals at GAIN, and received excellent treatment," Ben says. "GAIN is doing a great job!"

Bridget Anne Espey echoes those sentiments. She brought her husband Arthur into the GAIN Clinic with his family doctor's referral.

"They left no stone unturned. It is good to have a place that takes an overall look at you, because you go to one doctor and they only see a particular thing about you, while another doctor sees something else," Bridget Anne explains. "This (GAIN) is holistic, and it's nice having someone looking over the whole picture."

"I would have no hesitation to come back to the GAIN Clinic if I needed to."

James and Arthur share a story that is typical of the seniors who are referred to the GAIN Clinic by their primary care providers. Seniors over the age of 65 account for 23

per cent of all ED visits at TSH. That's expected to increase as the population ages. The main goals of the GAIN Clinic are to improve outcomes for frail seniors, ensuring they receive healthcare at home or in the community while avoiding unnecessary visits to Emergency Departments.

"If a senior is already in the ED and they're stable, we'll try to get them out of there for an assessment at the GAIN Clinic," explains Debbie Driver, Nurse Practitioner. "If they come directly to us, they bypass the ED completely, and that's a bonus."

Once in the clinic, patients get a clinical assessment from head to toe from an interprofessional geriatric team that includes nurse practitioners, social workers, occupational therapists, physical therapists, pharmacists, CCAC case manager, and geriatric specialist physicians. The team is skilled at identifying other patient needs, and can link seniors with community resources.

"That's why our CCAC case managers and Trans Care partners are so important," Debbie says.

Since opening six months ago, the feedback from patients and their families has been overwhelmingly positive.

"I would say that 90 per cent of my assessments end with a hug," Debbie adds. "They appreciate that we can spend time with them, listen to them and hear their story. And we can answer their questions. We try not to rush them through the assessment."



James Greenhorn (seated right) and his son Ben (seated left) credit The Scarborough Hospital's GAIN Clinic with James' significant improvement after learning how to properly monitor his diabetes. Also pictured are (clockwise) Freda Leung, Pharmacists; Alison McCordick, Occupational Therapist; Jay Hermosa, Physical Therapist; and Debbie Driver, Nurse Practitioner.

The Central East LHIN's Aging at Home strategy provides healthcare services tailored to meet the needs of local seniors so they can remain in the comfort and dignity of their own home, while avoiding unnecessary visits to the hospital, ultimately reducing ED wait times. TSH's GAIN Clinic is one of four in the CE LHIN.

Preventing and treating insect bites, stings and skin irritations



From buzzing bees, to swarming mosquitoes, to poison ivy, knowing how to avoid and treat the effects of insect stings, bites, and skin irritations can make spending time in the outdoors safe and enjoyable.

"Beyond the common effects of insect bites and stings, many people don't realize that skin and respiratory reactions can also occur in other situations, such as when dangerous

plants like poison ivy are burned in campfires," says Dr. Sophie Hofstader, a dermatologist at The Scarborough Hospital.

Important ways to prevent bites, stings and skin irritations include:

-  Using insect repellents with DEET. Most over-the-counter repellents contain DEET, and formulations with less than 10 per cent are safe to use on children as young as two months old. Adults can use formulations with up to 30 per cent DEET.
-  Wearing shoes and dressing in long pants and long-sleeved shirts. Bright colours should be avoided as they attract nectar-gathering insects.
-  Staying away from areas with lots of weeds and blooming plants, as well as underbrush, and staying on paths in wooded areas.
-  Pouring canned drinks into covered cups. Beverages, especially those that contain sweetener, attract stinging insects.
-  Staying indoors at dusk, which is a peak mosquito time. Areas with standing water should also be avoided, as they tend to attract mosquitoes.

If an insect bite, sting or other skin irritation does occur, Dr. Hofstader offers the following tips to treat it:

-  Remove stingers with a firm sweeping motion of a credit card. Squeezing or pinching the skin will cause additional venom to be released.
 -  Clean the area thoroughly with soap and water at the site of the sting.
 -  Apply a cool compress or ice to the area to reduce redness and swelling.
 -  Add hydrocortisone cream to the site of the sting to help relieve redness and pain.
 -  Take a pain reliever and an antihistamine to relieve any swelling, irritation and pain.
 -  See your doctor if you think you may have been exposed to a dangerous plant like poison ivy.
 -  Call 911 and seek emergency care immediately if a severe allergic reaction does occur, such as difficulty breathing or swallowing.
- For more Top Tips for Staying Healthy, visit our blog at <http://tshtoptips.wordpress.com>.

Canada News



SCARBOROUGH TOWN CENTRE WELCOMES NEW RETAILERS THIS FALL

Victoria's Secret, Forever XXI, Aritzia, LOCALE, Justice, ecko unltd., Zumiez, Eyestar Optical, M for Mendocino and Journeys

Toronto-Scarborough Town Centre (STC) and Oxford Properties launch a dynamic mix of new retailers including Victoria's Secret, Forever XXI, Justice, ecko unltd., Zumiez and Journeys as well as Canadian Aritzia, M for Mendocino, LOCALE and Eyestar Optical. Occupying 60,000 sq. ft. these latest additions will begin arriving in August with all stores set to open by spring 2012. Scarborough Town Centre's new look - the result of a two-year, \$62-million renovation - coupled with its fitting demographics and commitment to sustainability are attracting myriad fashion-forward brands to the centre.

As a centre of firsts, new tenants include one of the largest two-storey Forever XXI occupying 27,000 sq. ft. as well as the only Victoria's Secret location in the east end of the city, to be located next to sister store Victoria's Secret PINK. Both locations open November 2011- in time for holiday shopping.

"Scarborough Town Centre has a vibrant future as a fashion destination and gathering place for brand-savvy, fashion-conscious shoppers," says Kathy Meyers, General Manager, Scarborough

Town Centre. "We are both proud and delighted to offer an updated retail mix to all our visitors."

Tween favourite Justice is now open, as well as fashion eye-wear store Eyestar Optical. Skate and snow lifestyle store Zumiez opens in August. Opening this fall is ecko unltd, which carries the world-famous Rhino apparel and accessories. Additionally, Journeys, which features footwear and accessories, arrives in October 2011. Shoe retailer LOCALE is set to arrive this spring.

Since its renovation, retail sales at STC are up 3.71 per cent*, with monthly foot traffic increasing by 5.2 per cent*. Monthly fashion accessory sales have risen by 20.4 per cent*, men's apparel sales have increased by 16.1 per cent* and women's apparel sales are up by 2.5 per cent*. Specialty leasing has also increased 27.2* per cent, proving retailers are gravitating towards the enhanced centre. The fresh retail mix targets STC's primary customer - fashionable 15-44 year olds who reside primarily in Scarborough, but who also live in Durham Region and Markham, as well as in Toronto's Beaches area.

Renovations to the centre include new entrances, internal and external landscaping, escalators to replace staircases at the Bay and Sears courts, eight



new skylights and energy-saving daylight sensors, which ensure STC is always bathed in soft, even light. Since the revitalization, Hallmark, Footlocker, At Ease, Laura Secord, Jean Machine, Crabtree & Evelyn, Northern Reflections, Fruits and Passion, Call it Spring and Reitmans have all received upgrading or have relocated to fresher locations.

As an inviting community meeting place with remarkable esthetics, Scarborough Town Centre is the largest shopping centre in Toronto's east end. STC currently houses 250 stores, three

anchor retailers and nine restaurants on 1.4 million sq. ft. Scarborough Town Centre is the go-to fashion destination in the east end.

For more information visit www.scarboroughtowncentre.com. Located at Highway 401 between Brimley Road and McCowan Road, Scarborough Town Centre is open Monday to Friday 10 am to 9 pm; Saturday 9:30 am to 7 pm; Sunday 11 am to 6 pm.

Scarborough Town Centre is managed by Oxford Properties Group and owned by AIMCo and Omers Realty.

My FREE Toronto

By: Liza Franses

The summertime brings many great events to Toronto but unfortunately not too many of them are FREE. This summer I wanted to look for some great FREE activities that could be done by individuals, friends, and families. There are many great neighbourhoods and things that Toronto has to offer to its citizens, so here is a look at a few of them:

Ontario Place:

This summer in order to celebrate Ontario Place's 40th Anniversary the cost of admission has been waived for all & Ontario Place has a great Open Door Policy to Torontonians. To add to this great offer they have also lined up many FREE concerts at Echo Beach the last one being Rock group Sloan who will be playing on Friday August 5th. Full Information can be found at: www.ontarioplace.com

Kensington Market:

This is a great area of the Downtown Toronto Core that is located behind Chinatown and is a true depiction of the true diversity that this city has to offer. One of my favourite aspects of Kensington is that there are so many things to see and explore. There are



many restaurants that cater to all different types of cuisine, great vintage stores, and a neat little neighbourhood great for people watching. One of the great things that is back now for the summer months is "Car Free Sundays". This is something that Kensington implements on Sundays so that everyone can enjoy the stroll through the neighbourhood uninterrupted of cars on the streets. For a full list of Kensington's offerings go to: www.kensington-market.ca.

Harbour Front:

One of the most beautiful areas that I love to visit is the Toronto Harbourfront. With an expansive boardwalk a sweet summer stroll is always FREE & readily available. One of the great things that you will also find at the Boardwalk is that there is a stage in which there are free performances for all of the family to enjoy. Another great activity you can do is pull up a seat on the Harbourfront and watch all the beautiful boats as they sail around on a sunny weekend day. For all the activities and performances that the Harbourfront offers go to: www.harbourfrontcentre.com.

Dundas Square:

Lastly one the best locations for FREE events all year round is downtown Toronto's Dundas Square. This is a great spot to catch concerts, farmers markets, and all sorts of cultural events that all different communities in Toronto have to offer. One great thing that you can do as a family is bring your own folding chairs on Tuesday evenings and catch a film right in the centre of Dundas Square on the big screen. This is one area that is always sure to be filled with Torontonians who are out for a great evening with friends & family. For full events check out: www.ydsquare.ca.

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Supporting Immigration and economic growth

Jason Kenney, Minister of Citizenship, Immigration and Multiculturalism, recently discussed the rapid growth in recent years of provincial nominee programs. In a speech to the Vancouver Board of Trade, he highlighted the important link between immigration and the economy.

A media release by the Conservative party of Canada further states,

"The top priority of Stephen Harper's Conservative Government remains the economy. Canadians gave our Government a strong mandate to stay focused on what matters — strengthening job creation and economic growth.

Immigrants contribute to Canada's economy through hard work, entrepre-

neurship and a commitment to free markets. Provinces are able to sponsor immigrants to Canada through the Provincial Nominee Program.

Minister Kenney announced that the provinces and territories are on track this year to welcome a record number of immigrants under the program. These new immigrants are people who work hard and play by the rules for the opportunity to live, work, and raise a family in our great country.

As we continue to recover from the global recession, our Government is supporting economic immigration to help ensure employers have the workers they need to maintain Canada's continued economic growth."

NDP launches petition calling for independent investigation regarding alleged war crimes in Sri Lanka

OTTAWA – NDP MP Wayne Marston (Hamilton East-Stoney Creek), a member of the House of Commons' Subcommittee for International Human Rights, joined by fellow NDP MP Rathika Sitsabaiesan (Scarborough-Rouge River) and Alex Neve, Secretary General of Amnesty International, officially launched a petition on Aug 4, 2011 calling on the Government of Canada to pressure the United Nations to create an independent body to investigate war crimes committed during the Sri Lanka civil war, a press release from NDP said.

The petition calls on the United Nations to act on its recent report which concluded that an investigation into war crimes committed during this conflict is warranted. This follows the recent BBC documentary "Sri Lanka's Killing Fields" which showed graphic evidence of possible war crimes.

The Canadian Tamil Congress states that the petition is available at their office in Toronto for community members to pick up and collect signatures.

The petition to the Government of Canada reads:

"WHEREAS:

1. The UN Report of the Secretary-

General's Panel of Experts on Accountability in Sri Lanka found credible allegations, which if proven, indicate that during the final stages of Sri Lanka's civil war, a wide range of serious violations of international humanitarian and human rights law were committed both by the government of Sri Lanka and the LTTE, some of which amount to war crimes and crimes against humanity;

2. The establishment of an impartial transnational justice mechanism to investigate allegations of violations of international law by both parties to the conflict is a fundamental step in a road map to peace, stability and reconciliation;

3. Addressing violations of international humanitarian or human rights law is a duty under international law; and,

4. Canada has been recognized internationally as a champion of human rights and justice.

We, the citizens of Canada, call upon the Government of Canada to urge the United Nations to immediately establish an independent, international and impartial mechanism to ensure truth, accountability and justice in Sri Lanka."

Disabled Parking Fines to Support Mobility Initiatives

Council approved the Richmond Hill Mobility Accessibility Foundation's (RH Mobility) grant request of \$50,000 to be allocated from the Disabled Parking Fines Reserve. Richmond Hill is committed to increasing accessibility and removing barriers for members of the community with physical disabilities.

Established in 2004, the reserve allows for 50 per cent of the revenue generated from disabled parking offences to be set aside in a reserve. Since 2006,

Richmond Hill has allocated \$255,000 to the organization. RH Mobility was established as a registered charity in April 1999. Formed to ensure the Town would be more accessible to the disabled community, it has successfully provided funding to various projects that have facilitated greater mobility and also provided transportation services and options to the disabled. For more information contact Carol Kelly, Investments and Grants Analyst, 905-771-2401

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Special Feature



CORD SRI LANKA - HELP THE TAMIL REFUGEES

(INTERNALLY DISPLACED PEOPLE)

WITH CANADIAN GOVERNMENT APPROVED TAX DEDUCTIBLE DONATION

YOU KNOW OF THE RECENT HISTORY HUMAN TRAGEDY IN SRILANKA.



Tsunami relief Batticaloa - April 2007



Volunteer Veronica teaching spoken English to teachers in Kokuvil center



Mahalir Manram meeting on Microfinance



IDP camp visit June 10th 2009



N- Teacher training with Ms Olga, Specialist in language teaching



Sponsored children with grandmother in Kondavil



IDP's Camp

This appeal is not about politics, it is about urgent humanitarian need of over 200,000 people MOSTLY WOMEN AND CHILDREN in Jaffna and Batticaloa. The families drifted and pushed over a period of 15 years or so from their villages to Chavakachcheri to Killinochchi ending in wilds of Vanni. Those who did not die or were not killed returned to their villages most times without the breadwinner to their dilapidated homes with no land for farming, no prospects of gainful employment and children who had missed schooling over number of years. A number of associations especially Old Boys Association in Canada are doing good work in Jaffna peninsula and Batticaloa. However, they do not address the special challenges facing the Tamil refugees of DAILY living in their own backyard.

I am writing to appeal on behalf of one organization committed to this humanitarian effort,

Chinmayananda Organization for Rural Development - CORD. Swami Chinmayananda (1917 -1993) is one of the greatest spiritual masters of 20th Century renowned for his teaching based on SRIMAD BAGAVAD GITA. There are over 300 Chinmaya mission chapters worldwide. CORD is the service arm of Chinmaya founded in the 1950s in India. CORD is a bond of love and understanding, encouraging a

process of sharing which enriches both the giver and receiver.

CORD Sri Lanka was born in 2005 to serve the victims of the tsunami in Batticaloa. This was followed by the Jaffna operations in the aftermath of the war spawning refugees. CORD SRILANKA is headed by Mrs. Gowri Mahenthiran, a lifelong social activist. CORD Sri Lanka is an approved charity in Sri Lanka; however, CORD's ability to raise funds within Sri Lanka is constrained due to the poor economic status of most Sri Lankan Tamils. Hence, CORD is appealing to the generosity of their relatively fortunate brother in Canada, USA and UK.

DONATIONS ARE APPROVED AND TAX DEDUCTIBLE IN CANADA, USA AND UK

As an infant organization, CORD funds raised are totally inadequate to the immense NEEDS for services by the refugee population.

Conscious of this CORD is focused to stretch the rupee.

1. Overhead are kept to bare minimum - The president and committee members (mostly from Chinmaya Mission) are volunteers (Karma Yogis), so are some staff, for example the Jaffna office is based in Kokuvil assisted. Coming from the Mascon's business family - Gowri spends her own

money for her constant travel within Sri Lanka and her odd trip overseas. Overseas volunteers like -----, Veronica and her boyfriend go out to teach English in couple of local schools. CORD uses technology to minimize the cost -uses Skype to communicate to Colombo Jaffna and Batt, has two Youtube videos and is on Facebook.

2. Activity is prioritized to maximize cost benefit - child sponsorship of destitute children often orphans. Children live with relatives like grandmother cost \$30 per month; \$180, for 6 months; \$360 for full year. PICTURE number two

The tuition for older children and nutrition assistance is \$10/month and \$100/full year (tuition is given to students in small batches after school)

Home nursing programme for young women under the guidance of senior Doctors like Dr. Sriskandarajah are trained as hospital care is almost nonexistent

Micro finance to women - CORD has formed several Mahalirmanram in Batticaloa and Jaffna. The Jaffna CORD is partnering with Bank of Ceylon to identify credit worthy women for income generating home-based activity, for example raising chicken, tailoring, handcrafts, etc. CORD introduced this programme successfully in Batticaloa and then Jaffna. Few hundreds women have received skills training in self-employment.

In June, the first batch of 20 women were given loan RS 25,000 each repayable over 24 months. CORD will assist the women with advice and monitor timely repayment. It is hoped that successful execution of this loan will give credibility and give confidence to the bank to broaden the programme.

SPONSORSHIP COST

To sponsor a child for food clothing and education costs is \$30 per month -is less than the cost of a cup of Tim Horton's Coffee a day!

The cost of tuition for older child is approximately \$10 a month in group classes.

The cost of training a health worker is \$100. They are invaluable as hospital services are almost nonexistent.

These are basic needs of the families who returned from Vanni.

As we stated before, your 100% sponsorship cost is an approved charity.

Please write your cheques to Chinmaya Mission Hamilton and under memo CORD SRILANKA.

Or forward cheque to Yogi Tambiraja, #309-80 Mill Street, Toronto M5A 4T3; Yogi will collate and forward to Mrs. Meena Bhaga, Executive Director and obtains tax receipts for you.

We are happy to say that Mrs. Gowrie Mahenthiran will be visiting Toronto in September and plans to have a fundraiser dinner. Mrs. Gowrie will update you on the humanitarian activities of CORD SRI LANKA to assist the Tamil people displaced from their homes and now returned as refugees.

www.cordsrilanka.org



Chinmaya Organisation for
Rural Development (CORD) - Sri Lanka





THE SCORE ON CRICKET

by Tashvir Narine

World Cup champions India went down to England in the first test of the series, which concluded on July 25th at Lord's in London. This test was marked on many calendars as it worked out to be the 2000th test match in international history, and the 100th between the two teams. Both squads were ready for the challenge but in the end England battled hard and pulled out the victory, which was rather smooth sailing after the first innings.

Indian captain MS Dhoni won the toss and elected to bowl first, but this plan was disrupted when opening bowler Zaheer Khan had to pull out with a hamstring injury only 42 overs into the first innings. It is expected that Khan will miss the second test at Trent Bridge, as his health has been a recent question in the Indian ranks.

The English batsmen took advantage of this weakened Indian bowling attack and mounted a strong first innings of 474 runs. Kevin Pietersen lead England in the charge scoring 202 not out, an



Kevin Pietersen strokes four runs of his Double Century

the match Anderson's world ranking moved up to second behind Dale Steyn among bowlers, and Pietersen secured Man of the Match recognition.

Following the second test match at Trent Bridge, India and England will play 2 more

“ This test was marked on many calendars as it worked out to be the 2000th test match in international history ”

tests along with 5 ODIs and one 20-20 match. Surely the confidence of Andrew Strauss' squad must be sky high following this performance, as both teams are battling for the title of top test nation in the world. The Monsoon Journal will continue to monitor this series and its happenings during the month of August.



Zaheer Khan leaves the match with an Injury

enjoyable feat for the home crowd along with Matt Prior's middle order innings of 71 runs. The Indian response of 286 runs was behind when compared to the English start, even with Rahul Dravid's century from the third spot. The triple-head bowling attack of Anderson, Tremlett and Broad proved to be too much for the Indian bats in this match amassing most of the wickets.

After only 71 overs and with 4 wickets in hand, the English second innings was called with the Indians going into bat on day four with a rather healthy target of 458 runs. Following Pietersen's lead from earlier in the match, Prior continued his great form with a century of his own in the process, with a score of 103 runs unretired. The England triple threat continued the assault on the final day and reduced the Indian total to only 261, granting a win for the home side by 196 runs, a great start to a series against the World Cup champions. James Anderson lead the charge in the second Indian innings taking 5 wickets, including the key ones of Dravid, VVS Laxman and Suresh Raina who top-scored with 78 runs on the final day. After



James Anderson Celebrates After a Wicket

Tribute

THE SAD DEMISE OF A SYMBOL OF LOVE AND AFFECTION CALLED MOTHER

It's been a couple of weeks since Mum died, but somehow it doesn't feel like she is really gone, because she is in my dreams every night. Although I have barely slept since that fateful Saturday afternoon, June 18th, when she inhaled her last gulp of oxygen, I can still feel her all around me when I shut my eyes briefly and make a concerted effort to sleep, like an intense flash of light, she is there, really there, all around me. Maybe because

“The last few days I spent with her in the hospital were the saddest days of my life. I am glad I could be there for her, and ride with her when she was transported from the hospital to the nursing home, the ride that will always linger in my mind as a journey towards what would be the end of my mother, a journey leading to the ultimate demise of my mother, where she was thrown into the arms of death.”



Mrs. Packiam Sivalingam
(Packiam Teacher)
29 April 1921 – 18 June 2011

now gone, disappeared into this mysterious world of unknown beings. It's hard to believe that a ninety year old woman, who was too feeble to move, her vocal cords frozen, her gaze staring into infinity, her body paralyzed, could have been so impactful, not so long ago.

My mother was a living angel, woke up every morning at four, to cook and clean, and wash and bathe, and most important, impart what she thought was the most important thing in life, education, to her nine children, each one of us a star in her eyes, and that's how she raised us. With a smile on her face, she struggled every day to make ends meet on our meager income. As I often tell my students in the University where I teach, I don't come from a super power nation, I never had the luxury of a huge wardrobe, a steak dinner, or even basic household necessities like a refrigerator, a toaster oven, or a television set, but I have what you don't – a family that gave me all the love and affection that money can't buy, the backbone of that family was my mother. She

made each one of us feel special, and I may be biased in my opinion, but I was the most special of them all. Considering that I was the one who caused most trouble, the rebel child, the one who needed more attention - may have been the reason that she liked me the most. That was probably the reason that even as she was counting her last moments of life, she uttered 'Nesan', repeatedly, her voice weak and trembling, but her desire to see me and have me around was clear and distinct.

The last few days I spent with her in the hospital were the saddest days of my life. I am glad I could be there for her, and ride with her when she was transported from the hospital to the nursing home, the ride that will always linger in my mind as a journey towards what would be the end of my mother, a journey leading to the ultimate demise of my mother, where she was thrown into the arms of death. It is strange though, that I was out for lunch for one short hour, and that was exactly the hour where she chose to go. Maybe, she thought it would be too agonizing for me to watch her pass away, maybe she planned it that way, to spare us the sorrow. Nevertheless, I felt helpless, that I could not save her from the clutches of death.

The few moments that I take back from the whole ordeal was the way our entire family stood by together, pitching whatever time and energy we could in comforting her. My niece Tharshini sang religious songs that enchanted the entire floor of the hospital, my wife Gowry stayed with my mother in the nursing home, helped clean and monitor her, my sister and brother-in-law Shan with whom she spent the last few years of her life since my Dad passed away, made her feel that she was an essential part of our family, and gave her all the care and support she needed. Well, we cremated her, performed all the rituals and I am back now, to lead my own mundane life. But then, life will never be the same again, not without my mother, because I am now a motherless child, and a fatherless child, I am really what they call an orphan, lonely and sad!

Sivalingam Sivanesan
Ph. D.; J.D. ; M.S.E.E.
Department of Mathematics
Langston University, Langston
Oklahoma, USA.

she knows I still need her, because even though I am a grown man physically, I am still a child inside. As memories sweep their way through my brain, I recall, an integral part of my childhood, a pillar of support to lean on, a spirit to rejoice during moments of joy and a shoulder to rest my head during my days of trouble, is



Courageous Tamils gave resounding defeat to oppressive battalions of Mahinda

by Dr. Vickramabahu Karunaratne

Breivik, the Norwegian terrorist proved what we were attempting to establish for a long period. That is, terror is a method which can be utilized by either the left or the right.

There are many including Kumar the cricketer, who believe that any terror action should be connected to some sort of communism.

Sure, Breivik thought himself to be a revolutionary, but he is a committed anti-communist. He thought it was gruesome having to commit these terrorist acts, but in his head these were necessary. Like Hitler, this guy too believes in a Caucasian dream of supremacy and cultural purification. He wanted a change in society and, from his perspective, he needed to force through a revolution for that purpose. He wished to attack the structure of society. It is very popular among the European right wing extremists to condemn multiculturalism and in particular to condemn Muslim immigration.

Breivik, wearing a wetsuit and carrying an automatic weapon, has appeared in a 12-minute anti-Muslim video called Knights Templar 2083. These 'Christian'

fundamentalists consider Muslim religion as a cause for backwardness and poverty. However the truth is that poverty and backwardness is a result of global capitalism; and the so called cultured elites are dependent on plunder and exploitation irrespective of religious beliefs. It is natural for the Sinhala chauvinists to be happy, to hear the attack of Norwegian neo fascists.

Norwegian Labour party is social reformist and not communist. But for Breivik even social reformist fall into the category of "cultural Marxists/ multiculturalist traitors"!

In the meantime Tamils in the north used the given grossly distorted election to kick out Mahinda from the north. Latter used military power, administrative power, thuggery, impersonation and bribes to kill the fire of the oppressed. He expected Tamils to submit and crawl.

However courageous, resilient Tamils braved the onslaught and gave a resounding defeat to the corrupt, oppressive battalions of Mahinda. In the south he could dominate mainly because of the weak opposition. However the election results glaringly show that the country is divided. While Mahinda rules the south, the north is dominated by the Tamil

National Alliance (TNA).

That is the glaring truth that the government wanted to conceal, but miserably failed. Has the government got a solution to this national division in the country? This will be the prime question discussed in Lanka in the coming period.

Statement of the leader of the TNA stated "the verdict of the people conveys beyond doubt, a definite message which the people have conveyed from the Parliamentary elections in 1956, and at all elections thereafter. The message is that the Tamil people have an inalienable right to live as equal citizens in security with their dignity restored within an undivided united Sri Lanka and with access to governance to be able to fulfill their legitimate political, economic, social and cultural aspirations.

The people have also voted for expeditious resettlement and rehabilitation of all the internally displaced persons in the North and East on their lands with proper housing, livelihood opportunities and other basic necessities and for the suspension and reversal of all actions of the Government or its agents in the North and East pertaining to land, religious places, cultural places and other areas of concern to the Tamil people which will

have long term evil consequences on the Tamil people. We earnestly urge the Government to recognize and respect the clear verdict that has been delivered by the Tamil people, without any delay."

Sampanthan as usual is very mild and compromising. Clearly he is for what late LTTE leader referred to as internal self determination. Actually it is not self determination that they are demanding but autonomy in a united country. As I believe, self determination is the right to decide the destiny of a nation including separation.

Even autonomy was rejected by the Mahinda regime in the past. I do not believe that Mahinda is going to change his mind looking at the election results. Here is a leader who achieved his aim by resorting to mass action. He marched, demonstrated, agitated until he arrived at the doorstep of power.

Of course he has forgotten all that including the oppressed masses that rallied around to march with him. But we must not forget the lesson he left behind. Let us combine the demands of the Tamil nationality with those of workers, fishers and the other oppressed to demand democracy and freedom.

Light ceremony in front of the National Museum in Prishtina, Kosovo on monday July 25, expressing sympathies with Norway after the attacks in Oslo and Utøya -Pic: The Norwegian Ministry of Foreign Affairs



Tribute

A PIONEERING GLOBAL TAMIL SCHOLAR



Prof. Karthigesu Sivathamby
Born: 10th May, 1932 Died: July 6, 2011

ஈழத்து இலக்கிய
உலகின் வசிஸ்டர்.
எளிமையும் தன்னடக்கமும்
கொண்ட கல்விமான்.
பார்வையில் புதுமை
புலமையில் நுண்மை
உயர் தமிழ் புலமையாளர்
தமிழ் ஞானப் பேராசான்
மாணவர்களில் மணம் வீசும்
பேராசான் எங்கள் சிவத்தம்பி சேர்..
எந்த துறையைத் தொட்டாலும் ஒரு
முத்திரை புதிய பார்வை!
உலகத் தமிழின் அறிவியல் வானில்
ஒரு பேரொழி.
தமிழின் சொல்லாட்சியை
விரிவாக்குகின்ற போராசிரியர்
யாருடனும் பகைக்காத யாருக்கும்
அடிமையாகாத மனிதன்.

“

ஆரியங்கா குகையில்
ஒவியங்களை
மட்டுமல்ல
கசியும் நீரையும்
துளிர்க்கும்
புல்லையும்கூட
ரசிக்கக்
கற்றுக்கொடுத்தவர்
பேராசிரியர்.

”

The pioneer of Sri Lankan literature, a simple and humble literate, Prof. Sivathamby sir is no more with us. His departure from this world has created a big vacuum in Tamil literature that cannot be filled by anyone else.

His in-depth knowledge helped Sri Lanka to be recognized in the field of Tamil literature. He was considered one of the best scholars in the world due to his vast knowledge in many fields. Prof. Sivathamby was well versed in the subjects of literature, history, social studies, political analysis and drama through which he was able to show the dimensions of the lives of Tamils.

His command in Tamil and English helped him to study the history of both and compare each other. He was also able to look at issues from a different perspective.

Not only did he teach us the modern literature (Short story, novel) but also the aspects of ancient literature. He was one of those unique people who had equal command in both. His

book, Ilakkiya vazi varalaaru, was as a result of a debate on whether History of Literature looks into the history of literature or looks at history from the perspective of literature. Many of his students have been lucky enough to learn the nuances of choosing and connecting words.

Many could not understand his writing because of the strict rules he followed. One of the important rules that he followed was not to add words, if it would not change the meaning of the sentence. He was of the view that every word was important to form a meaningful sentence.

He was also instrumental in coming up with the appropriate Tamil word for 'Sub-Editor' (Semmaippaduththunar) and pointed out that the term generally used was incorrect. He pointed out that the job of a Sub-Editor was to polish the article and the Tamil term 'uthavi-aasiriyar' did not reflect that. Likewise, there are several instances where his skills were used to invent new words.

Being an analyst and writer, he has also written to several media publications. His tenure as the Tamil Professor at the Jaffna University is considered a golden era.

The 1980s was a difficult period in the history of Jaffna. Every person lived with uncertainty. Every man walked with death, not sure whether they would be alive to have the next meal. While everyone was trying to save their own lives, Prof. Sivathamby dedicated himself to help the people who were helpless. He had to face a lot of criticisms due to this selfless act.

His down to earth attitude despite the vast knowledge and the simplicity with which he moves around with people of all walks of life has made him one of us.

By: **M.S.Thevagowry (B.A. Hons)**
Lecturer
Sri Lanka College of Journalism
email: thevagowry@gmail.com

Tribute

PROF. KARTHIGESU SIVATHAMBY AND ZAHIRA COLLEGE, MARADANA



Prof. Karthigesu Sivathamby

By S.H.M. Jameel

Prof. Karthigesu Sivathamby, an academic par excellence died on July 6, 2011 at the age of 79 years.

He was duly recognized in Sri Lanka and overseas, particularly in South India where he was well respected. Many accolades were showered on him, but his close connections with Zahira College, Colombo and its Principal, late Dr. A.M.A. Azeez, have not been highlighted as they are not known to many.

Prof. Sivathamby delivered the Dr. A.M.A. Azeez Oration in 2000. In his opening words he said that "This invitation, in my view, affirms my identity as an Old Zahirian, and more importantly recognizes the fact of my association with Mr. Azeez during the time I taught at Zahira (1956 to 1961), but more importantly after that from 1961 to his death, with a break of about two to three years when I was a student at Birmingham University (1967 September to 1970 March)". These emotional words prompted me to write this article of his life as a student and teacher at Zahira during the Azeez era. Many Zahirians will remember his tall and portly figure in school. He came to Zahira for admission dressed in a verti, banian and shawl and was the only student permitted to attend school in these clothes.

During the Principalship of Dr. Azeez from 1948 to 1961, Zahira attracted students of all communities from all over the Island. The reasons could be attributed to his reputation as the first Muslim Civil Servant and his academic, administrative and disciplinary skills. It may be said that the Tamils in particular joined Zahira, since Azeez was well respected by their community having been born and spent his childhood and entire schooling in Jaffna. His education in Hindu schools made him an erudite scholar in Tamil and English and having a sound knowledge of Hinduism. He was also influenced by his paternal uncle Asena Lebbe Pulavar, who was a Tamil scholar. Over 100 students entered the University of Ceylon from Zahira and shone in their fields as academics, professionals and administrators. This number was a large figure in those days.

Karthigesu Sivathamby was born on 10th May, 1932 at Karaveddy in Jaffna. His father T.P. Karthigesu was a Tamil Pundit, Saiva Pulavar and a great Tamil scholar who was held in high esteem by the people of Vadamarachy. He was a teacher for quite some time in schools in the Kalutara District, where he taught the subject of Tamil mostly to Muslim students.

Having passed the S.S.C. Examination at Vigneswara Vidyalaya, Karaveddi, Sivathamby was brought to Colombo by his father and admitted to Zahira College. He spent four years at Zahira (1949 to 1952), as he could not get sufficient marks in his first and second attempts due to long illness and

entered the University at Peradeniya in his third attempt. Dr. S. Ratnajeewan Hoole in one of his recent articles says that "it is thanks to Zahira College that Sivathamby received a sound school education leading him to University".

At that time Zahira had a team of able teachers in all subjects. Sivathamby came under the tutelage by a coterie of teachers including Pundit M. Nallathamby, S.M. Kamaldeen, M.M. Uwise, Navaliyoor S. Nadarajan, M.A. Mohamed, S. Shanmugaratnam and Pundit P. Kandiah, who were the teachers in the subject of Tamil.

Sivathamby entered the Arts Faculty of the University of Ceylon in 1953 with S. Selvanayagam, M. Sheriff, A.M. Sameem, A.L. Wijewickrama and S.H.M. Haniffa. E. Pararajasingham (Science), A.R.M. Mansoor (Medicine) and A.D.V. Premaratne (Medicine) too entered in this year. After graduation Sivathamby, Selvanayagam and Sameem joined the teaching staff at Zahira. Later Selvanayagam joined the University and became Professor of Geography and died prematurely in a tragic motor accident. Azeez's call to Zahirians to join the teaching staff after graduation was well responded. Some continued and became fine teachers while others used this as a stepping stone for their future, of course with Azeez's blessings.

The students of that era still remember the excellent manner in which Sivathamby taught the subjects of Tamil and Ceylon History. He made History so interesting that many students started reading the entire translation of Wilhelm Geiger's Mahavamsa, copies of which were available in the College Library.

While being a student at the College, he started participating in Radio Programmes, specially in dramas. He emerged to be an excellent actor. After he became a teacher, he began conducting weekly programmes over the Radio, specially Manavar Manram (Students' Forum) in which he encouraged many of his students to participate and some of whom still continue to conduct programmes even today for the last half a century.

"With Azeez's background he encouraged the blossoming and flourishing of Tamil at Zahira. He developed the 'Tamil Manram', stimulated the art of Tamil oratory and encouraged inter-school debates. Every month a distinguished Tamil scholar addressed the 'Tamil Manram'.

A result of this was that the College produced a fine crop of Zahirians who dominated the fields of Tamil literature, journalism, drama, oratory, classical literature, fiction and literary criticism". These observations were made by M.M.M. Mahroof, an old Zahirian and an excellent teacher at Zahira

Sivathamby was in charge of the 'Tamil Manram' when

A.C.L. Ameer Ali was President and I was the Secretary. He took it to great heights. During his University days he had acted in many plays. At Zahira he produced a drama 'Nilalkal', the Tamil version of Henrik Ibsen's "Ghosts", which was staged at the Ghaffoor Hall and its success was hailed by everyone.

Azeez's ideas were to have excellent teachers, up to date laboratories and a well stocked library which he achieved during his period. The library was under his care and he had Sivathamby, A.M. Sameem and M.M.M. Mahroof to assist with M.L.M. Farook as the librarian. It was said that it was one of the best school libraries at the time.

The culmination of Sivathamby's calibre in teaching was reflected in the performance of his students. At the University Entrance and H.S.C. examinations in December 1959, A.C.L. Ameer Ali and I received the All-Island highest marks for Tamil and received the C.Y. Thamotherampillai Memorial Prize. At the G.A.Q. Examination in April 1961 out of 75 students three Muslim students gained the first three places with 'A' grade for Tamil. The first two were Zahirians S.H.M. Jameel and A.C.L.

Ameer Ali. Jameel received the Francis Kingsbury Prize and the high marks he received have still not been surpassed. The third was M.M. Maqbool who was a student at Vaidyeshwara Vidyalaya, Jaffna, Azeez's old school. (Maqbool was killed by the LTTE when he was G.A. Mannar).

In the G.A.Q. examination in 1962, it was another student of Sivathamby who was the only student who received 'A' grade for Tamil, namely M.A.M. Shukri of Zahira. All these successes were by competing with Tamil students. In a recent article Sivathamby had said that Azeez was thrilled at these achievements and commended him.

About a year ago Susil Sirivardana, Ali Azeez (son of A.M.A. Azeez) and myself visited Prof. Sivathamby at his residence at Dehiwela. Though his eyesight was failing he spoke at length for nearly two hours on his academic and political life. He spoke lovingly of Zahira and affectionately of Dr. A.M.A. Azeez.

Prof. Sivathamby had authored 70 books and 200 research papers in Tamil and English. He had dedicated his book 'Being a Tamil and Sri Lankan' to Dr. A.M.A. Azeez with the words "He, more than any one else, ensured the continuity of my academic career". For his close connections with the Muslims, the Muslim Media Forum had felicitated him.

Prof. Sivathamby's tribute to Dr. A.M.A. Azeez in the book 'A.M.A. Azeez - A Profile' and his Oration in 2000 can be viewed on the website www.azeezfoundation.com

S.H.M. Jameel is the President of the Dr. A.M.A. Azeez Foundation

JOHN BODDY HOMES PRESENTS 'EAGLE GLEN'

John Boddy Homes has been voted 'Best John Boddy Homes has been voted 'Best Builder' in Ajax/Pickering for the fourteenth year in a row for this year's Readers' Choice Awards and has released its next phase at their 'Eagle Glen' community in Ajax. Located just minutes east of Toronto 'Eagle Glen' combines the closeness and convenience of city living with a suburban feel, and its prime location makes it a great place to call home. Classic two-storey homes are available, as well as side and back splits, semi detached and townhomes. Homes start at 1,700 square feet and range up to a spacious 3,534 square feet. John Boddy Homes offers traditional size lots with a minimum of 105 feet in depth and a great selection of extra deep lots, pie shaped lots, walk out basements and one remaining lot backing onto 3.5 acres of mature trees. With such a broad range of house sizes and styles 'Eagle Glen' has the ideal home to suit every preference. From the unique exteriors and charming streetscapes to the elegant interiors, various John Boddy Homes include such impressive standard features as vaulted ceilings, double door entries, décor columns, mirrored sliding closet doors, ceramic kitchen backsplashes, double basin bathroom vanities with make-up counters and so much more. Their gourmet kitchens, welcoming great rooms with cozy gas fireplaces and elegant dining rooms with coffered ceilings are all spacious and comfortable, making them the perfect location to enjoy time together with family or entertaining friends. In addition, some models include such impressive extras as classic French doors, transom windows and custom octagonal skylights allowing light to travel throughout the home for a bright and spacious feel.

For their homeowner's convenience, most John Boddy Homes include main or second floor laundry rooms, laundry chutes, kitchen breakfast bars, private water closets, interior garage access, high efficiency furnaces and basement rough-ins for future bathrooms. Also, windows are vinyl clad wood which allows for interior custom colours with a maintenance free exterior. Other features include arched entryways, custom millwork, window mullions on all front and rear facades and decorative garage doors featuring appealing window lites. Custom landscaping packages and paved driveways are also included in all homes providing the renowned curb appeal that enhances the entire 'Eagle Glen' community.

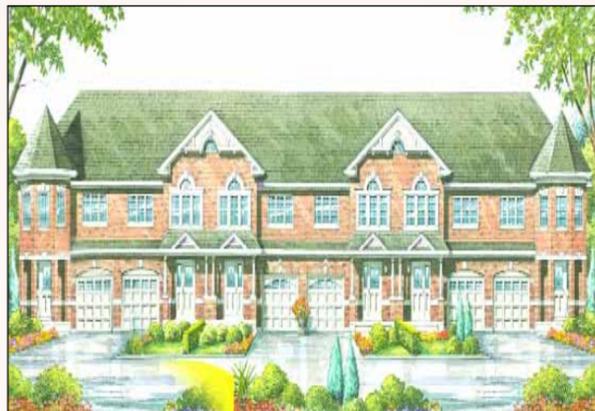
Innovative floorplan designs combined with an extensive array of standard features included with every new home have become a corporate trademark of John Boddy Homes and 'Eagle Glen'. Not only does a John Boddy home offer such striking standard features, there are also a



Lynton Semi



Mayfair Semi - Model to View



Steeple View Townhome - Model to View



Wyndham Semi

wealth of opportunities to upgrade, making their homes as unique as each individual homeowner. The 'Eagle Glen' Sales Office features a Décor Centre that contains a wide range of upgrade items to select from in order to customize your home. Their high-tech electrical and décor consultants allow homebuyers to make upgrade selections on site, enabling them to conveniently personalize their home.

When you purchase a new home in 'Eagle Glen' there are no hidden closing costs. John Boddy Homes pays for education levies, development charges, water and hydro meter hookup fees, boulevard tree planting, landscape package and a paved driveway.

Currently John Boddy Homes is offering an incentive package of \$3,000 in free upgrades or 5 appliances to all new home purchasers. Also included is one year of Roger's services for free! Included in this package are home phone with 150 long distance minutes and 2 calling features, personal TV with free rental of a standard definition box, a HD digital box, VIP package, free on demand programming, Canadian timeshifting channels as well as Rogers Hi-Speed internet service and all are installed for free.

The 'Eagle Glen' community offers many important neighbourhood amenities such as a brand new on-site public elementary school, places of worship, fully equipped parks and easy access to both Ajax and Go-Transit Services. Toronto is easily accessible from nearby Highways 401 and 407. Located just north of a host of shopping and recreation centres, 'Eagle Glen' allows residents all the amenities of the urban lifestyle while providing the beauty and tranquility

of the neighbouring countryside.

Since 1955, John Boddy has been involved in the construction of thousands of new homes throughout Ontario, and has earned a reputation as an accomplished builder of fine residential communities. Of significance are the award winning 1000-acre 'Bridlewood Community' developed during the 1960's and 1970's in Scarborough, the 'Forestbrook' Community' in Pickering developed in the 1980's, 'Willowcreek' in Peterborough, and 'Eagle Ridge on the Green' in Ajax developed in the 1990's and early 2000's.

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

With three fully furnished model homes and a townhome model a visit to 'Eagle Glen' is a must. Drop by the Sales Presentation Centre located on Stevensgate Drive, north of Rossland Road West, one half kilometre west of Westney Road three kilometres north of Hwy. 401. Sales office hours are Monday through Thursday 1:00 p.m. to 8:00 p.m.; Saturday, Sunday and Holidays 11:00 a.m. to 6:00p.m; closed Friday. Let their friendly knowledgeable staff help you determine which of the many home styles available is perfect for you and your family and get set to join the ever-growing 'Eagle Glen' family community. For more information, please call (905) 619-1777 or visit their website at www.johnboddyhomes.com.

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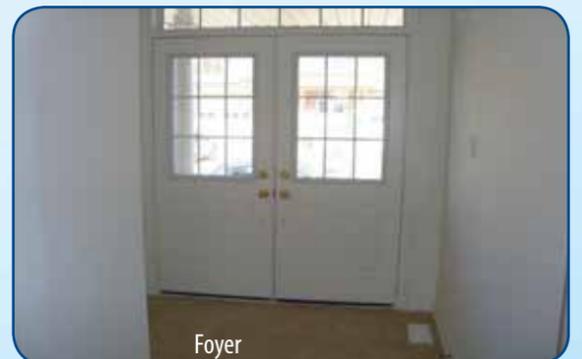
4 pc washroom



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Recent Event

St. John's College - Central

Canada's Battle of the North for Master's Big Match & Big Match

22nd Annual Cricket Encounters

Sunnybrook Park, Toronto, Monday, Aug 1, 2011



Display of Cups



Winners of Big Match - Team Players from St. John's College



Adjudicators T. Thavarasalingam, Sri T. Sridharan
(Missing in Photo: A. Patkunarajah)



Members of the Cricket Committee



(Centre L-R) Captain Senthuran Sooriakumar, St. John's College receiving from Sabesan - Sabesans Cup - Presented by Kangesu Sabesan for Big match winner



(Centre L-R) Captain K M. Shanthikumar, Jaffna Central College receiving from Thuraismy Sithambaranathan - Thuraismy Memorial Challenge Cup, Donated by T. Sithamparanathan in memory of his father for Master big match winner



(Centre L-R) K. Thomas, Central College - Sportsman of the day 2011 of both games, Jimmy Rajaratnam Memorial Cup - Presented by Romesh Rajaratnam



MASTER'S BIG MATCH AWARD WINNERS (L-R) Best fielder, T. Thevapalan - St. John's College receiving from Rajkumar Parameswaran



MASTER'S BIG MATCH AWARD WINNERS (Center L-R) Best bowler, K.M. Shanthikumar- Jaffna Central College receiving from A. Patkunarajah



MASTER'S BIG MATCH AWARD WINNERS (L-R) Best batsman, Paul Prahalathan - Jaffna Central College receiving from A. Patkunarajah



MASTER'S BIG MATCH AWARD WINNERS (L-R) Best all rounder, Vipul Arasaratnam - St. John's College receiving from Shanthagurunathan

More pictures on page 46

Op-Ed



Technology and Mass media-with special reference to the Tamils

By: J.J. Atputharajah

A. Growth of Mass-Media



Technology plays a very significant part in the proliferation of mass media in modern Times. The mass media has revolutionised people's way of life and it has really engrossed every facet of human life. It has become so dominant that none of the human activity can be completed without accessing the help of mass media. The realisation of world as a global village is also a product of mass media which has taken several forms to cater to human needs. The main devices of mass media are the radio, the television, the newspaper and the computer. Due to these devices, people are less isolated than ever from another by distance. People worldwide are quickly informed of major events. Many happenings like the floods and earth quakes in far-off places have been brought to the world's attention through the modern devices and people have responded by offering money and aid in caring for the affected people.

Technology is all embracing. It affects almost everything that we do. Our modern life to a great extent is shaped by mass media. Books and printed materials are extremely important forms of communication technology. It is through technology that knowledge has spread throughout the world. Technology has enabled the functioning of computers and computers have developed as networks of electronic global village. The dominance of technology has enabled man to conquer time and space. The development of telegraph allowed information to travel at the speed of electricity and the idea of space was abolished.

B. New Developments:

Television is one of the most dynamic

component of mass communication enabled by technology. It is the most powerful news and entertainment medium. They provide up-to-the minute news from early morning to late at night. Media is omnipresent in modern life and television is the ne single device that make it a reality. Modern children are more shaped by media than anything else. It is the agent of diffusion of culture. Though daily newspapers, the radio and mass magazines have lost their influence in relation to the TV, yet they are valued. They are still considered as vital and use-



ful as more authentic sources of knowledge and information. The traditional mass media are greatly affected by the information and digital revolutions. TV programs now come not only through the air but via optic cables, satellite dishes, computers and mobile phones. Media enterprises have now moved to multi-platform modes of distribution. To put it in another way, what formerly were unique media platforms -newspapers, radio, films -have lost their distinctiveness. In Toronto we could observe that newspapers are finding it difficult to market their products. They are trying all sorts of sales tactics to get people to buy them. Most people now don not got to the theatres to watch films. They rather prefer to watch them through their DVD players or their computers. Radios are also loosing their patrons to TVs and laptops. More than 90 percent of the Canadians have either cable or satellite service. We are now living in the digital age where there are drastic changes in the way the people gain access to information and entertainment. 80 percent of all Canadian households have computers

and the government at all levels is spending considerable amounts of money in providing internet services to schools, libraries, community centers and rural areas. As human beings become better and more equally informed, they would be able to create a superior, more equal society. The networked society has speeded up the pace of the information age making communication quicker and more efficient.

C. Culture and Media

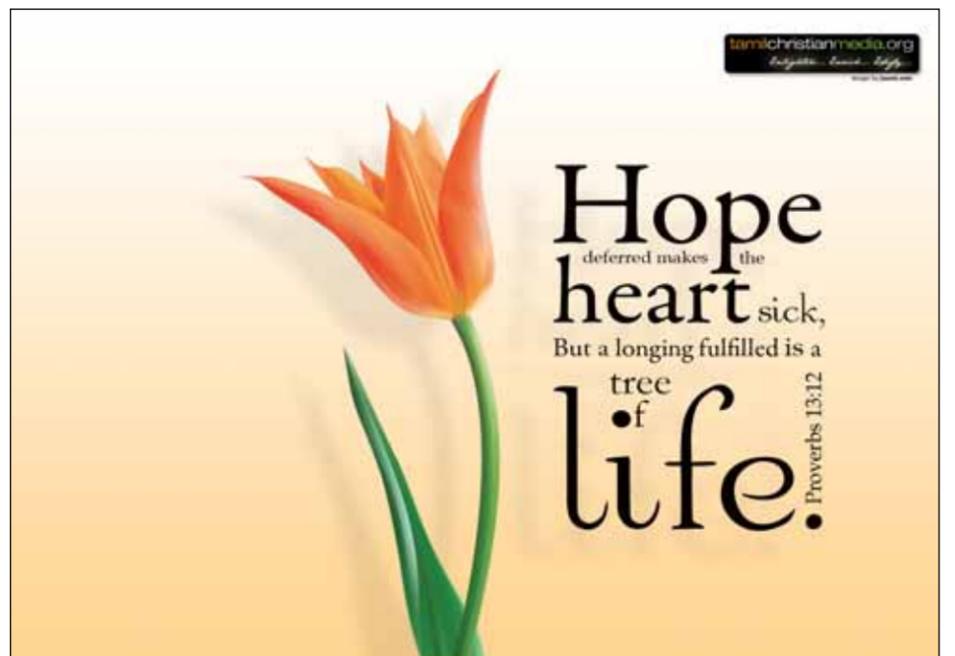
Culture is the glue that holds society together. At every level from the local to the global, contemporary culture is increasingly subject to mediatisation. The world is influenced by the media. During the last 60 years entertainment has become an international commodity. Western and especially American dominance of the world news and entertainment has been viewed with concern by other countries as it might lead to greater, political and military imbalance. That is why the UNESCO passed in 2005, the Convention on the Protection

The Canadian community is no longer national but local, regional and global which is currently termed 'glocalization.'

D. Tamil Media

- as Cultural Identity

The Tamil media has expanded in Canada with the influx of Tamils into Canada after the 1983 communal disturbance in Sri Lanka. The Canadian government with its policy of ethnic tolerance has allowed the free functioning of Tamil media forms which has now grown significantly in various ways. There are a vast number of community newspapers, TV stations, Radio Broadcasting, Documentary Production, film production and so on. Thamilar Senthamarai, Uthayan, Suthanthiran and Ulahath Thamilar are some of the most popular tabloids and they are maintained with the help of advertisements and offered free to the readers. Besides there are also English monthly tabloids like the Monsoon Journal, the Tamil Mirror and the Sri Lanka Reporter (Sinhalese) which have done splendid work in com-



and Promotion of the Diversity of Cultural Expression agreement that affirmed the right of governments to adopt policies to support cultural expression. The Canadian government has given opportunity to all its cultural minorities to have every opportunity to develop their ethnic media. The majority of ethnic media outlets fulfill the official goals of multiculturalism: they contribute to ethnic cohesion and cultural maintenance. and at the same time help minorities integrate to the larger society. For example the OMNI chain owned by Rogers provides programming in many languages including Portuguese, Mandarin, Punjabi and Tag log. Canada should shed its North American identity and participate in global media flows.

community -based journalism. The telecast services have also increased with TV1 and Tamil One in the forefront. There are also many popular Tamil radios serving the Tamils in Canada namely the CMR, CTBC, the CTR and Geethavaani among many others. Tamil organisations are helping the youths in taking an interest in media and they learn innovative ways of expressing themselves. All modern equipments and accessories are being used to give post -modern presentations which proved to be world-class. Tamils have the knack of taking up to the new ways of living and it is the media that has given expression to their progress and advancement in the country that has embraced them.

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Individual Pension Plans

A tax-advantaged investment strategy that could boost retirement savings

David Joseph, M.A. (Economics)

An Individual Pension Plan (IPP), commonly referred to as an executive pension plan, is a special type of registered plan designed primarily to meet the needs of highly paid owner-managers, professionals and senior executives, to provide maximum retirement benefits, and creditor protection. Compared to a traditional Registered Retirement Savings Plan (RRSP), an IPP may offer higher tax-deductible contributions and accelerated tax deferred growth of retirement assets.

Individual Pension Plans offer successful, well-established entrepreneurs the opportunity to fund some of their retirement needs through contributions from the company. In executive situations, an IPP is commonly awarded in lieu of cash compensation or bonuses. An attractive feature of an IPP is the protection it offers to owners-managers from creditors: due to the fact that it is a registered pension plan, creditors cannot make attachment to the assets.

Generally, an individual pension plan is most suited for executives or owner-managers of incorporated companies, who are forty or older, with regular annual earnings of at least

\$ 100,000.

You should consider an IPP if you are ...

- * at least 40 years of age and consistently earning a T4 salary of at least \$100,000 a year.

- * the owner of an incorporated company or a salaried, high earning executive looking for maximum tax relief and retirement pension.

- * an employer who wants to enhance retirement benefits for a key employee.

- * an owner/manager wishing to create additional retirement income outside the company.

- * looking for creditor protection.

- * not a member of another registered pension plan.

Why an IPP is unique

An IPP is a defined benefit (DB) pension plan where the amount of the pension is "defined" or "guaranteed" at retirement according to a formula based on the participant's age, salary and years of service. Because it is a registered pension plan, employer contributions are tax-deductible and investment earnings grow on a tax-deferred basis until they are used to pay pension income from the IPP. One of the main benefits of an IPP is the ability to purchase past service back to 1991, just as if you had been an IPP member during those



years.

The objective of an IPP is to maximize tax savings now and provide a maximum pension at retirement – so the available benefit is the maximum pension allowable under tax rules.

This benefit is based on the maximum of 2% of a plan member's total earnings while a member of the IPP (the earning are indexed to increases in the average wage), or a fixed dollar maximum for each year of credited service under the IPP (the fixed dollar maximum is raised annually).

As an example, assuming the dollar limit has increased to \$2,800 by 2015, and an IPP plan member retires in that year with 25 years of credited service, the annual lifetime pension would be \$70,000 (25 X \$2,800) plus annual indexing.

Is an IPP for you?

An IPP can be a tax-effective retirement income-building strategy for you and your business – but it is a more complex undertaking than a simple RRSP. There are specific rules that apply to designated plans, which means planning should be carefully when undertaking the establishment of an IPP. Along with the financial benefits derived from an IPP, there also comes a significant level of complexity: regular actuarial valuations are required; a compliance burden associated with regular reporting requirements; and a significant long-term financial commitment.

Advantages:

- * Guaranteed and predictable lifetime retirement income.

- * May provide significantly higher contributions than allowed by RRSP

- * May permit lump-sum contributions for past service back to 1991 – enabling

David Joseph, M.A. (Economics)
Consultant

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you to significantly increase the amount deposited in the IPP and/or move excess company cash from the company to your tax-deferred IPP.

- * Set-up and administration fees are tax-deductible to the employer.

- * Employer contributions are tax-deductible to the company.

- * Investments grow on a tax-deferred basis.

- * IPP surpluses belong to the employee and do not stay in a fund that is used by the company to pay benefits.

- * The surviving spouse of an IPP member can receive at least two-thirds of the pension.

- * Retirement benefits are indexed for inflation.

- * Creditor protection that is unavailable to trustee RRSPs (in most provinces)

- * IPP benefits are eligible for pension income-splitting regardless of age.

Disadvantages:

- * Reduction in RRSP contribution limits for members

- * Funds are locked in so you can't access cash before retirement

- * Initial set-up fees, annual expenses and filing fees are higher than for other types of registered pension plans. For example, every three years, the level of IPP funding is established by actuarial valuation.

- * If there is an IPP deficit, the company must increase the level of funding.

Using an IPP, rather than the traditional RRSP savings, an individual can maximize his personal pension benefits while meeting the rules prescribed by the CRA. Money contributed to an individual pension plan is not considered salary, so it can be contributed to the individual pension plan without attracting payroll taxes, resulting in a more tax-effective income transfer from the business to an individual.

Example: John, age 57 was earning in excess of \$ 100,000. Using actuarial projections, it was determined that an individual pension plan established on John's

behalf could set aside \$ 28,500 for the year. This contribution is more than what John could contribute to an RRSP (\$ 22,000 in 2010), which means John could achieve a greater amount of accumulation by retirement age under the IPP scenario than under an RRSP option.

An IPP is a registered pension plan and, once established, the employer has an obligation to make the required annual contributions. In comparison, an RRSP has no legislated contribution requirement, which increases the risk of not contributing, particularly in years when the company's financial performance weakens.

In deciding between an IPP and an RRSP, it is important to consider both short term and long-term cash flow projections. While a business may be prosperous at a particular point in time, does the long-range plan suggest that the company has the ability to meet the long-term obligations associated with a registered pension plan? If there is uncertainty, then the RRSP may be a more advantageous retirement savings vehicle.

With defined benefit pension plans, responsibility for investment performance lies with the plan sponsor (employer). Subsequently, when volatile investment market affect the investment performance of the IPP funds, responsibilities lies with the employer to increase required contributions in order to fund the required level of retirement benefits provided in the plan (in accordance with actuarial valuation results). Additional contributions required by the company to shore-up the solvency of an IPP because of poor investment performance is a tax-deductible business expense, whereas the rules for RRSPs do not provide for additional contributions to offset market losses.

Disclaimer:

This report specifically written and published as a general source of information only, and is not intended as a solicitation to buy or sell specific investments, nor is it intended to provide legal advice.



Spirituality

8000 TAMILS GATHER AT MARTYRS' SHRINE

Ground breaking Ceremony held to build a shrine for Our Lady of Madhu.

Shrine Celebrates its 85th Anniversary!



Shrine. 8000 Tamil Catholics gathering is the second largest group at the shrine of the Martyrs. The shrine is situated just east of Midland City, on Highway 12, and the twin spires rising above the treeline welcome visitors to historic Martyrs' Shrine.

The Shrine honours the eight Jesuit saints who lived, worked and died here some 380 years ago. The grounds, including the famous Shrine Church and 75 pleasantly landscaped acres, create the mood to get into prayer and tranquility. This is also an opportunity to go and learn about the Jesuit missionaries, Jean de Brébeuf, Gabriel Lalemant, and their companions who were responsible for bringing Christianity to Canada over 380 years ago!

On the 16th July, Saturday Tamils, mostly Catholics came in large numbers from the province of Ontario and Quebec to Midland shrine and had their liturgical services and sharing of their meals.

At 11.30 a.m., The Legion of Mary of Our Lady of Good Health Parish started the Holy Rosary with the procession from the foot of the Holy Cross. The procession was led by the alter servers and later joined by officiating priests of the Holy Mass. The new Administrator of the Shrine Rev. Fr. Bernad welcomed the pilgrims and he expressed his happiness to see the Tamils in large number.

The Concelebrating priests with main celebrant Fr. Peter Gitendren begun the Holy mass at 12.00 noon and service lasted for an hour and a half. At the end of the service, the President of Tamil Catholic Community of Toronto Mr. Anton Philip greeted the people and thanked all those who helped, specially the volunteers, Choir members, Eucharistic Ministers, Alter Servers, Priests and the members of the community. He also announced the good news of the ground breaking ceremony which was to be held at the end of the service.

The Midland Martyrs' Administration has allocated a place for the Tamils to build a shrine for their Patroness Our Lady of Madhu.

The Ground breaking ceremony was held after the services and a foundation stone was laid to begin the work. People

were very enthusiastic and encouraged with these events and many have pledged to help the organizers to complete the project.

People who would like to know more about this effort and assist could call 416 300 7026.

Then the people went to share the meals with friends and relatives under the shadow of the trees and recalled their memories of olden days when they visited Madhu. At 3.30 p.m. Adoration and Benediction was

held at the church and day came to an end.

The Shrine is open from 8:30 a.m. to 9:00 p.m. daily. The Shrine Church, The Martyrs' Hall, Lookout, Picnic Tables, Gardens, Walkways, Restrooms, Religious Article and Souvenir Shop and Cafeteria are all located around the shrine. The Shrine Cafeteria is available for your group if they would like a served lunch or supper. All served meals must be pre-booked with the Shrine office.



GTA Toronto Tamil Catholics gathered to celebrate the feast of Midland Martyrs for the 24th time at the Midland Martyrs

**மேரிலேக்கில்
மருதமடு அன்னைக்குப் பெருவிழா**

துன்பங்கள் தோன்றும் வேளையிலே - நீ
துணை தந்து காத்திட வேண்டுமாய்
அன்பினில் என்றும் அவனைத்து - எமை
அருளினில் வளர்த்திட வேண்டுமாய்

சனிக்கிழமை
August 13, 2011

நேரம்:
11:30 செபமாலை (ஆலயத்தினுள்)
12:00 கூட்டுத்திருப்பலி
தொடர்ந்து மருதமடு
அன்னையின் திரு உலா
3:30 திரு நற்கருணை ஆராதனை
- ஆசீர்வாதம்

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Spirituality

WORDS OF PEACE



A Passion for Fulfillment

People talk about having a passion for opera or fine art. We say we feel passionately about a cause or another person. All these are substitutes for a profound longing for fulfillment that lies within the human heart, says Maharaji, an internationally renowned ambassador for peace. "If you don't have that real passion in your life," he says, "you're missing something."

In travels around the world, Maharaji inspires people to find their passion, that deepest desire in their lives. He speaks to audiences large and small about a very real possibility of fulfillment that he says he can help people discover within themselves.

"You have a thirst in you to be fulfilled," he says, "but you don't acknowledge it because you're afraid. Why are people afraid? Because they have some idea that if they really acknowledged that thirst in their lives, they would become like a vegetable. They would become irresponsible, and would not be able to hold down a job."

Fulfillment, Maharaji says, is like water.

"There was a time when water came from wells," he says. "People didn't have running water. Then somebody looked at the old Roman way of having running water in houses, and they came up with faucets and pipes. Now you didn't have to go to the well; you could just open a faucet. Then what was the issue? The faucet or the water? The faucet is there only for one reason—so that it can bring you water."

The same thing happened when sci-



entists began to say that city water was no good for drinking, Maharaji says, and people had drinking water delivered to their homes in big five-gallon water bottles.

"That was a problem," he says, "because you had to lift them up and put them in a dispenser, but what was the real issue? The bottle or the water? It was the water. What was the value of the bottle when the water was gone?"

"The issue has always been the water. People who only associate with faucets, or who only associate with bottles, or who only associate with wells are going to be very thirsty indeed."

Similarly, many times people accept cultural beliefs about what will make them feel complete, leading, Maharaji says, to a predictable lack of satisfaction. Dry wells, in other words, do not yield water.

"Remember, it's about the water, not the vessel," he says. "Many, many pots and buckets and different things will be lowered into that well, but the water that will come out will be exactly the same. This is what matters. This is what is important."

"My point is that the association is always with the water, not with the faucet. Concepts should be vehicles to connect you to different things, but they're not. So what happens? People get confused. They get confused about their own lives. They get confused about their own longing."

"What is that thirst? It has something to do with real passion. This longing has to permeate through you. It really has to punch through, it cannot just be one of these symbols you have in your life."

Not recognizing that deepest passion,

not listening to that thirst, is to live a life of make-believe, he says. "If you have ever used the words 'I wish,' you live a life of make-believe. In a life of make-believe, there is only one problem. It has a terrible ending."

That passion, the longing we feel in our lives, Maharaji says, is "so deep that it leaves you dry and, in the same second, fills you up. It's the magical dance of the quenching of the thirst. Water becomes sweet. Have you ever had water when you were really, really thirsty? The focus is on nothing else but to take that water and drink and drink and drink."

"Then what happens? After you finish drinking, you go, 'Ah.' What does that ah mean? You're fulfilled."

To learn more about Maharaji, visit:

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Spirituality



Guru Purnima

Dr. Kanayalal Raina



Guru Purnima is the most auspicious day on which disciples and followers worship their spiritual master (Gurus) of their lineage by making offerings of Guru Dakshina, chanting Holy scriptures, observing austerities, holding meditation sessions, singing glories of the Guru and listening to Guru's discourses. The manner of worshipping (Guru Puja) differs from lineage to lineage.

Guru Purnima or Vyas Purnima, a great sage who authored our most sacred Holy scriptures. Born to Satyawati and sage Prashar in an island ('dweep'), he was named 'Dweepayan'. Because he divided Vedas into four parts, he was ultimately named Veda Vyasa. Immediately on his birth, he attained adulthood and lost no time in retiring to deep forests for austerities.

Disciples treat Guru Geeta as the most sacred scripture besides Guru's commandments. It is believed that 68 places of pilgrimage lie at the lotus feet of Guru. Guru is the manifestation of Brahma (Creator), Vishnu (Sustainer) and Maheshwara (Destroyer). 'Gu' means Darkness (Ignorance) and 'Ru' means Light (Viveka). One who pulls out of darkness and leads to Light is 'Guru'.

Man is the noblest work of God. Among the 8.4 million species, he is the most superior who can discriminate between the Shreyas (Good) and Preyas (Pleasant). He has the option to adopt the Shreyas Marg to reach the Source and fulfill the aim of his birth for which the Soul has been longing for too long. Barring man, all 'Jeevas' are under the thumb of nature. Man commands the nature. Man can live without bread but cannot live without faith.

He, therefore, selects a Master or Preceptor or Guru in whom he plants his faith. He seeks guidance and spiritual enlightenment from that competent and highly illumined Soul by total surrender, intensive love and eternal relationship. Guru is the 'Adarsh Purush' to the disci-



ples. Therefore Guru is worthy of adoration. By acting as spiritual Master, he is there always in all situations.

"DHYAN MOOLAM GURUR MOORTI POOJA MOOLAM GURU PADAM MANTRA MOOLAM GURUR VAKYAM MOKSH MOOLAM GURU KRIPA"

'To meditate, concentrate on Guru's benign countenance, to worship, worship Guru's Holy feet, to chant, repeat Guru Mantra (words), the Liberation lies in Guru's grace, in his infinite kindness.

Guru Geeta

"GURU PREM SE GURU DHYAN HO HOGI SAMADHI AAP HI NAHIN VYARTH HOGI BHAWNA VAIRAGYA HOGA AAP HI PHIR SHANT HOGA CHIT AU NIRVAN HOGA AAP HI PATH PAR CHALEGA VIR TO GANTAVYA MILTA AAP HI"

'Through love for Guru, aspirant's mind is fixed on him and he dips in state of Superconsciousness. The dedication to Guru never goes unrewarded and the reward is dispassion. Dispassion puts the

mind in peace and deliverance is sought. The brave 'Sadhak' through his spiritual journey is bound to reach the destination.'

Swami Gaibanand Ji Maharaj in Anandullas

Even the incarnations of God like Lord Rama and Lord Krishna had their Gurus Sage Vashishth Ji and Sandipini Ji Maharaj respectively. Dev Rishi Narad's Guru was Sanat Kumar Ji Maharaj. Guru Gorakh Nath's Guru was Dattatreya Ji Maharaj (an incarnation of Lord Shiva). Meerabai, the royal queen turned saint, had her guru Sant Rai Dass ji Maharaj. Sant Eknath's Guru was Janaradhana Swamy Ji Maharaj. Chhattarpathi Shiva Ji, the great warrior king, who had surrendered his kingdom to his Guru in 1655 and ruled on behalf of his Guru, had his spiritual master Smarth Ram Dass Ji Maharaj.

Today also, we witness thousands of Gurus with millions of followers/disciples.

To the disciple, Guru is the most trusted friend, philosopher and guide. He shapes the disciple like a potter who

shapes the vessel by using his skill. Guru makes disciple to conquer his mind and walk towards excellence. He teaches the disciple to guard against snares of senses and NOT to transgress the line of caution. He expects disciples to be truthful in all their undertakings.

"GURU SE KUCHH NA DARAIYE GURU SE JHOOT NA BOL.

BURI BHALLI KHOTI KHARI GURU AAGE SAB KHOL"

'Nothing should be concealed from Guru. Never tell a lie before him. Good or bad, true or false- everything should be unfolded before Guru.'

Sehjo Bai

True service to Guru is to follow, preserve and protect his Treasure of Truth (his teachings). This Treasure is dearest to him. For the Truth, many masters faced gallows, underwent live-roasting, poisoning and made other such sacrifices but refused to budge from the Truth. Guru is the highest deity and disciples must spread his message of Truth far and wide for the benefit of mankind.



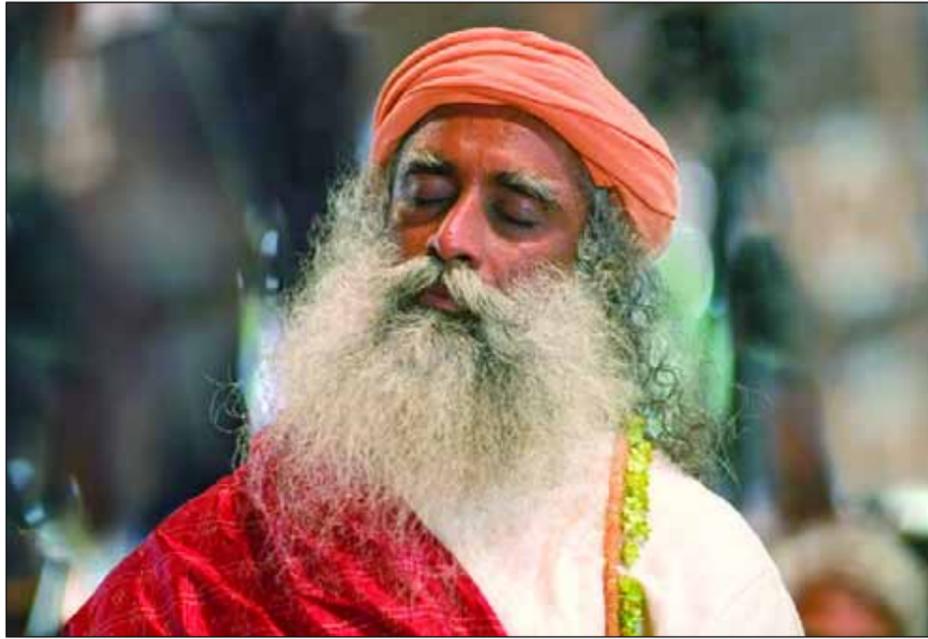
Spirituality

Life Afresh With Children

Your child should do something that you did not even dare to think of in your life.

The first thing to do when bringing up a child is not to touch your children, not to influence their minds with your distorted minds. That is the first step you need to take. Yes, the child can get exposed to many other rotten minds, the possibility is very much there, because they are everywhere in the world. You cannot isolate him totally from that.

Now you are asking: "What should I do? What should my child's education be? How should I bring him up? How should I guide him?" You just encourage him to be intelligent, to be aware. Every being has been given the necessary intelligence to fulfill his life. An ant is born, you study it and see. It has all the intelligence to live an ant's life fully. It may not be able to do what you are doing, but as an ant, the necessary intelligence for being an



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.

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is all. Create a loving atmosphere for him where intelligence will naturally flower.

People understand that to bring up a child lovingly means to get him everything that he asks for. If you look at your child with intelligence, do you see that getting him everything that he asks for is sheer stupidity? To this, you have given the name "love". So how should you bring up a child? In whichever situation he is put, he should be able to live joyously, isn't it? That is the way he should be brought up.

If you want to bring up your child well, the first thing is that you should be happy. Right now, you, by yourself, do not know how to be happy. Everyday in your house, there is a demonstration of tension, anger, fear, anxiety and jealousy. Only these things are being demonstrated to your child. What will happen to him? He will learn only this. If you really have the intention of bringing up your child well, you must first change your way of being. If you are incapable of transforming yourself, where is the question of you bringing up your child?

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



ant is there for it. The same goes for every creature. You too have the necessary intelligence to live your life to the fullest.

Now, the problem is that you want your child to be intelligent your way, not his. Your idea of intelligence is that your child should become a doctor. Maybe he would have made a wonderful carpenter, but you want him to become a doctor. Not because doctors are needed in the world, not because you care so much to relieve the suffering that you want your child to dedicate himself as a doctor, but simply because you have a stupid idea in your head that in the social structure, a doctor or an engineer means some kind of prestige or some nonsense for you: "My child

is a doctor!" You want to live your life through your children. This is a sure way to destroy children. This is a definite way to destroy children.

Your child need not do what you did in life. Your child should do something that you did not even dare to think of in your life. You did not have the courage to even nurture a thought like that - your child should do that - only then this world will progress and something will happen, isn't it?

Every child does have the necessary intelligence to live his life fully. You just create an atmosphere for him to grow into his intelligence, rather than imposing your nonsense upon him. When it comes to influencing him, the teachers

will have a role, his friends, other sections of the society will have some influence on him. You can't help it; you cannot build a sanatorium for your child, but still, as a parent, you can play a very important role in allowing the child's intelligence to bloom.

First of all, if you have come to the idea that when a child is born, it is time to teach, then you will ruin the child. When a child comes into your life, it is a time to learn, because you have missed much in your life and so much of you has become distorted. Now, a child is just looking at life. You sit with him and look at life afresh. The only thing that you can do to your child is to give him love and support; his intelligence will grow. That

Special Feature



'If we can refine our thoughts, we can progress in life': Mark of self-confidence in Tamil literature

90th Death anniversary of Tamil Poet Subramanya Bharathi falls on September 11, 2011. Peoples Poet Bharathi inspires the masses and relate to every aspect of the global life today as well.

It is a perfect time to pay tribute to Subramanya Bharathi by looking at guidance Tamil literature provides in general.

Dr. Kavidasan, Director, Roots Industries India Ltd., Coimbatore has written in The Hindu about "self-confidence in Tamil literature". He points out, "The Tamil word 'vaazhkai', meaning life, invites even a sullen soul to life as 'Vaa' the first syllable in Tamil is inviting any one to live".

Dr. Kavidasan's write-up quoting Tamil poems by Subramanya Bharathi and other Tamil poets, titled in The Hindu - "Stress on self-confidence in Tamil literature," as follows:

Literature guides our life. Any life without aim is like a boat without an oar. It is the goal that decides the course of human life.

Of all the languages in the world, ancient poems and Tamil Literature stand tall in stressing the importance of goals in life. We register birth and death but none registers life. The Tamil word vaazhkai, meaning life, invites even a sullen soul to life as VAA the first syllable in Tamil is inviting any one to live.

Instead of, 'we were born, just spent days and died', we should say 'we were born, we grew up and spent life usefully'. This is how we should lead our life to enter our name in the annals of history. Even if we were born poor, our death should be a celebration. That is how we should approach our life.

The world history is all about people who carved a history in their lives. This is aptly reflected in the words of Tiruvalluvar "If born, then become famous". (Thonrin Pugazhodu thonru)

Merely eating and sleeping is not life. Mahakavi Bharati in his lines has stressed how a man should not live and spend his days idle in his own style...

Thedi choru nitham thinru - pala chinnang chirukathaikal pesi - manam

vaadi thunbamiga uzhandru -pirar vaadap palacheyalgal seidu - narai koodi kizhapparua meidi - kodung Kuttruksu irai anappin mayum - pala veddikai manidharai polai - nan veezhvenendru ninaithayo?

Nallathor veenai cheithe athai nalangkeda puzhuthiyil erivathundo?

Life is driven by will power. Bharati

had the will and he did not hesitate to overcome any obstacle. That was seeing an independent India.

Idhantharu manaiyin neeingi edarmigu chiraippattalum padhanthiru irandum marip pazhimiguk kizhivutrralum vidantharu kodi innal vilainthenai azhithittalum sudanthira devi! Ninnaith thozhuthidal marakkilene!

Puratchi Kavi Bharathithasan had an aim. Even while breathing his last he wanted to be reading Tamil. "The ash of my body must smell of Tamil."

When his pen bends to write, this society should stand upright. This is how



Poet Bharathithasan

Tamil poets and writers lived to uplift the society.

The purpose of life is to serve others for which one has to work untiringly. Keep trying without rest and focus on the target ahead. One must be mature enough to accept ridicule and disrespect. In the lines of poet Kumarakurbarar.

Meivarutham paraar pasinokkar kanthungaar

evvevar theemaiyum merkollar cheivi arumaiyum parar avamathippum kollar

karumame kannayinar

To scale the peak of the will, we must keep trying. Disrespect and difficulties are no more hurdles and one must focus only on the target. Whenever people scoff at us, we must resolve strongly with still a stronger will. When hurt just smile and keep trying.

Once we choose, we must focus only on the goal ahead without any disturbance. Only then we shall reach our destination. Unless our efforts are focused, we may not enjoy the fruits success. This should be our breath of the life. It is possible that people may scoff at us when our efforts fail. They may even criticize.



Saint Tirumoolar



Thiruvalluvar



Saint Kumaraguruparar

But do not lose hope. Poet Pattukottai Kalyanasundaram says

Velaiyatra veenargalin moolaiyatra varthaigalai vedikkaiyagak kooda nambivathe - ni

veettukkulle bayanthu kidanthu vembividathe!

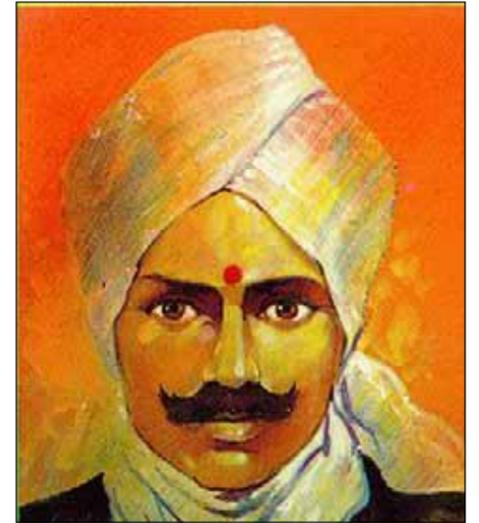
Through this song the poet made us think the need to be bold.

Life is not a mere dream. One must convert all our thoughts into action and the results are to be harvested. Seed that are not germinated cannot yield any desired results. Similarly, un-focussed efforts will yield no results. An old poem underlines the importance of going for the target immediately.

Ondre seyyavum vendum; ondrum nandre seyyavum vendum; nandrum indre seyyavum vendum; indrum inne seyyavum vendum

Nip the habit of postponing and work with zeal in life is the lesson we learn from the above poem.

Applying our mind is important for confidence. As we start probing, our level of confidence increases. This is what Poet Bharathithasan writes.



Subramanya Bharathi

Arivai virivu sei, agandamakku visalap parvaiyal vizhangu makkalai anaithukkol unnai changamamakku maanida chamuthirathil nanendru kooru

We must dedicate our life to the cause of humanity for which we need farsightedness and forethought. We have all capability. Like a seed which has all qualities to germinate, we too have all those qualities and hence to work with confidence, we must first understand our strength and weakness and identify our areas of strength to come on top in life. The same is stressed by saint Tirumoolar..

Thannai arindhidil thanakkoru kedillai

thannai ariyamal thane kedukkin-dran

thannai ariyum arivai arintha pin thannai arichikka than irunthane

Shyness before taking efforts and intoxication after victories cannot support progress. Shyness and fear are the major hurdles to our efforts. This was well said by Poet Bharathi in his lines

Contd. in next page...



Special Feature

If we can refine our thoughts ...

Contd. from previous page

Achamillai.. achamillai achamen-
bathillaiye

ichagathu lorellam edthirthu nindra
pothilum

Achamillai.. achamillai achamen-
bathillaiye

thucchamaga enni nammaith thooru
cheitha pothinum,

Achamillai.. achamillai achamen-
bathillaiye

picchai vangai unnum vazhkai pettru-
vitta pothilum

Achamillai.. achamillai achamen-
bathillaiye

ichai konda porulelam izhanthu vitta
pothilum

Achamillai.. achamillai achamen-
bathillaiye

Thoughts make human life. It is the thoughts that get expressed in words, words in habit and habit leads to life. So, if we can refine our thoughts, we can progress in life.

Enniya mudithal vendum

nallave ennal vendum

thinnia nenjam vendum

thelintha nallarivu vendum

With confidence, clear thinking and focused efforts anything can be achieved. The same was said by Tiruvalluvar

Enniya enniyanagu eiduba enniayar
thinniyaragap perin (666)

Thoughts are the base for human life. If our thoughts are pure then the action will also be pure; then the whole life will be pure. As the purity in mind expands, good thoughts will emerge floating in a pond like a lotus. This was also said by

Tiruvalluvar as follows.

Vellathanaiyathu malar neettam
manthartham

ullaththanaiyadu uyarvu (595)

In addition

Nedunir maravi madithuyil nangum
keduneerar kamak kalan (605)

Delayed execution, forgetfulness, laziness and excess sleep- all these four will result in downfall. They are also factors that jeopardize our confidence. Hence work with zeal and complete the given work in time, getting up in the morning to work will give any one a winning edge and make our life a pleasant park . Both confidence and enthusiasm are the same, says Thiruvalluvar in his Kural,

Udaya renappaduvathu ookam agthi-
lar

udaiyathu udaiyaro matru (591)

Victories cannot be achieved just by opening our eyes; getting up and act is the way to victory. Falling is an accident but getting up and perform is history. So do not get worried when failures chase you. No one has started walking directly without crawling in their early years. So nothing to feel bad when faced with failures. The same was told by Poet Bharathithasan

Veezhvathu iyalbu vetkkappadathe
veerudan ezhunthiduvai!

azhubavan kozhai achchathiyalbu!
thazhvai agartriduvai!

The mind has to be calm and steady. Only then we can achieve what we want to achieve. To stop the mind of horse berserk we must use the reins of rational thinking.

Vehicles wade through a flooded road as rains lashed Kolkata, last week in July 2011

Photo: PTI



USTPAC Appeals to Saudi King to Pardon Sri Lankan Rizana Nafeek from Execution

USTPAC on July 30th, 2011 sent an urgent request to the King of Saudi Arabia requesting clemency for the Tamil-speaking Sri Lankan maid sentenced to death in Saudi Arabia. In a letter to the King which was sent via the Saudi Embassy in Washington, DC, the president of USTPAC, Dr. Elias Jeyarajah urged the king to show compassion for Ms. Nafeek for the alleged

crime committed when she was still a minor, an appeal also made by Amnesty International in MDE 23/026/2007 and Human Rights Watch on October 26, 2010, since Saudi Arabia is a signatory to the Convention on the Rights of the Child.

Commenting on the letter, Dr. Jeyarajah said, "It is important that we lend a voice to the voiceless regardless of the situation or the location, and that is what USTPAC has been doing." He added, "We have urged the King of Saudi Arabia to show mercy and pardon Ms. Nafeek from execution."

USTPAC extended condolences to the parents of the infant, Mr. and Mrs. Naif Jiziyan Khalaf Al-Otaibi, for the tragic loss of their young son. "We also appeal to the goodness of the Al-Otaibi family to pardon Rizana Nafeek," said the spokesperson for USTAPC.

The United States Tamil Political Action Council (USTPAC), founded in 2009, is a grass root advocacy organization committed to work for a political solution to the ethnic conflict in Sri Lanka. To this end, USTPAC coordinates advocacy and political activism on a national scale.

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Short Story

AMONG THE COASTS - Part 2

Original in Tamil by T. Agilan
English Version by Thuraiyooran

Dinesh was feeling homesick. He even thought of going back. The very thought of leaving his birth place and stepping into a new land made him to feel helpless. No point in lamenting now. It is too late. He thanked the boatman and got ready to alight from the boat. Mother handed some money and told him to give it to the boatman to buy candles and to lit it at St. Antony's church by the sea coast. He accepted the money with thanks. All thanked God and got down happily. Selvam the boatman turned the boat and it went making white foam with full speed and disappeared. There was no trace of our boat coming and leaving, on the surface of the sea. It never kept any trace of whatever happens on it surface. It always had the same appearance and never changed it for anyone.

They started walking on the wet sand. A new air was blowing on him. Everything was new. He is now a foreigner in this land. He is an illegal immigrant. He is a refugee. This will stick to him till the end of his life. This thought was irritating him. But he has to live with it, since he was forced to take this decision by unfortunate circumstances. He blamed the politicians for this. But there was happiness in one corner of his mind. He had the feeling of escaping from a wicked animal and getting out from a grave danger. They all left their slippers before starting the journey. At the coast of the mango shaped island, there will be four pairs of slippers waiting for their owners. Sometime they would have found new owners by now. Slippers are not good for sea coast. You feel happy with bare feet talking to the sea coast. When the coastal sand get tucked up in between your toes there is a special feeling. The wet sand they were walking on was hardened. Jenitta started walking fast. All were feeling excited. Mother was feeling a sense of satisfaction.

That satisfaction didn't last for long. After walking a few feet their satisfaction was shattered and fell at their feet. They all were frozen. There was water all over. It is not a coast it looked like a mound in the sea. So all what Selvam showed us as boats and houses were false! Was that a mirage? Was it a mirage in the sea like that in the land? He was perplexed. Mother started crying as St. Antony has let them down. He was unable to think well. The time must have been around four in the morning. The watch was inside mother's bag but he never wanted to look at it. No point in looking the time now. He was furious and cursed the boatman for cheating them. He made them to think this as the coast and left them in the middle of the sea. A scoundrel, he thought.

Are all of us going to perish here



In Northern Province, Sri Lanka - pic by Umopathy

without any one's help or without any food and water? Let it dawn, I could see boats passing by and we could get help from them. He was trying to collect all the bits and pieces of hope lying at his feet to strengthen him. He looked at the coast showed by Selvam and thought that it is not too far. We could make it there. Someone will be coming, at least the Indian navy may be coming, he thought to himself. He even prayed.

Mother was tired after crying and was holding on to the rosary. Dinesh was now waiting for the sun. Measured the distance of the coast with his eyes and filled his mind with full of hopes. Can meet Niranjani tomorrow. Can give her some kisses as gift secretly, he believed. We have travelled so far, so it would be possible to get to the coast easily, he believed. The sea mother who helped as so far, will not devour us, he thought. She is full of love and compassion, will not harm us.

Sun arrived like an elephant floating. The sky brightened quickly and the coast showed where it lay. Actually it was a coast. It was a long coast extending into the sea. He estimated the tail of the coast to be about a kilometer and a half. The force of water has cut the land into a tail. If I could swim the small bits of sea water in between, I could reach the coast. This gave him hope.

He walked a few steps and placed his leg into the strip of water. It suddenly pulled his leg in. He immediately withdrew his leg from water. Is this a canal or a current? It looked calm on the surface, but has a current which could topple a person and swallow him. It is like a river running with full force.

He was feeling like crying, about their hopelessness. He is not a swimmer and felt that no one could swim that bit

of water to reach the coast. If it is dragging one in with such a force, what will happen if I place both legs in water? Everyone was feeling hungry. They had packets of mixture and mineral water but was in no mood to eat them. The sun was up and the shadow was a spot on the feet of everyone. He was worried of the bottle of mineral water going empty. There was plenty of water around them but it was salty. This water is a peculiar substance with peculiar qualities, depending on the surroundings.

Now the sea is preparing itself to swallow all four of us. He was remembered of the story of a human thumb in the belly of a fish, brought home for cooking. Are we going to be eaten by fish in the sea? Are bits and pieces of our body parts going to end up in some one's curry dish? These very thoughts, brought fear and disgust. He lost all hope of seeing a boat. Even a bird flying was not noticed. The sun gradually lost it's head in water. The sky was bright red indicating the arrival of night.

Are we to spend the night here? He looked at his mother and sisters. Mary was on the brink of fainting. He was feeling guilty. They all trusted him and started the journey. I can't allow them to die here. I have to some or other save them even at the cost of my life. I don't mind dying to save them. I don't mind the fish eating me if I could save them. He was filled with so many thoughts and feelings of despair. No boat was seen.

He got up and told mother that he will swim to the shore and bring a boat to take them. Mother told him not to do that and that we could die together if it comes to that. Mary and Jenitta started crying. Mother also started crying. He also felt like crying aloud. He told mother that he

has a hope that he could swim and reach the coast and told her to pray for the blessings of St. Antony, their savior. There was no other way. Mother placed the rosary on his neck. He told them that the distance is not long and that he could swim to the shore and bring a boat. Mother hugged him and kissed him, which she never did after he grew up to be a man. He was moved but controlled his emotions. Instead of placing the legs in water he decided to jump into the sea. Jenitta got up and came to him and held his hand tightly and said, "brother be careful". It gave me hope. Mary was lying on mothers lap since she is the last one and an apple of the eye of everyone.

He jumped into the water. The sea with it's thousand hands held him and pulled him inside the water. He kicked his legs with full force. He realized that this is not a village pond. The sea rolled him with full force and toppled him. He struggled to come to the surface. It twisted and turned him like a leaf. Only a few feet he could reach the other side of the tail. But it rolled him over and drew him inside. Jennitta's shouting was heard aloud and then dissolved in water.

There was water all over him. The enormity of water overwhelmed him. He was engulfed by the gigantic sea. He tried to swim and failed many a time. His hands and legs were tired. Finally he gave up and the sea swallowed him and kept silent as though nothing happened. Mother shouted and fell down fainted. It was a dangerous and wicked sea. There were no ears to listen to their shouting and crying. Jenitta knelt down picked up a handful of sand and cursed the sea and threw it in. Sea was silent like a cat on a mound and was touching the shore with gentle waves.

(The End)



Op-Ed

The fresh terrorist attack on India's financial capital Mumbai took 18 lives, injured 141 people and left behind many orphans, widows and helpless people. In a span of five years from August 2003 to November 2008 more than 21 terrorist attacks in India took nearly 2000 lives and injured three times more than the number of death. The 26/11 terrorist attack on Mumbai pushed sensx to 12000 points below. The terror attack was meticulously planned in Pakistan to damage India's financial capital which fetches 40% of foreign trade, collects 60% of custom duty, 40% of income tax, 20% of central excise and generates \$ 10 billion corporate tax. The insurance claim for the damage in Taj Hotel due to 26/11 attack was Rs 180 crore. Nearly 50000 skilled and unskilled jobs in tourism, floriculture, animal husbandry and handicraft sector have been reportedly

lost due to recent violence in Kashmir.

The series of terrorist attacks will not only paralyse India's growth center but to create a state within a state. India's inability to nip terrorism in the bud is one of the main reasons why the menace is eroding the economic growth benefit. It is not only the loss of lives and livelihood but terrorism has created huge trust deficit in the society.

Though there has been no authentic survey to estimate the damage due to terrorism across the country the loss will run into billions of dollar if we take into account the damage to economic assets, relief and rehabilitation packages, various forms of compensations, death of elite security personnel, cost of deployment of forces, huge productivity loss, burden of orphans and widows on families, loss due to closure of small business, damage to property, loss due to bandh,

migration of people, cost of acquisition of sophisticated anti terrorist weapons and upgradation of surveillance technology etc. India is going to buy unmanned battle field, single command center, unmanned ground aerial and underwater vehicles, unmanned tank and gun mounted robots, high powered laser, microwaves, particle beams and anti satellite weapons. All these futuristic weapons and his bravado to carry out US type attack will not hide India's inability to collect grass root level human intelligence on terrorist network across the country. It attributes to India's inability to identify quality human resources for an elite intelligence agency on the basis of pure merit without which India will jeopardize its security.

When religious terrorism bleeds urban centers, the maoist violence has affected lives and livelihood in 182 out of

India's 626 districts. The productivity loss in those districts is huge as violence affects small economic activities, tourism, trade, banking, academic session, infrastructure and collection of minor forest products etc.

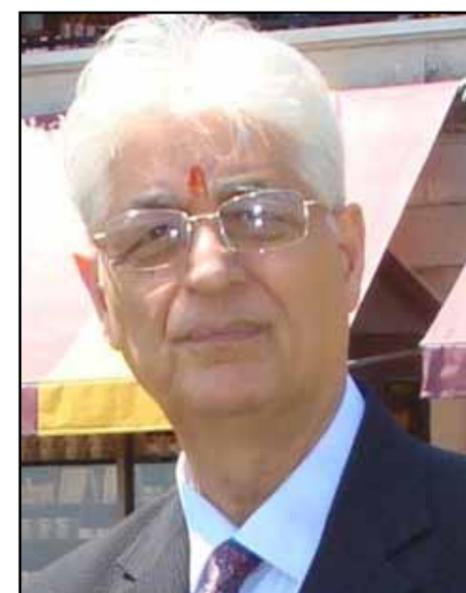
The Home Ministry was planning to induct thirteen MI-17 multi purpose heavily armed combat helicopters with infra red jammers to hit Maoist gurillas in dense forest. The Prime Minister Dr Manmohan Singh has also declared establishment of a Federal Investigation Agency (FIA) and four NSG hubs in different parts of the country along with a slew of anti terrorist measures, which may trap innocent tribal in the unavoidable cross fire.

The Maoist leaders cannot duck the moral responsibility of causing this carnage. Their positive response will save the lives of thousands of innocent tribal and security personnel. Over the years they have successfully channelled the tribal reaction to poor Governance and corruption in back ward districts into violent guerrilla activities. Under an Integrated Action Plan (IAP), the Union government has proposed to spend Rs 13000 crore to erase the trust deficit and improve governance in Naxal hit districts. The maoist leaders can monitor the implementation of development projects and participate in governance. They can also offer an alternate economic model for tribal development and win election if they enjoy the support of the tribal.

In order to consolidate the gain from economic growth, the Union Government has to strengthen its internal security. The first step must be to recruit security personnel on the basis of pure merit under a specialized national recruitment board. Safety of the republic should get the priority over religion, caste and language. Once we induct quality human resources for the job, the investment on training is bound to yield result. Every religious place and school must come under Government scanner so that no word of hatred will emit from those places. Similarly the clerics from all religions must play the role of reformer. The problem of internal security should not dog India's progress.

by Dr. Kanayalal Raina

Mumbai terrorist attack menace is eroding the economic growth benefit



St. John's College - Central



MASTER'S BIG MATCH AWARD WINNERS
(Centre L-R) Man of the match - K. Thomas - Jaffna Central College receiving from Sri T. Sridharan



WINNERS OF THE BIG MATCH
(Centre L-R) Sangaree presenting to Best Fielder, B. Kawthy - Jaffna Central College



WINNERS OF THE BIG MATCH
(L-R) K M. Shanthikumar presenting to Best bowler, T. Sanjayan - St. John's College



WINNERS OF THE BIG MATCH
(L-R) Best batsman, V. Ajanthan - St. John's College, receiving from T. Thavarasalingam



WINNERS OF THE BIG MATCH
(L-R) Best all rounder, V. Ajanthan - St. John's College, receiving from S. D. Kulanathan



WINNERS OF THE BIG MATCH
(L-R) K M. Shanthikumar presenting to Man of the match, T. Sanjayan - St. John's College



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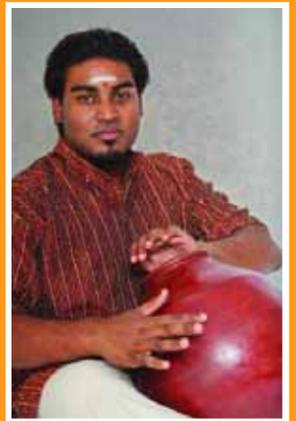
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Recent Event



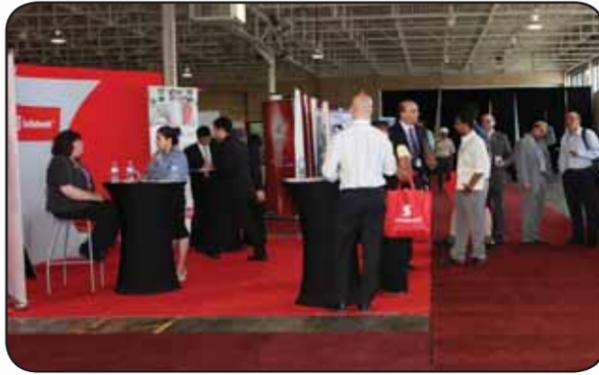
Job, Education & Settlement Fair at Toronto Congress Centre

Organized by Canadian Immigrant, Presented by Scotiabank along with Centennial College and many other participants

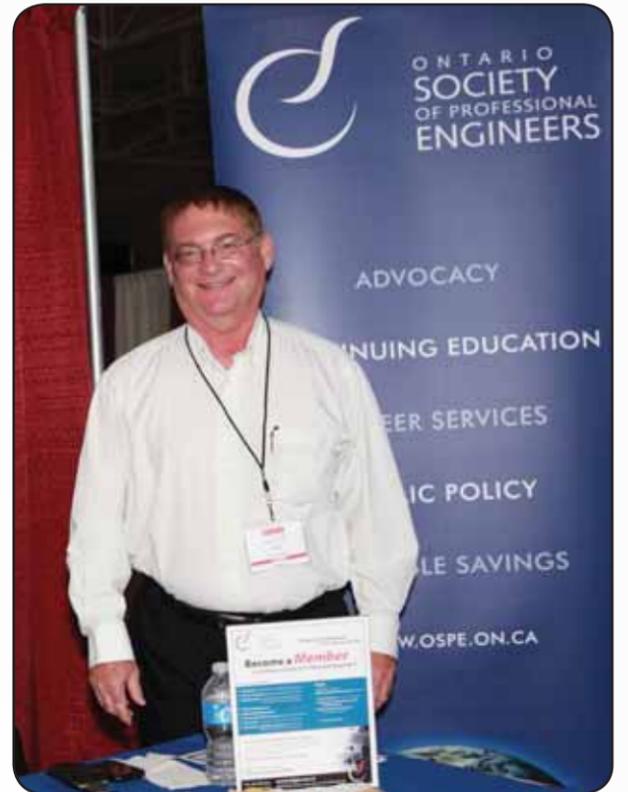
Photo Courtesy: Ken Photo on July 7, 2011



Attendees at Registration Desk



Scotiabank



Professional Engineers



Centennial College



Welcome Centre



Ontario Real Estate Association



Global Education Trust



Mortgage Diligent



Investors Group



Chartered Accountants



Certified General Accountants



Certified Management Accountants



Enterprise Toronto



Humber College



Recent Event

Job, Education & Settlement Fair at Toronto Congress Centre

Organized by Canadian Immigrant, Presented by Scotiabank along with Centennial College and many other participants

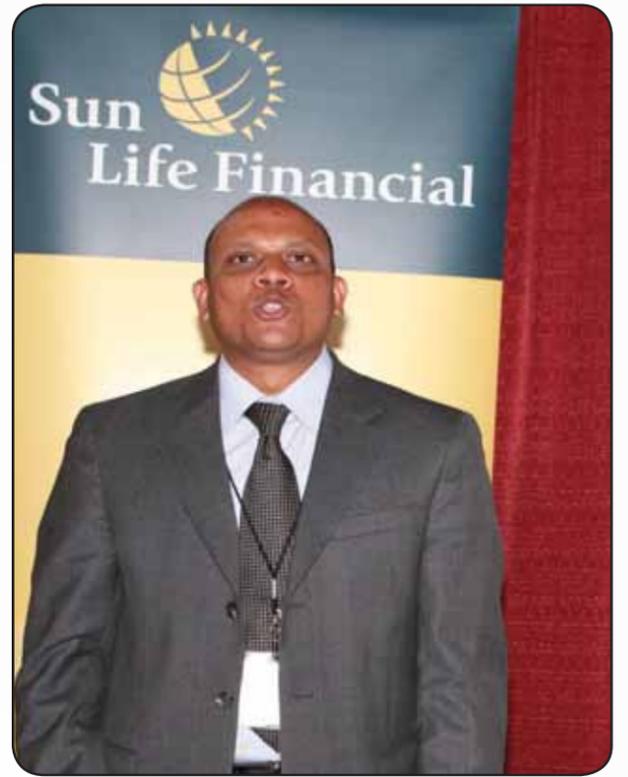
Photo Courtesy: Ken Photo on July 7, 2011



Ryerson University



Becker



Sun Life



Human Resources



Costi



Residence Conference Centre



ADT



triOS College



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University of Toronto Law School

Recent Event



Coldwell Banker BBQ 2011 - HEATWAVE Edition



Group

Ang and Toni



Jeff & the girls



Logan Jen Liza



Liza Toni



Joseph & Gino



Dale and Thomas



Charlene Toni Velda



Lorenzo Karen Charlene

The hottest recorded day this Summer came on July 22nd, 2011. There were severe heat warnings and the temperature was said to reach a record 48 degrees Celsius! So what did we the staff at Coldwell Banker Exceptional Services do? Well we threw a pool party of course! As is our tradition at the office we had our annual Pot Luck lunch at the home of one of our Real Estate Agent's and celebrated summer in style. We ate pizza, salad, and cooled down with iced summer drinks as we laid poolside and enjoyed the afternoon off. This year like past years did not disappoint and a great turnout proved our office's dedication and understanding of the expression: Work Hard, Play Hard!

Written By:
Liza Franses



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Durham Tamil Association



Durham Tamil Association Adopt's a Park in Pickering

Durham Tamil Association is the proud to partner with the City of Pickering and in Adopting Denmar Park (located South of Kingston Rd & East of Brock Rd in Pickering). As part of our youth programs to assist Durham region cities, DTA youth worked tirelessly in cleaning up the park on a very hot summer day July 13th. We welcome all Durham residents to come and enjoy this beautiful park and its facilities. For more details on our next clean up and tree planting please call us at 905.428.7007

DTA Celebrates Canada Day in Ajax & Pickering

Durham Tamil Association celebrated Canada Day on July 1st in Pickering and Ajax. We have participated in Canada Day programs for the past 11 years. Our DTA youth Delany, Shamira, Kandiah served over a 100 visitors with beautiful Henna Tattoo, there was a long line up throughout the Day to get the personalized Tattoo from our talented artists. DTA youth also performed classical dance programs to the delight of the audience in Ajax & Pickering. Sivi Pratheepan - sang O'Canada, Sarika Navanathan - Kollywood Songs, Jeremy Francis - performing a western songs and Classical Dance - performed by Sai Niruthiya Dance School Aarani Sriskantharaja, Vishnavi Sriskantharaja, and Abina Sivakumaran.



More pictures in next page ...



Durham Tamil Association

DTA Ladies Club Cake Decorating Work Shop

DTA's Love your life ladies club had a cake decorating workshop for the ladies club members on Sunday of July 24th as one of the monthly gathering. Saira, the professional cake decorator who has her own business called "Sweet Cakes" demonstrated the process of basic application of butter icing and fondant covering and other decorations as making simple flowers, leaves, edging etc. She did a tremendous job teaching the beginners and made them involve in the process to make the session more informative and fun for the ladies. We also scheduled another advance level cake decoration session with Saira end of this year. DTA's ladies club members thank Saira for all her help and for sharing her expertise with our ladies. Next Ladies club meeting is on the 28th of August.



UPCOMING DTA ACTIVITIES IN AUGUST

Durham Tamil Seniors Trip to 1000 Islands in Kingston, ON
 Medical Advice & Seminars for Seniors

DTA Youth Activity and basket Ball practices at East Shore Community Centre
 DTA Ladies Club Activity

We cordially invite all Durham kids & youth to participate in our 10th Annual Youth Festival: practices will be starting soon please contact us
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DTA celebrates Canada Day...



Tamil Cultural & Academic Society of Durham



Tamil Cultural & Academic Society of Durham entertains at St. Francis Centre Opening

With funding from Federal, Provincial and Municipal Infrastructure dollars, the long-awaited restoration and adaptive retrofit of the former St. Francis de Sales Church is complete and the doors are open! On Wednesday, July 6, 2011, residents were invited to get their exclusive first look at the new St. Francis Centre, and learn about its features and amenities, which include 3409 sq. ft. of usable reception/theatre/meeting space, retractable theatre style seating for 150, a thrust stage, bar, caterer's kitchen, dressing rooms, theatre sound, light and audio-visual capabilities, and more. Member of Parliament Chris Alexander, Member of Provincial Parliament Joe Dickson, Ajax Mayor Steve Parish and other members of Ajax Town Council were on hand to speak to the amazing transformation, as well as unveil the new dedication plaques and participate in the official ribbon cutting ceremony. In addition, four young dancers from the Tamil Cultural & Academic Society of Durham performed a choreographed dance "Escape into Glory" for a full house of attendees. The partnership between the Town of Ajax and the Tamil Cultural & Academic Society of Durham represents the Town's changing demographics and its commitment to embracing diversity. Through colourful dress, entrancing dance moves, and upbeat cultural music, the dancers demonstrated the type of arts and cultural performances that can be performed on the new stage. The performance also showcased what the new St. Francis Centre wants to achieve in the community - a commitment to arts,

culture, heritage and diversity.

In the heart of Pickering Village, the Town of Ajax's identified centre for arts, culture and heritage, the St. Francis Centre is a state-of-the-art performance and reception space for weddings, corporate meetings, community events, receptions, concerts, celebrations, film screenings, live theatre, and more!

Originally constructed in 1871 by Henry Langley, the former church is a key cultural and historic landmark in Pickering Village in Ajax, and gives meaning to the name of the street on which it is situated (Church Street). The building was designated as an Ajax heritage building in 1999, and in 2007, Ajax Council approved the purchase of the facility to protect and restore the structure. The facility was returned to its historic and majestic beauty through a careful restoration process and transformed into the St. Francis Centre, a multi-use community arts, cultural and performance venue; the first of its kind in west Durham. This flexible programming space will be able to accommodate a variety of private and community-based programming including a myriad of arts and cultural programming such as theatre, exhibitions, films, musical performances, concerts, recitals, corporate and social receptions, lectures and workshop space.

Robert Gruber, Manager, Community & Cultural Development

Town of Ajax - Recreation & Culture

For more information on the St. Francis Centre, visit www.stfranciscentre.ca



Performers with MP Hon. Chris Alexander, MPP Mr. Joe Dickson and Mayor Steve Parish



Aparna, Thulasi, Bharavi and Gobesha performing at the St. Francis Centre Ribbon cutting Ceremony

More pictures in page 55...

CANADA DAY CELEBRATION IN PICKERING

By Tanesha Thirukumar

This year City of Pickering celebrates its 200 years anniversary. TCASD celebrates the city's Bicentennial year at the Canada Day at Kinsmen Park. TCASD had many Tamil cultural entertainments and Tamil cultural refreshments at the park. One of our most important activities was Henna tattoo and we had over

100 people participate and the guests names written in Tamil. Dances were offered by graceful dancers of TCASD, who had the crowd pleasantly surprised by the cultural yet innovative pieces. One of the Highlights of the Canada Day celebration was when TCASD handed the City of Pickering a Congratulation card with over 50 Youths signatures.





Tamil Cultural & Academic Society of Durham

Henna Tattoos for the Cyclists

By: Aparana Tharmakulasingam

The Great Waterfront Trail Adventure was a great experience for the Tamil Cultural Academic Society of Durham. The Great Waterfront Trail Adventure was an eight day cycling tour of the Lake Ontario waterfront trail from Niagara to the Quebec border.

Ajax was a part of this tour by providing an overnight location on the third day of the tour. Here, the Tamil Cultural Academic Society of Durham was given the opportunity to apply Henna tattoos for the cyclists.

In my experience, the Henna tattoos were a success and the cyclists who want-

ed tattoos were extremely pleased with what they were provided with. There were about 250 cyclists here in Ajax, at Rotary Park.

There was a great deal of friendliness and hospitality between the cyclists and the Ajax citizens.

This was a great experience for myself because sharing an art my culture holds, provides knowledge and more understanding for other cultures and societies. Through the Great Waterfront Trail Adventure stay at the Ajax Rotary Park, the Tamil Cultural Academic Society of Durham accomplished sharing an art we hold with the community.

Canada Day Celebration at Rotary Park in Ajax

By Thulasi Sathianathan

The Tamil Cultural and Academic Society of Durham's booth was a destination for many Ajax residents and visitors at the Canada Day celebrations at Ajax's Rotary Park. TCASD (The Tamil Cultural and Academic Society of Durham) was swamped with visitors who wanted a taste of Tamil culture.

The booth, draped in saris, with a showcasing of a few cultural clothing and jewellery attracted the attention of guests and gave them something to look at as they were trademarked with beautiful henna designs courtesy of TCASD volunteers.

The artful henna designs were a big

hit and TCASD volunteers received many votes of gratitude and appreciation for the lovely artwork. Guests to the park did not hesitate to wait in long lines in order to receive henna designs, even some boys were brave enough to line up as well. Visitors were also able to see their names take shape in front of them in Tamil.

In addition performances were presented by TCASD with flute solos, and graceful dances. Blooming TCASD dancers provided appealing and energetic dances that delighted the audience. Truly showcasing it's culture, TCASD's enthusiasm and the long line-ups at it's booths, showcase that TCASD's services were a great success.

TCASD up Coming Events

The Tamil Cultural and Academic Society of Durham have always been supportive of showcasing the talents of the Tamil youth and children in Durham. TCASD's annual "Believe in You" provides youth and children with this opportunity. Every year we include several programs that vary from dances to music and even comedic dramas. The talents showcased never ceases to amaze; it just becomes better and better every year. This year we are providing you with the opportunity to showcase the talents and the skills of all the children and youth in Believe in You 2011 which will be held on October 1st, 2011. If you like your children to participate please attend the meeting.

Believe in You 2011 participation registration and members meeting will take place on August 7th from 5-7 PM at the below address. For more information please call 416-857-0846.

Royal Canadian Legion Ajax
111 Hunt St (Harwood/Hunt St)
Ajax, ON

St. Francis Centre Opening...

Contd. from page 54



Dancers with Sharlene Melnike, Community Development Coordinator, Town of Ajax



Ribbon Cutting Ceremony



Tribute



By D.B.S. Jeyaraj

Sivaji Ganesan who passed away on July 21st 2001 is widely regarded as the greatest thespian of post-independence Tamil cinema. This doyen among Tamil actors was one of my favourites.

Like many of my generation I memorized the dialogue from "Veera Pandiya Kattabomman" during my childhood and repeated them with appropriate mannerisms to entertain family, relatives, classmates and friends.

Sivaji spoke Tamil on screen the way it should be spoken. It is no exaggeration to say that he was the role model for many in pronouncing Tamil dialogue in dramas.

I also had an opportunity of meeting him in person at Hotel Ranmuthu in

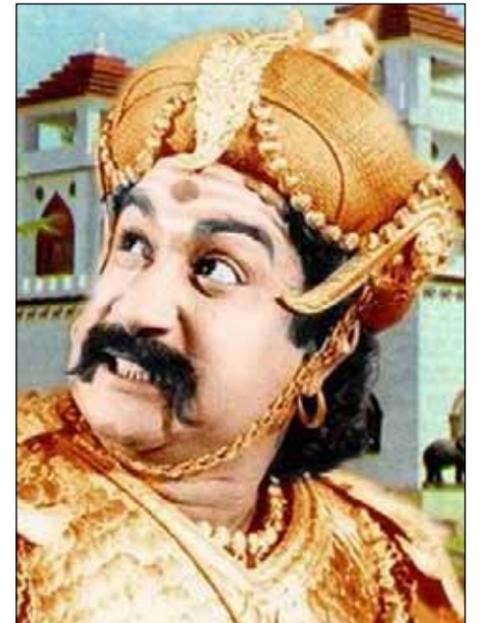
acted for the big screen and also gave stage performances; and 1974 to 1999, when he acted only in films. (His last film was Pooparikka Varigirom.)

Villupuram Chinniah Ganesan, or V.C. Ganesan, was born on October 1, 1928, in Villupuram, which was then in Tamil Nadu's South Arcot district, to Chinnaipillai, a railway employee and freedom fighter, and Rajamani, in whose name he was to launch later a successful film company, Rajamani Pictures.

Smitten by a street drama about Kattabomman, the feudal Polagar of Panchalan-kurichi who defied the British, young Ganesan became enamoured of acting and abandoned school when he was in Class Two. Forsaking home, he joined the Madurai-based Bala

Gana Sabha drama troupe first, and later the troupe run by Ethaartham Ponnusamipillai. From child roles he graduated to female roles and then on to the "raja part", the role of the hero, as it was known then. The first landmark in his career was his portrayal of the Maratha warrior Sivaji in the drama "Sivaji Kanda Samrajyam" written by Dravida Munnetra Kazha-gam leader C.N. Annadurai, who went on to become the Tamil Nadu Chief Minister. E.V. Ramaswamy, the patriarch of the Dravidian movement, acclaimed his stellar performance and referred to Ganesan as 'Sivaji' Ganesan. This was in 1946. The sobriquet stuck.

The big break in Sivaji's career came in 1952, when he acted as the hero in



Sivaji Ganesan as Veera Pandiya Kattabomman

Sivaji Ganesan

A doyen among actors in Tamil cinema



Kollupitiya when he came down to Sri Lanka in 1978 for the shooting of "Pilot Premnath"

When Sivaji passed away in 2001 I penned an article about him for the Indian newsmagazine "Frontline" dated August 4th-17th 2001 (Vol 19 NO 16)

I am reproducing that article without any changes on my blog as tribute to his memory on the tenth anniversary of his death. Here it is friends:

SIVAJI GANESAN, 72, one of the brightest stars on the Tamil film firmament for nearly five decades, passed away at a Chennai hospital on July 21. With more than 300 film roles to his credit, he inspired a whole generation of artists, virtually creating a new school of acting.

His acting career, which began at the age of eight, could be divided into three phases - 1936 to 1952, when he acted only on stage; 1952 to 1974, when he



10th Death Anniversary of Sivaji Ganesan: (1 October 1927 - 21 July 2001)

Parasakthi, a film directed by Krishnan-Panju. The dialogue, written by DMK leader and former Chief Minister M. Karunanidhi in fiery and flowery prose with a surfeit of alliterations, the hallmark of Karunanidhi's style, came powerfully alive in a stunning performance by Sivaji, unparalleled in Tamil cinema. The monologue uttered as an address to Tamil Nadu in the earlier scenes and the courthouse speech in the closing stages of the film were classic instances of delightful oratory. A star had arrived in Tamil cinema.

The Karunanidhi-Sivaji combination made an explosive impact. The writer's rich prose, brimming with vitality, was given emotive and impressive expression by the actor. Every film in which they collaborated was a success. Notable among them were Thirumbi Paar, Manohara, Kuravanji and Iruvar Ullam.

Sivaji had an extraordinary flair for dialogue delivery. He pioneered an exquisite style, diction, tone and tenor. (Later other scriptwriters, such as Solaimalai, Sakthi Krishnaswamy, Aroor Das, and 'Vietnam Veedu' Sundaram, were to provide dialogue that tapped his diction, which rendered the Tamil language euphonious.)

A generation of actors and aspirants modelled themselves on his style. Despite this mass attempt to imitate and emulate him there was no replicating or



Tribute

duplicating the veteran. This stylish, dramatic presentation was essentially considered to be a feature suitable for the stage rather than the screen. A device used frequently in his earlier films to give an outlet to his histrionic talents was the inclusion of short historical dramas – on the Chera King Senkuttuvan, Akbar's son Salim or Jahangir, Socrates, Emperor Asoka among others – within the main plot, often dealing with a social theme.

His acting ability received maximum exposure in the bantering arguments Veerapandiya Kattabomman has with his British adversaries in the eponymous film. Sivaji received the best actor award for this role at the Afro-Asian film festival held in Cairo in 1960.

Sivaji's talents were by no means restricted to his oratorical prowess and powerful dialogue delivery. He could emote all the nine moods (navarasas) realistically. This skill found scope in all his films and came out into full play in his 100th film Navarathri in 1964, in which he played nine different characters signifying wonder, fear, compassion, anger, gentleness, revulsion, romantic passion, courage and happiness.

His other commendable multi-role performances were in Uthama Puthiran



Jayalalitha and Sivaji Ganesan in Engirundho Vandhaal

Govindarajan and A.M. Raja in the earlier days and T.M. Soundararajan later gave voice to his songs, making the singing and speaking voices blend as an indivisible entity.

Several directors, among them Krishnan-Panju, T.R. Sundaram, L.V. Prasad, B.R. Panthulu, T. Prakash Rao, A. Bhim Singh, K. Shankar, A.P. Nagarajan, A.C. Tirulokchandar, Sridhar, P. Madh-avan, K.S. Gopalakrishnan and K. Vijayan, directed Sivaji in vastly different roles, bringing out his versatility.

It was Sivaji's tragedy that as the years progressed, opportunities for him to display his acting talent became scarce. But he did act in cameo roles, often stealing the scenes, as in Thevar Magan, which won him the National Awards Jury's Special Jury award in 1993. (Sivaji, incidentally, declined the award.)

Ironically, the man hailed as a great thespian never won a national award for best actor. He was conferred the Dadasaheb Phalke lifetime achievement award for meritorious service to Indian cinema in 1997.

THE film journal Pesum Padam gave him the honorific 'Nadigar Thilagam' (doyen of actors). Sivaji was honoured with the titles Padma Shri and Padma Bhushan and the Tamil Nadu government conferred on him the Kalaimamani award. The French government honoured him with Chevalier in the Order of Arts and Literature.

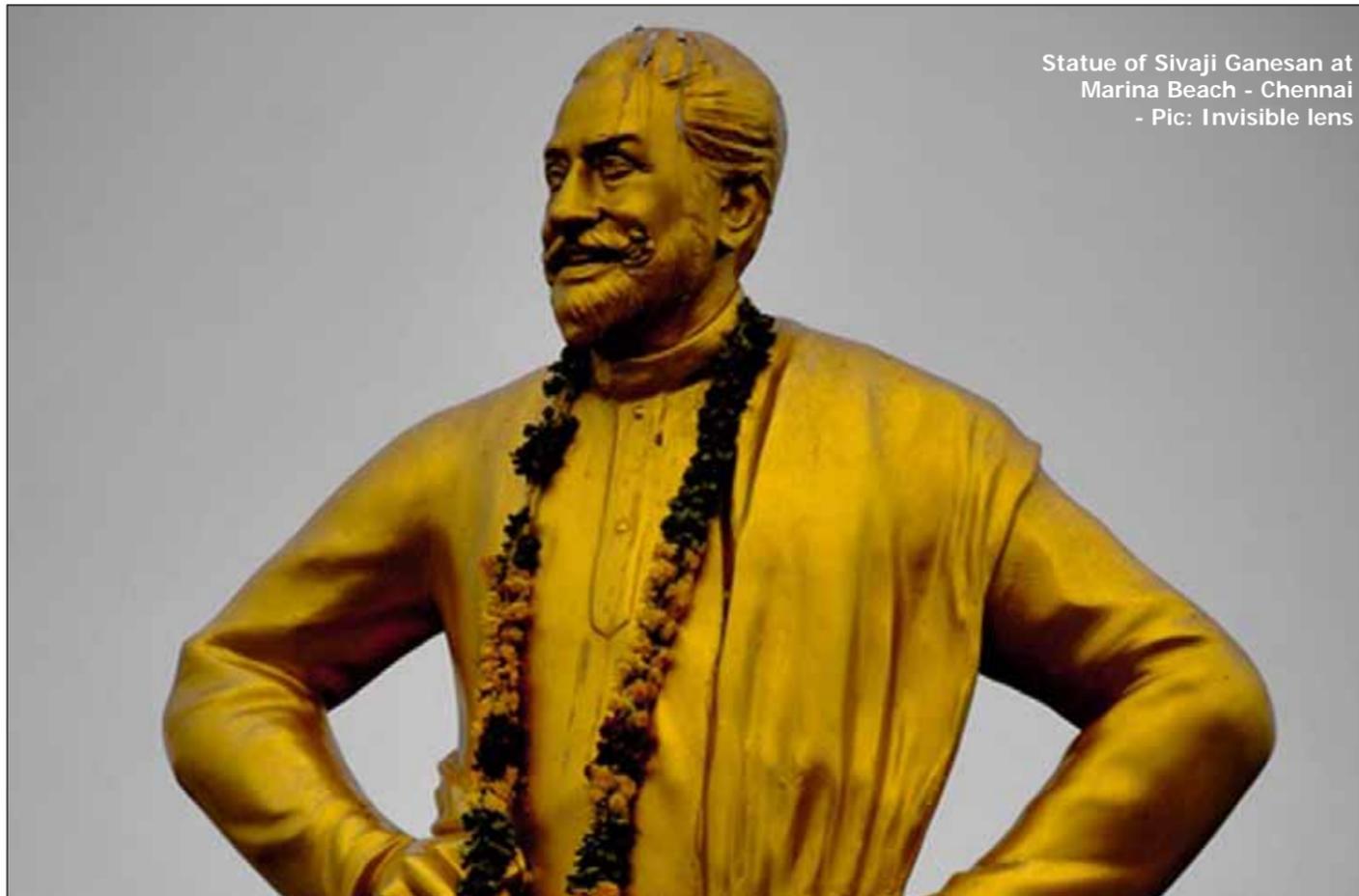
Sivaji served as a member of the Rajya Sabha. But despite his vast popularity as a film actor he was not successful in politics. Starting out as a Dravida Kazhagam and later DMK activist, he crossed over to the Congress in the late 1950s. When the Congress split in 1969 he stayed with the 'old' Congress of Kamaraj. After Kamaraj's death he joined the Congress led by Indira Gandhi. In 1989, he formed his own Tamizhaga Munnetra Munnani and struck out alone only to suffer a humiliating defeat in the elections.

Later he functioned as leader of the Tamil Nadu Janata Dal for a while, but soon ceased to be active in politics.

Essentially a creature of the stage when he entered films, Sivaji Ganesan brought that baggage with him and superimposed it effectively on the film medium. Yet his brilliant acting made this so-called violation of screen norms the accepted norm of film acting. Generations of Tamils learnt to appreciate the beauty and power of the Tamil language because Sivaji Ganesan breathed new life into it.

Sivaji was no stranger to Sri Lanka. His movies ran to packed houses in the island. Several of his films were adapted and remade in Sinhala. Substantial portions of Pilot Premnath and Mohanapunnagai were shot in Sri Lankan locales with Sri Lankan artists Malini Fonseka and Geetha Kumarasinghe in the lead female roles.

[dbsjeyaraj.com]



Statue of Sivaji Ganesan at Marina Beach - Chennai
- Pic: Invisible lens

in a dual role, and Deiva Magan and Bale Pandiya in which he did three roles each.

Sivaji Ganesan played a wide range of characters, from god and king to commoner. Whether it was the mercurial Chola emperor Raja Raja Cholan, Lord Siva, Lord Muruga, Saivite saint Appar, Vaishnavite saint Periyaalvar or Tamil poet Ambigapathy, Sivaji was always at his scintillating best. He was equally splendid in contemporary roles and stereotypes making every performance a memorable one.

Superb among them are his roles as Bharatha in Sampoorna Ramayanam, the patriotic lawyer Chidambaram Pillai

in Kappalottiya Thamizhan, the nagaswaram player Sikkal Shanmugasundaram in Thillana Mohanambal, Prestige Padma-nadha Aiyer in Vietnam Veedu, Barrister Rajanikanth in Gauravam and Police Superintendent Chaudhury in Thangapadhakkam.

Despite achieving stupendous success on the screen, Sivaji remained faithful to his first love, the stage, and acted in plays for decades. Scenes from some of his films remain etched in memory: the 'Yaaradi Nee Mohini' song sequence in Uttama Puthiran, where Sivaji's mannerisms would remind present day movie-goers of Rajnikanth's style; the

physically challenged Ponniah in Bhagapirivina, the inimitable gait as the fisherman in Thiruvilayadal and the clash with Tamil scholar Nakkeeran in the same film; his duel over artistic superiority with Padmini in Thillana Mohanambal; particularly during the 'Nalanthaana?' song sequence; and the Othello drama sequence in English with Savithri as Desdemona in Iratha Thilakam.

Sivaji had an astounding capacity to synchronise lip and body movements to playback renditions making it appear as if he was actually rendering these songs. Singers Chidambaram Jeyaraman, Tiruchi Loganathan, Seerkazhi

Business



Arun Senathirajah
ACIB, MBA (Banking Mgmt)

U.S. Debt Crisis

The US national debt cannot legally exceed a debt ceiling of \$14.29 trillion, but one which was reached in May 2011. Any changes to the debt ceiling need to be approved by the Congress, and this has led to a protracted stalemate between Republicans and Democrats. Both sides realize that the US debt needs to be brought under control, but have rather different ideas about how to do it. Obama (Democrats) is proposing a 10-year, \$4tn package of spending cuts and tax rises – including higher income taxes. The Republican Party supports a \$2.4tn package of spending cuts, but is not backing the tax rises.

Approval of Debt Ceiling

Two days before the deadline for a

disappointment on the spending cuts are of the opinion that 'the worst thing is that Washington is just in the process of passing huge spending cuts, probably the exact opposite of what's needed.' Analyzing the latest U.S. Bureau of Economic Analysis report on GDP growth, released on July 29, 2011, it has become increasingly uncertain when the economy will really starting picking up. During the second quarter, it grew by only 1.3% and worse, the estimate for growth in the first quarter was revised from 1.8 per cent down to 0.4 per cent. Revisions to previous quarters show a deeper recession and a weaker recovery than previously portrayed. For the past six months, GDP grew at an annual rate of only 0.8%. This is not a number consistent with a narrative of a strong U.S. economic recovery. Prospects for a pickup during the second half of the year are

necessary if the economy fails to regain momentum in the second half of the year.

Debt and State of the Economy

The total or gross national debt is the sum of the "debt held by the public" and "intra-governmental" debt. Debt held by the Public, representing all federal securities held by institutions or individuals outside the federal government, including that held by the Federal Reserve System and state and local governments. Intra-governmental Holdings representing U.S. Treasury securities are administered by the federal government. As of February 2011, the "debt held by the public" was \$9.6 trillion and the "intra-governmental debt" was \$4.6 trillion, for a total of \$14.2 trillion. The United States has had public debt since its inception. Under President Barack Obama, the debt increased from \$10.7 trillion to \$14.2 trillion by February

of \$9.49 trillion and 32% of the total debt of \$14.1 trillion. The largest holders were the central banks of China, Japan, the United Kingdom and Brazil. The share held by foreign governments has grown over time, rising from 25% of the public debt in 2007 and 13% in 1988. As of May 2011 the largest single holder of U.S. government debt was China, with 26 percent of all foreign-held U.S. Treasury securities. Starting in late 2008, the U.S. federal government is guaranteeing large amounts of obligations relating to mutual funds, banks, and corporations under several new programs designed to deal with the problems initiated by the Financial Crisis of 2007–2010. Guarantees are off-balance sheet and therefore excluded in the calculation of federal debt. The funding of direct investments made in response to the crisis, such as those made under the TARP

Debt Crisis and Economic Turbulence of the USA

possible U.S. government default, President Barack Obama and Congressional leaders reached agreement Sunday July 31, 2011 to extend the federal debt ceiling while cutting spending and guaranteeing further deficit-reduction steps. On August 1, 2011, U.S. House of Representatives passed the compromise legislation to raise the debt ceiling until 2013 to avert impending government default, and the economic disaster that would have followed. They also agreed to reduce America's long-term deficit. After weeks of political wrangling, President Obama and congressional leaders reached a deal but needless to say, the drama isn't over yet. An outline of the deal would raise the debt ceiling by \$2.4 trillion in two stages. First, it would cut spending by \$917 billion over the next 10 years. Then, a special committee would be tasked to find another \$1.5 trillion in savings, which could come through tax overhauls and changes to social programs. If the committee doesn't find at least \$1.2 trillion in savings, or Congress doesn't adopt its proposals, a pre-set array of spending cuts would kick in. This could include cuts in military spending and Medicare payments to health-care providers.

Deeper Recession on the Horizon

Initially cheered Global stock markets tumbled on Tuesday August 02, 2011 after downbeat U.S. data fuelled fears the world's largest economy might be sliding back into recession. Some economists who advocate fiscal policy felt

fading fast. Even if the economy is no longer depressed by 2013, it will likely just have started growing in any meaningful way. There is no signal for this possibility.

Debt Deal Thrusts an Agenda for QE3 (Quantitative Easing -3)

The deficit-reduction plan sets the stage for months of debates over how Washington taxes and spends. And it's uncertain how a plan centered on spending cuts without tax increases will impact GDP growth, which has faltered since the summer of 2010. The question now is how much weaker could things get and could the scale of spending cuts would work? Most of the spending cuts won't kick in until 2013, but it's not clear the U.S. economy will be ready to handle the blow even then. However, the plan doesn't address the extent of today's weak economic recovery. The possibilities are there likely put pressure on the Fed to act in an effort to boost the economy again. Perhaps Congress needs to pair this debt deal with a back-up QE3 plan? A more expansionary fiscal policy is almost unthinkable given the political realities of the current Congress, so the monetary expansion is the only tool available to deal with a labour market that has still yet to show signs of recovery. The need for a third round of quantitative easing on the part of the U.S. Federal Reserve has increased. Federal Reserve chairman, Ben Bernanke has mentioned in July 2011 a third round of quantitative easing, called QE3, could be



US national debt clock / billboard. Picture was taken on April 19 so add approx. \$1.5 billion per day to get current amount.

2011. Gross debt relative to GDP rose due to recessions and policy decisions adopted. From 2000 to 2008 it rose from 35% to 40%, and to 62% by the end of fiscal year 2010. International Monetary Fund places the total U.S. public debt at 96.3% of GDP, ranked 12th highest against other nations, using 2010 figures. As of June 29, 2011, the Total Public Debt Outstanding of the United States of America was \$14.46 trillion and was approximately 98.6% of 2010's GDP of \$14.66 trillion.

Foreign Ownership

As of January 2011, foreigners owned \$4.45 trillion of U.S. debt, or approximately 47% of the debt held by the public

(Troubled Assets Relief Program), are captured by the debt totals. Based on the 2010 U.S. budget, total national debt will nearly double in dollar terms between 2008 and 2015 and will grow to nearly 100% of GDP, versus a level of approximately 80% in early 2009. Multiple government sources including the current and previous presidents, the GAO (Government Accountability Office), Treasury Department, and CBO (The Congressional Budget Office) have said the U.S. is on an unsustainable fiscal path. As the debt ratio increases, the exchange value of the dollar may fall. Paying back debt with cheaper currency could cause investors (including other



Business

governments) to demand higher interest rates if they anticipate further dollar depreciation. Paying higher interest rates could slow domestic U.S. growth.

Reasons for the Debt Load

The CBO (The Congressional Budget Office) reported several types of risk factors related to rising debt levels in a July 2010 publication:

A growing portion of savings would go towards purchases of government debt, rather than investments in productive capital goods such as factories and computers, leading to lower output and incomes than would otherwise occur

If higher marginal tax rates were used to pay rising interest costs, savings would be reduced and work would be discouraged

Rising interest costs would force reductions in important government programs

Restrictions to the ability of policymakers to use fiscal policy to respond to economic challenges

An increased risk of a sudden fiscal crisis, in which investors demand higher interest rates.

The Pew Research Center is an American think tank organization has identified the major drivers for the debt



Ten Thousand Dollars
\$10,000 - Enough for a great vacation or to buy a used car.
Approximately one year of work for the average human on earth.

debt.

Rollover and maturity risks

In addition to the debt increase required to fund government spending in excess of tax revenues during a given year, some Treasury securities issued in prior years mature and must be "rolled-over" or replaced with new security issuance. During the financial crisis, the Treasury issued a sizable amount of relatively shorter-term debt, which caused the average maturity on total Treasury

A high debt level may affect inflation, interest rates, and economic growth. A variety of factors are placing increasing pressure on the value of the U.S. dollar, increasing the risk of devaluation or inflation and encouraging challenges to dollar's role as the world's reserve currency. If another currency or basket of currencies replaced the dollar as the reserve currency, the U.S. would face higher interest rates to attract capital, reducing economic growth for the long-term. Exposure to potential financial or political risk should foreign banks stop buying Treasury securities or start selling them heavily was addressed in a June 2008 report issued by the Bank of International Settlements. BIS has stated, "Foreign investors in U.S. dollar assets have seen big losses measured in their own currency. While unlikely, indeed highly improbable for public sector investors, a sudden rush for the exits cannot be ruled out completely. On May 20, 2007, Kuwait discontinued pegging its currency exclusively to the dollar, preferring to use the dollar in a basket of currencies. Syria made a similar announcement on June 4, 2007. In September 2009 China, India and Russia said they were interested in buying IMF gold to diversify their dollar-denominated securities. However, in July 2010 China's State Administration of Foreign Exchange "ruled out the option of dumping its vast holdings of US Treasury securities..."

Credit Rating

Together with the budget deficit, this debt was one of the reasons given by Standard & Poor's to downgrade the United States' credit outlook to "negative" on April 18, 2011. On 14 July 2011, ratings agency Moody's warned it might strip the US of its AAA rating after the Federal Reserve chairman, Ben Bernanke, was poised to inject further funds into the US economy and commit to several years of low interest rates to combat flagging growth and prevent fur-

ther rises in the unemployment rate. Though a debt default appears to have been avoided, worries over U.S. finances are likely to persist and a number of analysts think the credit rating agencies may still downgrade the country's triple A rating.

Conflicts of Theories Adopted

President Barack Obama is under the influence of 'borrowing to spend on public infrastructures' as a way to stimulate the worsening economy. Former Treasury secretary and top economic advisor to President Barack Obama Lawrence Summers a Harvard University professor is behind these Obama's economic thinking. Economist Paul Krugman disputed the existence of a solid debt threshold or danger level, arguing that low growth causes high debt rather than the other way around. He also points out that in Europe, Japan, and the US this has been the case. Economists Carmen Reinhart and Kenneth Rogoff in their book 'This Time is Different: Eight Centuries of Financial Folly' state "There is a growing perception that today's low interest rates for debt of advanced economies offer a compelling reason to begin another round of massive fiscal stimulus." A high public debt to GDP ratio may also slow economic growth. Economists Reinhart and Rogoff calculated that countries with public debt above 90 percent of GDP grow by an average of 1.3 percentage points per year slower than less debt-ridden countries. The public debt-to-GDP ratio in March 2010 is about 60 percent of GDP; CBO projects it will reach 90 percent around 2020 under policies in place in 2010. If growth slows, all of the economic challenges the U.S. faces will worsen. Debt levels may also affect economic growth rates. Economists Kenneth Rogoff and Carmen Reinhart reported in 2010 that among the 20 advanced countries studied, average annual GDP growth was 3-4% when debt was relatively moderate or low (i.e. under 60% of GDP), but it dips to just 1.6% when debt was high (i.e. above 90% of GDP).

Conclusions

The U.S. debt limit debacle and the simmering European Union debt crisis continue to produce safe-haven investment demand for the precious metals. This will also have negative impact on the currencies of the respective countries mainly US Dollar and Eurodollar. Having spent a fortune bailing out their banking systems led by the USA, to avert global liquidity crisis, now has unfortunately fell into the same pit and trying hard to recover. Now the USA has to follow the same austerity measures adopted by the sovereign debt crisis prone Eurozone countries. Finally tax payers, investors and general public bear the costs.



15 Trillion Dollars

\$15,000,000,000,000- Unless the U.S. government fixes the budget, US national debt (credit card bill) will topple 15 trillion by Christmas 2011.

Statue of Liberty seems rather worried as United States national debt passes 20% of the entire world's combined GDP (Gross Domestic Product).

In 2011 the National Debt will exceed 100% of GDP, and venture into the 100%+ debt-to-GDP ratio that the European PIIGS have (bankrupting nations)

build up as: Revenue declines due to the recession, separate from the Bush tax cuts of 2001 and 2003: 28%, Defense spending increases: 15%, Bush tax cuts of 2001 and 2003: 13%, Increases in net interest: 11%, Other non-defense spending: 10%, Other tax cuts: 8%, Obama Stimulus: 6%, Medicare Part D: 2% and Other reasons: 7% New York Times analysis show that policies of former President Bush and President Obama contribute to 63% and only 37% by the impact of recessions or the business cycle for roughly \$2 trillion increase in the US

debt to reach a 25-year low of just more than 50 months in 2009. As of late 2009, roughly 43% of U.S. public debt needed to be rolled over within 12 months, the highest proportion since the mid-1980s. The relatively short maturity of outstanding Treasury debt, coupled with the increased reliance on foreign creditors, puts the U.S. at greater risk of sharply higher borrowing costs should risk perceptions change abruptly in credit markets.

Threat to the U.S. Dollar Stability

Children's Corner



BOOK REVIEW

Peace Tales from Asia

By Danesh Thirukumaran,

(Class of 2012, Crossroads South Middle School, South Brunswick, NJ, USA)

Peace Tales from Asia, by Chandrani Warnasuriya, a book filled with short stories that can make people change their view on violence and "Build a Culture of Peace".

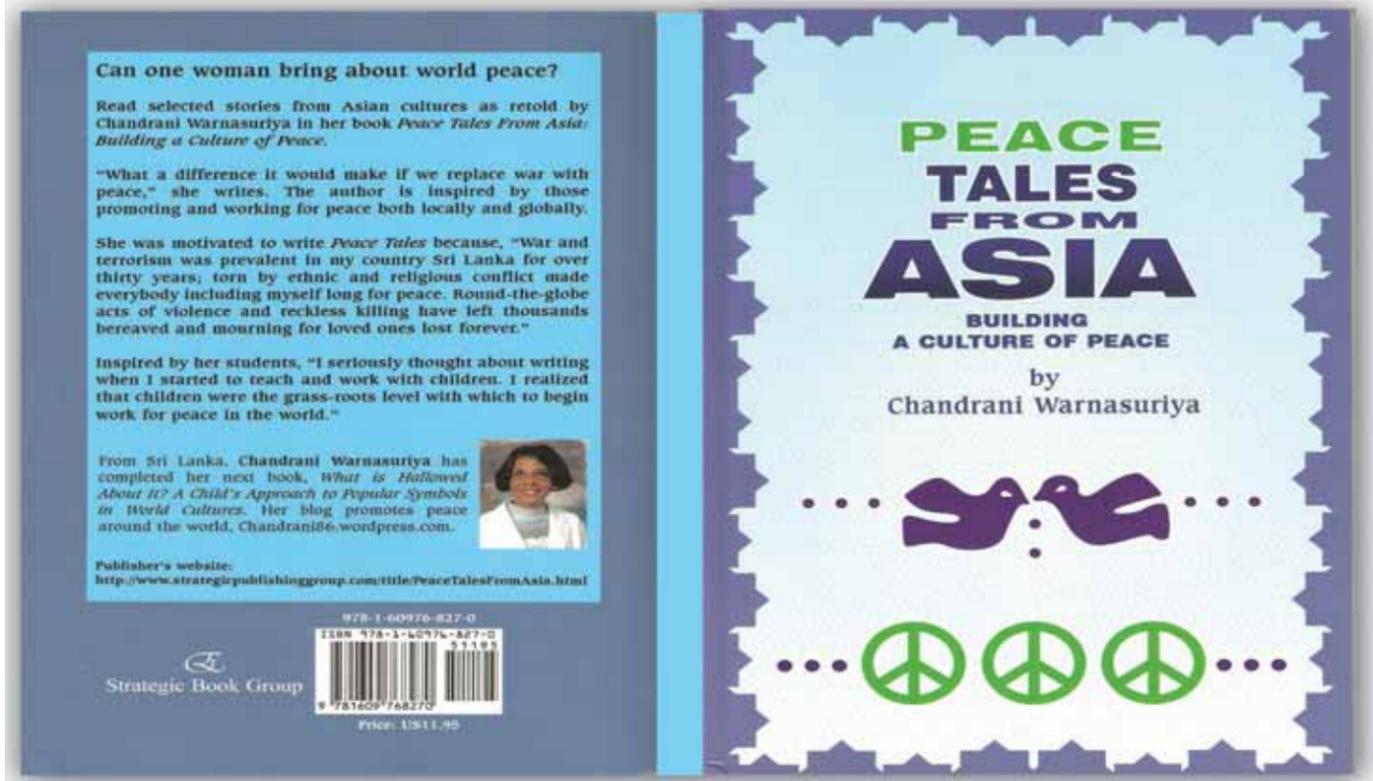
For one reason, she mentions how peace can be established in more people's lives to make not only their life better, but others as well. Her book retells short stories from throughout the countries of Asia that provide details to show how peace can bring about in a place. Not only that, but she provides sayings from people that are advocates for peace. For example, "when elephants battle, ants perish," Is a Cambodian proverb which explains how violence doesn't just hurt one person, it hurts many.

In the book, Peace Tales from Asia, there is always a solution to solve violence and bring about peace in the story. Her book is written very good especially for children to understand the meanings of peace. Most of her stories show violence against other humans but in some against animals. Like in the story, "The Magic Listening Cap," a tale from Japan, the mayor advised some people to cut down some trees to make a teahouse. That is violence to the animals living there. This also proves how devilish humans can be towards other species that do no harm to humans.

Although peace is not present in all parts of the world, people can still make a big difference. One person can make peace happen, no matter what it takes.

"The Stubborn Merchant," a tale from Tamil Nadu proves how trickery can bring about peace. It all starts with a potter who wants to give the best of everything he could get for the boy even when he became a young man. The potter wanted to arrange a good wife for his son. He had arrangements that would make someone purely jealous, but the fault was he needed an elephant, so he went to an oil merchant who owned elephants and the potter asked the oil merchant if he could borrow an elephant and the merchant allowed him to borrow it.

But in the time when the potter borrowed the elephant it got sick and died. The potter asked to pay the merchant, but the merchant said he'd only accept his elephant. So this matter was brought to court, where the issue was explained. The merchant would accept nothing but the elephant, so the court session was put off until the next day. Before the potter left though, the judge gave him an idea. So the next day the potter didn't show up so the merchant got the judge's permission to go get him. So when the merchant opened the potter's door, pots came crashing down. The trick was to pretend the pots were precious heirlooms, and do the same thing the merchant did with



Author of the Book
- Chandrani Warnasuriya

his elephant. There are many different ways to bring about peace, and one of them is trickery.

The last story I will be sharing, is about how the justice and generosity of one can help one's life. This story is called "The Lad Who Sang Songs," which was a tale from Sri Lanka.

There was a man who caught fish and sold them in the market. He also had to children, a son and a daughter. One day the father was hit by a huge wave which drifted him away into the sea. Another part of the country rescued him from drowning and gave him food and water and they made him work. The brother and sister waited for their father's arrival, but he never showed up so they went to the merchant's quarter to buy food but the merchants took the girl and beat the boy and drove him away. One day the charitable king gave invitations to people for a celebration, and the boy went. The king asked people to tell a tale, so

the boy raised his hand. He made up a verse:

My father fell in the sea;

My sister the merchants grabbed wickedly.

When we went into that quarter of the city

To buy some food very innocently,

They beat me and shut the door behind me.

Alas! I am alone now, quite helplessly.

The king was touched and immediately ordered the merchants to be prosecuted and the girl to be released. He also the siblings live in the palace. Eventually, the king died. The lad was declared

king and the first order of business he declared was to find his father. That story proves how generosity from one can affect all.

There are 24 tales in the book by Chandrani Warnasuriya. They are divided into 17 titles ranging from A Choice-Peace or War through Kindness, Unpretentious and Sobriety.

Overall, Peace Tales from Asia, is a book that shows how kind and how good some people are, but how some are bad and evil and retelling the stories towards "Building a Culture of Peace".

Author's website: <http://sbpra.com/chandraniwarnasuriya/>





Children's Corner

The Rakhi That Made a Difference

(A short story for the Festival of Raksha Bandhan)

By Chandrani Warnasuriya

Nathan sat impatiently by the front door, anxious thoughts crowding his mind. Occasionally he would peek out the door and then back at his mother who was busying herself arranging a few things in the living room.

"Amma, when is Vama going to come?" asked Nathan anxiously from his mother Verges, (Vergeswari), breaking the silence between them.

"Any time now son," replied Verges, as she quieted down and relaxed herself for a minute.

Verges and her son Nathan 14 lived in a one-bedroom house in Gokula, a village about fifty to sixty miles inland from the south coast of Sri Lanka. Verges had worked in a handloom factory nearby. The factory was closed down for some time as deliveries to the factory had been disrupted by the recent Tsunami that had ravaged the south coast.

Nathan and his mother barely survived through the difficult months. Verges had to pawn her jewelry to buy food for the two of them. Finally she had started on a small vegetable garden in her backyard the produce from which she sold at the weekly Fair to make a living. Now they were going to have another mouth to feed. Fear streamed down Nathan. Will mother be able to make it? He worried.

Nathan felt bad for his mother as she did all the household chores, besides spending hours in the garden, letting Nathan devote all his time for school and study. "How I wish I could help mother more." Nathan sighed. He blamed his father for having deserted him and his mother when he was only four years old for another woman.

The thought of Vama, (Vamadevi) now 12, his childhood friend and cousin sister who was coming home to live with them however eased Nathan's sadness. A draught of sheer joy breathed in on him and a cheerful smile escaped his lips and brightened his face.

Nathan's heart missed a beat as he heard the old pick-up truck rumbled up the rugged pathway that led to their house off the main road. Verges was quick to greet the stranger as he disembarked from the driver's seat of the old Pick-Up. "Happy to meet you Rev. Abraham," said Verges folding her hands together in the traditional Indian style of greeting. "Good to meet you too Mrs. Verges," said Rev. Abraham. Turning round he looked for the boy. But Nathan was already at the side of Vama helping her out the front seat of the Pick-Up smiling and talking with her, as he helped her get in through the door and over to a Devan seat in the living room.

Offering some home-made oil cakes



and tea Nathan saw that the old priest had got into a conversation with his mother, sharing his concerns about Vama. Nathan was soon sitting beside the girl, he couldn't wait to make her feel comfortable. Getting ready to leave the priest walked back to the door and turning to Nathan the priest said,

"I see she is in good company. She sure is going to be happy with you. Right Nathan?" he said patting him on the back. Nathan in a shy looking smile nodded, shifting his eyes from the girl to his mother and back at the priest. "

"We will do our best Reverend, don't worry," said Verges, as she and Nathan folded their hands bidding him farewell.

Bending over Vama, he gave the girl a quick hug and said, "Be happy with your new family Vama, I will be in touch," he said, and got in the truck, and waving back he drove off rumbling down the pathway.

After the priest left, Nathan joined in with his mom to make Vama feel comfortable in the room. It was then that she confided to him that he will have to move out the bed room and shift to the living room to sleep there, which Nathan was more than happy to do.

After all Vama as he knew her as his childhood friend was here now to live with them as one family. He was sad when she left and Vama was even more sad to leave because they had secretly vowed to be like real brother and sister some day for they missed their own siblings in their families.

But now, Nathan was seeing the once hail and hearty Vama romping around and playing hopscotch and tag years ago with a difference. A double tragedy had overtaken her happy-go-lucky childhood. She was stricken with polio in her legs soon after they started their new life in a village in the south. She had lost her

beloved parents to the dreadful Tsunami. She alone had escaped that fatal morning because she was unable to travel with them as they left on an errand and never returned.

Vama had been picked up by a rescue team and taken to an orphanage run by a Christian Mission. Rev. Abraham was kind hearted, and especially loved and was sympathetic to Vama, because though disabled the girl was very polite and had a pleasant disposition about her and not troublesome like other children.

However the Orphanage was daily getting crowded and the mission was running short of volunteers. Vama needed therapy for her legs and there was no way the Orphanage could help her with it. On inquiring and getting to know of Nathan and his mother who was an aunt (mother's sister) of Vama the mission had requested Verges to take care of Vama. Verges had gladly consented, even though it meant an added burden to her.

Nathan's heart sank and was sad for Vama, as he saw her clinging on to the clutches as she walked. Nathan pitied her even more now, and her disability drew her even more closer to him. He was determined to do whatever he could to make her well and be able to walk as normal.

Days passed, and despite her disability, Nathan longed to take Vama to school. So one day he asked, "Would you like to go to school with me? Mother will talk to the principal and get you admitted."

"O I'd love to. But how? Children will make fun of me." She said.

"No, I won't let them. As Long as I am there, I will not let them." Nathan replied very firmly.

But Vama was not willing as she did not wish to look awkward in her walk before other children. Nathan deter-

mined to make Vama able to walk. So he went out of his way to take Vama to the clinic at the hospital, riding with her in the bus often missing school. Everyday on his way to school Nathan would stop by at a shrine dedicated to a saint who people believed cured many people of difficult ailments. He would pray fervently for the cure of his cousin sister, so that she would be able to walk and go to school with him.

The festival of Rakhi Bandhan came around. The stores were full of beautiful Rakhis displayed on their windows. Everybody walked down the streets wearing and displaying their gorgeous and extravagant Rakhis on their wrists. Nothing was more pleasing to Nathan than giving a gift of a beautiful Rakhi to Vama. He had long saved the money for it. He wished to surprise her with an elegant Rakhi he had bought. So on the evening of the celebration Nathan requested Vama to go with him to the temple, to which Vama agreed, somewhat reluctantly.

"Come stretch out your hand, I have a surprise for you," said Nathan as he tied the most elegant and the most beautiful Rakhi on her wrist that Vama had ever seen in her life. As she walked up to him, the most wonderful thing happened. The clutches fell off, and she no longer held on to them. New blood had flown into her legs, and with it new life, and she was able to walk free of clutches.

"I can walk....! Ohh... I can walk... now!, I... can Walk now....! Cried Vama overjoyed and beside herself in utter jubilation! Neighbors rushed to the scene, to see the miracle. The outcome of a brother's true love, of caring and sharing, "worthy of joyful celebration." They all agreed.

News from Waterloo



South Asian picnic unites the community

Waterloo: The Tamil community from the region of Waterloo and City of Guelph had their annual picnic on the 16th of July at the Laurel Creek Conservation Park. Better than expected turn out attended this year's event. Members from the Chinese and East Indian community joined hands with the members of the Tamil Cultural Association of Waterloo region.

Mrs. Indra Logendran, the president of the association welcomed the community and appreciated their support in bring the community together. New attractions for this year were the bouncy castle, fishing for kids, Cotton Candy and games. Local business organisations came forward to sponsor food items for the participants.



South Asian Picnic 2011, Waterloo, Ont.



Tamil Cultural Association of Waterloo Region
joins in hand with the
East Indian Community of Waterloo Region



East Indian Community Of Waterloo Region
WALKATHON 2011



நடைபவனி 2011

தமிழ்க் கலை பண்பாட்டுக் கழகம் வோட்டர்லூ வட்டாரம், கிழக்கு இந்திய கழகம் ஆகியன இணைந்து நடத்தும் வருடாந்த நடைபவனி. சென்.மேரிஸ் மருத்துவமனை இருதய பராமரிப்பு நிதி சேர்க்கும் நிகழ்ச்சி.

University of Waterloo, Student Life Centre
18th SEPTEMBER 2011 9.00 - 11.00 am

For more information or
to register as a participant go to:
www.smgh.ca Look for SMGH Events!

தொடர்புகளுக்கு
திருமதி. தாரிணி சிவசுமார்
519.741.1140



McGuinty Gov't invests close to Half a Million in Sathya Sai Centre to support Cultural and Social Activities - Contd from Page 1

Through the province's Community Capital Fund (CCF), these organizations will renovate buildings and update equipment that will offer a wider range of cultural activities to more people and make community spaces more efficient and welcoming to all.

The CCF helps Ontario's not-for-profit organizations deliver important services to diverse cultural communities. These community groups provide support for

cultural and social activities as well as training and learning needs of Ontario's growing diverse populations.

Administered by the Ontario Trillium Foundation on behalf of the government, the CCF supports Ontario's 2011 Budget — Turning the Corner, to create and support 10,000 new and existing jobs for Ontario families and strengthen local economies.



Tamil Culture

TamilCulture.ca, Canada's 1st online Tamil lifestyle magazine, is celebrating its official launch

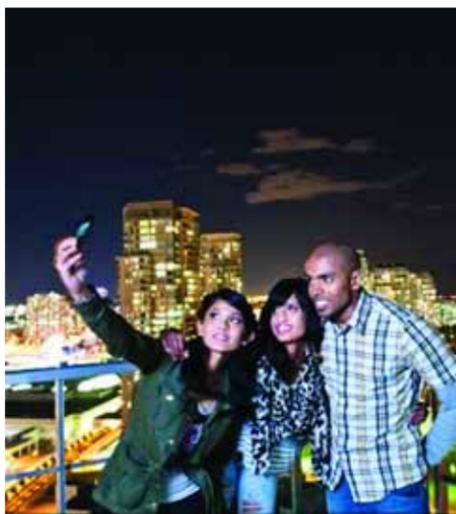
Toronto, Ontario, August 8th, 2011 – With over 300,000 Tamils living in Canada, there is a need for a dynamic online lifestyle magazine that aims to share the various stories, interests and opinions that reflect the community's unique ethnic experiences in Canada.

TamilCulture.ca will feature content that is relevant to both Tamil men and women in Canada and across the globe. This will be a refreshing take on the positive evolution and growth of the Tamil community across the world, in particular in Canada.

The launch event will showcase examples of the website's content through images and live performances. Prominent Tamil community members who have contributed to the project will also be on hand.

"Through TamilCulture.ca we would like to make both the traditional and non-traditional elements of Tamil culture more mainstream and more available to the online Tamil community," said co-founder Shivanu Thiyagarajah. "Our website will also allow us to share our music, foods, fashion and more with a wider audience throughout Canada and the rest of the world so that they too can appreciate what we already know is a pretty amazing culture."

TamilCulture is an online publication that captures the essence of today's



Recent Event

Jyothi Festival



Cut out of Ayyappan



Jyothi event on July 30 and July 31



TamilOne TV covering live at Jyothi event at Sri Ayyappan Temple

Tamil men and women. We are the site of choice for original content including videos, articles, interviews and reviews. TamilCulture presents a unique and diverse set of topics from fashion, event listings, music, restaurant reviews, career advice, relationship advice, and more!

Launch event:
Date: Thursday, August 25th, 2011

Location: Twist Gallery
(1100 Queen Street West)
Time: 7 PM to 11 PM

*Attendance is free - media and the general public must register in advance.

For registration contact Maathavan (Maat) Srithilleswaran at 416-705-4606 or by email at Maathavan.S@tamilculture.ca by August 15th, 2011.



Happy Independence Day



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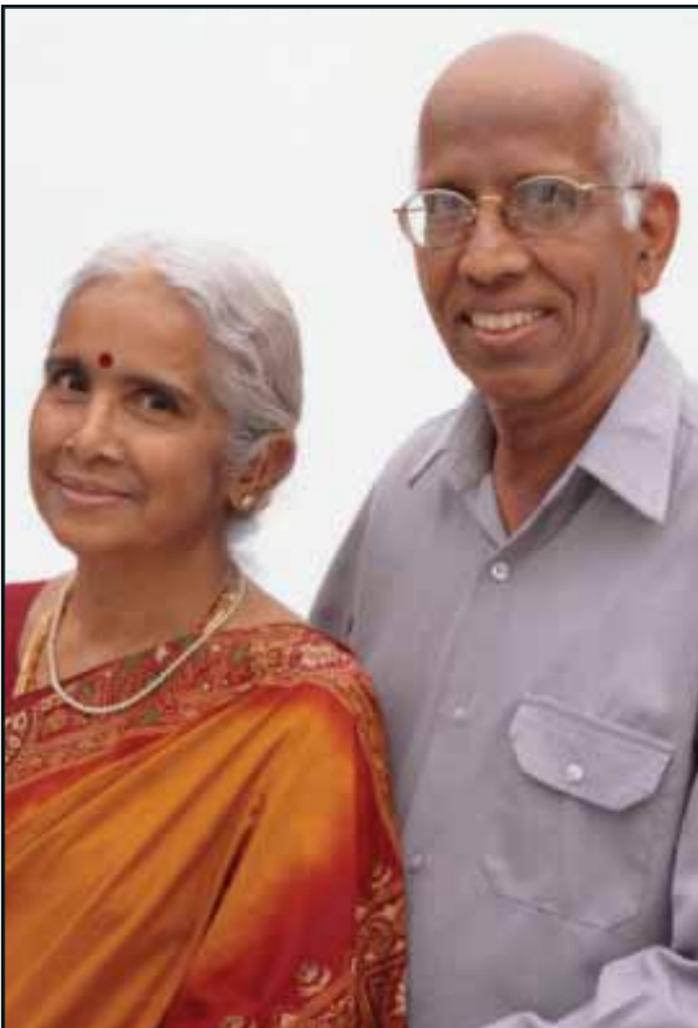
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